



# Kidney Q&A

0-3 months

Life Options Rehabilitation Program  
414 D'Onofrio Drive, Ste. 200  
Madison, WI 53719  
[www.lifeoptions.org](http://www.lifeoptions.org)

**Q:** Who is the best person to talk to about \_\_\_\_\_?

**A:** Here's a list of common concerns you may have. If you have a concern that's not on this list, ask your nurse or social worker who to talk with about it.

If my concern is:	I should talk with my:
My health	Nephrologist
My dialysis options	Nephrologist, nurse, social worker
My transplant status	Nephrologist, nurse, social worker
My drugs and their side effects	Nephrologist, nurse, pharmacist
My life and what to expect	Other patients, nurse, social worker
My symptoms (on dialysis or at home)	Nurse, nephrologist
My problems on dialysis	Nurse, nephrologist
My dialysis access	Nurse, nephrologist
My lab test results	Nurse, nephrologist, dietitian
My medical tests	Nurse, nephrologist
My dialyzer reuse	Technician
My dialysis machine and its alarms	Technician, nurse

Who is the best person to talk to about \_\_\_\_\_?

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If my concern is:	I should talk with my:
My diet and fluids	Dietitian
My exercise plans	Dietitian, nephrologist, nurse
My coping with dialysis	Social worker
My travel plans	Social worker
My treatment costs and insurance	Social worker, administrator, billing clerk
My work or school	Social worker, nephrologist
My relationships	Social worker
My conflicts with staff	Administrator, social worker

## What I can do to get answers to my questions:

- Learn all I can about my disease and its treatment from brochures, classes, support groups, my care team, and other patients and family members.
- Don't wait for information to come to me—go out and find it myself.
- Ask my nurse or social worker who I should talk with about my question.
- Ask another patient who they asked when they had a question like mine.
- Make an appointment to speak to the person I need to talk with.
- Visit module 3 of Kidney School™: *Working with Your Healthcare Team* at [www.kidneyschool.org](http://www.kidneyschool.org) to learn more.