

MY CHOICE FOR MY KIDNEYS

Booklet 2: **Decision Guide** for
Elderly People with Kidney Failure



1. Understanding what is important to you

Below are some questions that may help clarify your values and preferences. *Please choose a point on the scale for the following statements:*

1. Do you prefer a treatment that has the **smallest impact on your lifestyle** or a treatment that provides you the **longest possible survival**?

0 1 2 3 4

Minimum survival
Smallest impact on lifestyle

Longest possible survival
Largest impact on lifestyle

2. Do you prefer a treatment that has the **least treatment-related side effects and complications** or a treatment that provides you the **longest possible survival**?

0 1 2 3 4

Minimum survival
Least side effects

Longest possible survival
Most side effects

3. Do you prefer a treatment that has the **lowest cost** or a treatment that provides you the **longest possible survival**?

0 1 2 3 4

Minimum survival
Lowest cost

Longest possible survival
Highest cost

4. I am willing to have a minor **surgery** to start a treatment.

0 1 2 3 4

Strongly disagree

Strongly agree

5. I am willing to **spend several hours** going through a treatment **regularly** (3 - 4 times a week, or daily).

0 1 2 3 4

Strongly disagree

Strongly agree

6. I am willing to accept **pain** (e.g. inserting needles) **and discomfort** (e.g. tiredness, dizziness) that might come with a treatment.

0 1 2 3 4

Strongly disagree

Strongly agree

7. I am willing to **arrange with overseas centres/companies** to continue with my treatment when I travel overseas.

0 1 2 3 4

Strongly disagree

Strongly agree

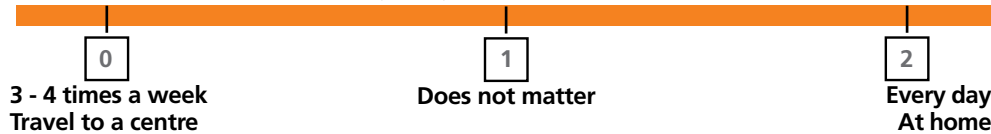
How to interpret the score:

- The score ranges from 0 to 28.
- Patients with lower scores may lean towards KSC.
- Patients with higher scores may lean towards dialysis.

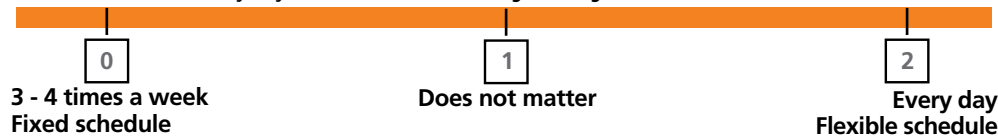
1.1. Choosing a type of dialysis

If you choose dialysis, you will have to decide between Hemodialysis (HD) and Peritoneal Dialysis (PD). Here are some questions that can help you decide which might be a better fit for you. *Please choose a point on the scale for the following questions:*

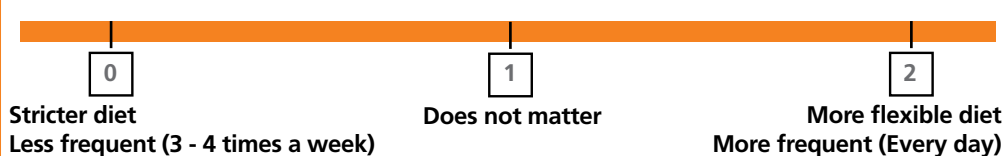
1. Do you prefer to **travel to a centre 3 - 4 times a week** for dialysis or have dialysis **at home every day**?



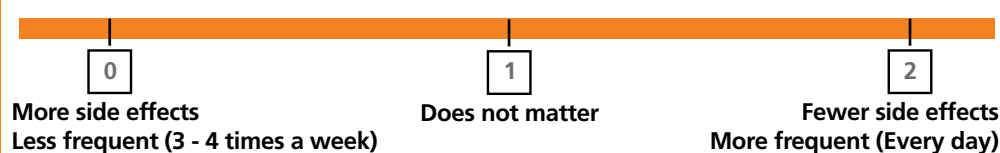
2. Do you prefer dialysis with a **fixed schedule 3 - 4 times a week** or **flexible** (can vary by 1 - 2 hours) **daily dialysis**?



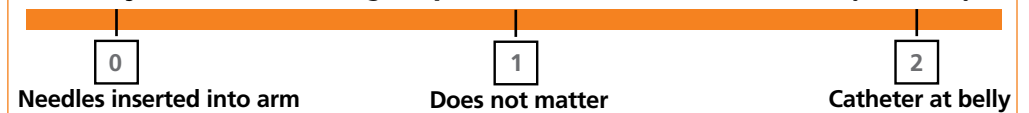
3. Do you prefer dialysis that is **less frequent** (3 - 4 times a week) or that allows a **more flexible diet**?



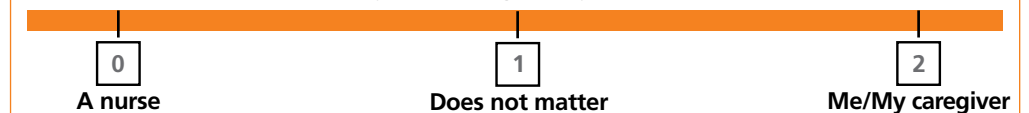
4. Do you prefer dialysis that is **less frequent** (3 - 4 times a week) or that has **fewer side effects**?



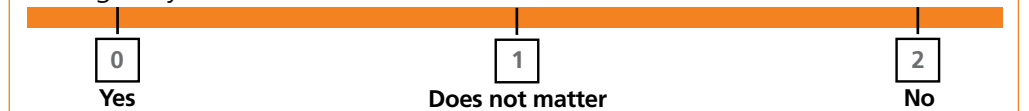
5. Do you prefer to have dialysis through **needles inserted into your arm at every session** or through a **permanent tube (catheter)** at your belly?



6. Do you prefer a **nurse** or **your caregiver/yourself** to administer your dialysis?



7. Do you prefer to **interact with other patients** with kidney failure during dialysis?



8. Can you make a **clean space in your house** for items needed for dialysis?



How to interpret the score:

- The score ranges from 0 to 16.
- Patients with lower scores may lean towards HD.
- Patients with higher scores may lean towards PD.

You will need time to prepare for dialysis and to apply for funding if you are eligible. It is important to think ahead and make a timely decision.

2. Discussing your concerns with your loved ones and doctor

It can be hard to discuss your concerns with your loved ones and your doctor. Here are some points you may want to think about:

Whom should you share your thoughts with?

1. Who helps you face serious problems in life?
2. Who can help you talk to the doctor?
3. Who understands your fears and worries the most?
4. Who will respect your choices and carry them out when needed?

List as many people as you like:

What should you share with them?

1. Your beliefs and values about life

2. Who should speak for you when you cannot speak for yourself

3. What is important for you (e.g. spending time with family, being independent)

4. What you might or might not want (e.g. hospitalization)

What would you want?

What would you not want?

5. Your preferred treatment for Kidney Failure

PD / HD / KSC

How should you share it with them?

1. Find a place where you feel at ease
2. Start with a familiar topic, e.g. My doctor recently said that...
3. Go slow and be open-minded to what they have to say

What should you share with your doctor?

Do not be afraid to let your doctor know:

1. How you truly feel about your condition
2. Your fears and worries
3. What is important to you
4. What you think is the best treatment for your Kidney Failure

Once completed, we encourage you to share this booklet with your kidney counsellor, doctor and loved ones to help choose the right treatment for you.

