



London Health Sciences Centre



**Social Work**

CKD: Class I

# Your social work team



Back Row:

Paul Toplack  
Doug Parsons

Front Row:

Catherine Smith  
Linda McFarlan  
Marlene Rees-  
Newton  
Jose Medeiros

# The social worker's role

- To assist patients and their families adjust to chronic renal failure and to the eventual need for dialysis by providing:
  - Information & education
  - Adjustment counselling
  - Advocacy & Referrals to community resources:
    - *Financial, drug coverage, transportation to dialysis*

# The social work team

(519) 685-8500

## University Hospital

- **Marlene Rees-Newton**  
(Ext: 32445)  
In-patient, Hemodialysis &  
CKD Clinic

## South Street Hospital

- **Doug Parsons** (Ext: 77510)  
Home Dialysis Programs  
In-centre Hemodialysis

## Satellite Hemodialysis

- **Catherine Smith** (Ext:  
77733)

## Victoria Hospital

- **Linda McFarlan** (Ext: 55760)  
In-patient & CKD Clinic
- **Paul Toplack** (Ext: 53993)  
Hemodialysis & CKD Clinic
- **Jose Medeiros** (Ext: 57243)  
Hemodialysis & CKD Clinic



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**Social Work**

CKD: Class II

# What is the main goal for patients in the CKD clinic?

- To prevent further deterioration of the kidneys and hopefully delay the need for dialysis by maintaining each patient's kidney functioning for as long as possible with appropriate medication, nutrition, activity and support.
- When a patient's creatinine reaches 250, they are transferred from the general nephrology clinic to the CKD clinic.
- Patients maybe followed in the CKD clinic for a long time prior to starting dialysis.

# Who is on my CKD team?

- CKD patients need the assistance of the Allied Health Team (*SW, OT, PT, Dietitian, and Nurse Case Manager*) in preparing themselves for the eventual need to start dialysis.
- Each member of the CKD team has an unique role to play in the education and support of patients / families in their decision-making about treatment options.

# Social work

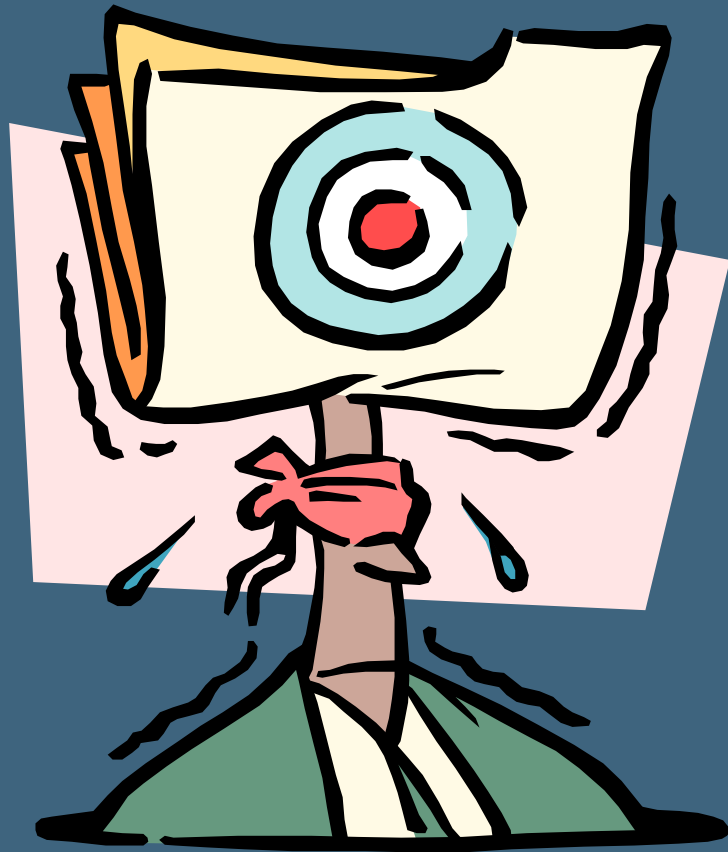
- Social workers engage patients/families in exploring lifestyle issues that need to be addressed in order to make the appropriate decision about treatment options.



# What is social work's role in the Chronic Kidney Disease clinic?

To encourage and assist patients and their families come to terms with the fact that change in lifestyle is required for each patient in order to best manage their chronic renal disease.

# Common emotions that need to be addressed as early as possible!



Anger  
Anxiety  
Doubt  
Denial  
Fear  
Hope  
Numbness  
Helplessness  
Frustration

# Key Questions?

- How can I take an active role in managing my kidney problem?
- How do I maintain my normal level of activity when my energy fluctuates?
- How can I make changes to my nutrition in order to stay off dialysis as long as possible?

# Key Questions?

- Why is prolonging my life important?
- How prepared am I to start dialysis in the future?
- What do I need help with to prepare myself and my family for the eventual day that I am going to need dialysis?



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**Social Work**

CKD: Class III

The best teacher is a lived  
experience!!!

A warm welcome to our resilient panelists

# Group discussion

What impressed you about the panel presentation?

# Group discussion

If you were told that you needed to start dialysis tomorrow, how ready are you?



# Group discussion

What do you need help with to prepare yourself for the eventual day that you will need to start dialysis?



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## Summary

Key lessons from the panelists

# Dialysis is a second chance at life!

- Insert appropriate pt photo

Important to normalize life as  
much as possible!

*Insert pt photo*

A life with quality takes hard work  
and a willingness to adapt!

*Insert pt photo*

# Self-care is essential to manage chronic illness

- This means a personal commitment to:
  - Facing fears and problems
  - Information-seeking & education
  - Reaching out and engaging in problem-solving
  - Changing beliefs, values, and behaviours that are not contributing to health/ wellness

# Recommendation

- Take an active role in managing your chronic kidney problem by establishing a self-care goal with each team member.

# Recommendation

- Identify clear, realistic and attainable self-care goals
- Ask for assistance & support in a timely fashion
- Be prepared to modify your goals as you experience bumps in the road
- Ask a lot of questions