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DO YOU WANT TO KNOW ABOUT A SPECIFIC TOPIC?
SUBMIT SUGGESTIONS TO:

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203-387-9332

HELPFUL TIPS TO EMPOWER
DIALYSIS PATIENTS

Kidney Chronicles

Patient Self-Managed Care Become an Active Participant

Self-management skills are an important part of living with and treating chronic illness. The single most effective way you can stay healthy is to be an active member of your own health care team. Patients who are involved with their healthcare decisions and management have better outcomes than those who are not.

Components of Self-Management

- Give information. Don't wait to be asked.
 - Know important things about your symptoms and health history.
 - Always bring any medicines you are taking, or a list of those medicines (include when and

how often you take them) and what strength.

- Get information.
 - Ask questions. If you don't, your health care team may think you understand everything that was said.
 - Bring someone with you. Four ears are better than two.
 - Ask your health care team to draw pictures if that might help to explain something.
- Take information home.
 - Ask for written instructions.
 - Your health care team may also have brochures, audio tapes and videotapes that can help you. If not, ask how you can get such materials.
- Once you leave a medical clinic or doctor's office, follow up.
 - If your health changes, symptoms get worse, or have problems with your medicine, call your clinic or doctor.
 - Keep all scheduled medical appointments.
 - Stay up-to-date with health screenings and immunizations.
 - If you have additional questions, call your clinic or doctor.



Questions Are the Answers

Medical errors cause far too many deaths each year. But patients can help by getting more involved with their health care. You play a critical role in improving and enhancing the quality, safety, and effectiveness of your health care by asking questions about your care, diagnosis, treatment, and any medications prescribed to you. Doctors and clinicians want to provide the best health care they possibly can, but they can't read your mind. Learn the right questions to ask by going to

<http://www.ahrq.gov/questionsaretheanswer>