



This resource list has been updated April 2005 by Northwest Renal Network. Healthcare professionals making use of these resources are responsible for evaluating the appropriateness of the content. Patients are encouraged to bring any questions to their health care team. (See also <http://www.nwrenalnetwork.org/fist1st/fist1st.htm>)

## Patient Education Resources

Resource Material/ Description	Brief Description	Media Type	To Obtain More Information
<b><i>American Association of Kidney Patients</i></b>	Organization for kidney patients that provides educational material to patients about treatment options and resources	Website	3505 E Frontage Rd. Suite 315 Tampa, FL 33607 800-749-2257  <a href="http://www.aakp.org">www.aakp.org</a>
<b><i>BE Active Website</i></b>	Comprehensive management of early renal insufficiency including working with multidisciplinary team, communication, timing of access placement as it relates to CKD	Website	Ortho Biotech P.O. Box 6914 430 Rt. 22 East Bridgewater, NJ 08807-0914  <a href="http://www.beactive.com/">www.beactive.com/</a>
<b><i>Dr. Twardowski's Buttonhole Method of Needle Insertion into AV Fistulas</i></b>	Discussion of technique of buttonhole cannulation of AV Fistulas	Video	Judy McDowell Division of Nephrology University of Missouri 1 Hospital Drive Columbia, MO 65212 Phone: 573.882.7991 Fax: 573.884.4820 <a href="mailto:mcdowellju@health.missouri.edu">mailto:mcdowellju@health.missouri.edu</a> Patients can purchase for \$15.00
<b><i>Inserting Your Own Needles</i></b>	Article written to encourage patients to cannulate themselves	Handout	Life Options  <a href="http://www.lifeoptions.org/stories/stories.php?story=l19">http://www.lifeoptions.org/stories/stories.php?story=l19</a>
<b><i>Just the Facts: Vascular Access</i></b>	Patient education on access	Handout	Life Options  <a href="http://www.lifeoptions.org/catalog/pdfs/teaching/VA.pdf">http://www.lifeoptions.org/catalog/pdfs/teaching/VA.pdf</a>
<b><i>Kidney School Module 8: Vascular Access: A Lifeline for Dialysis</i></b>	Online teaching module for patients that discusses various vascular access options	Website	Kidney School/Life Options  <a href="http://www.kidneyschool.org/splash/to_c.shtml">http://www.kidneyschool.org/splash/to_c.shtml</a> or <a href="http://www.kidneyschool.org/pdfs/KS-Module_08.pdf">http://www.kidneyschool.org/pdfs/KS-Module_08.pdf</a>

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<b><i>Life Options</i></b>	Provides free materials to kidney patients about treatment options, rehabilitation, and maintaining active lifestyle	Website	Life Options Rehabilitation Program C/o The Medical Education Institute 414 D'Onofrio Dr. Suite 200 Madison, WI 53719  <a href="http://www.lifeoptions.org">www.lifeoptions.org</a>
<b><i>National Kidney Foundation</i></b>	Provides information for kidney patients about kidney disease, treatment options, and resources	Website	National Kidney Foundation 30 East 33 <sup>rd</sup> St. New York, NY 10016 1-800-622-9012  <a href="http://www.kidney.org">www.kidney.org</a>
<b><i>Sample Self-Cannulation Procedure</i></b>	Procedure for patients on the steps for self-cannulation either in-center or at home	Handout	To obtain more information: <a href="http://www.nwrenalnetwork.org/fist1st/SampleSelfCannulationProcedure.pdf">http://www.nwrenalnetwork.org/fist1st/SampleSelfCannulationProcedure.pdf</a>
<b><i>Squeeze Ball Songs for Fistula Development</i></b>	Humorous songs for patients to sing while exercising fistulas	Handout	Life Options  <a href="http://www.lifeoptions.org/stories/stories.php?story=l21">http://www.lifeoptions.org/stories/stories.php?story=l21</a>
<b><i>Understanding Your Hemodialysis Access Options</i></b>	Brochure describes permanent and temporary access placements, how accesses are placed, when they are used, and strengths and limitations of each.	Booklet	American Association of Kidney Patients 1.800.749.2257  <a href="http://www.aakp.org/AAKP/accessoptions.htm">www.aakp.org/AAKP/accessoptions.htm</a>
<b><i>Using the Buttonhole Technique for your AV Fistula</i></b>	Question-answer brochure on the buttonhole technique. Available in English and Spanish	Brochure	To obtain more information: <a href="http://www.nwrenalnetwork.org/fist1st/ButtonholeBrochureForPatients1.pdf">http://www.nwrenalnetwork.org/fist1st/ButtonholeBrochureForPatients1.pdf</a>
<b><i>Vascular Access For Hemodialysis</i></b>	Provides comprehensive information on all access types, what to expect during hemodialysis, possible complications, and taking care of your access	Booklet	NIDDK National Kidney and Urologic Diseases Information Clearinghouse 3 Information Way Bethesda, MD 20892-3580 Phone: 1-800-891-5390 or (301) 654-4415  <a href="http://www.kidney.niddk.nih.gov/kudiseases/pubs/vascularaccess/index.htm">www.kidney.niddk.nih.gov/kudiseases/pubs/vascularaccess/index.htm</a>

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<b><i>Vascular Access For Hemodialysis</i></b>	Designed to introduce patients to the types of hemodialysis access available. Available in Spanish and English 15 minutes	Video	<a href="http://www.esrdnetwork6.org/Resources68.htm">www.esrdnetwork6.org/Resources68.htm</a>
<b><i>Vascular Access For Hemodialysis, Part 1-Learning About Your Vascular Access Part 2-Caring for Your Vascular Access</i></b> <i>(published by Kaiser Permanente Southern CA)</i>	Video 1 highlights importance of vein preservation pros/cons of access options. How to determine most appropriate access type. Video 2 has commonly asked questions about surgery and access, preparing for the day of surgery, and post opt long-term access care.	Video	Limited number available to borrow from Northwest Renal Network's lending library. Contact Lynda Ball at 206-923-0714 ext. 111
<b><i>What's Your Access-Ability?</i></b>	This article will assist patients in understanding the different types of vascular access and the signs and symptoms of infections. Available in English and Spanish	Article	To obtain more information: <a href="http://www.nwrenalnetwork.org/WhatsYourAccessibility.pdf">http://www.nwrenalnetwork.org/WhatsYourAccessibility.pdf</a> (English) or <a href="http://www.nwrenalnetwork.org/QueEsSuAcceso.pdf">http://www.nwrenalnetwork.org/QueEsSuAcceso.pdf</a> (Spanish)

April 26, 2005