

Learn about patient responsibilities.

Why should I learn more about patient responsibilities?

- If you understand what to do to be healthier, you will have more control over your choices
- When you make good choices, you will feel better and you may even live longer
- Healthier kidney patients have a better quality of life
- Being a responsible patient will make dialysis less stressful for you and the staff

What are some of my responsibilities as a patient?

- Be respectful and caring. Treat your staff and other patients the way you want to be treated.
- Be active. Go to your next Plan of Care meeting so you can help make decisions about your care.
- Take charge of your health. After you go to your Plan of Care meeting, follow your treatment plan so you feel better. Learn about self-care procedures.

- Pay attention. Read the information given to you and go to events like lobby days to learn more.
- Follow facility rules, prescribed diet, medications, and treatment.
- Ask questions. If you don't understand something, keep asking questions.



Staying Cool Emotionally and Physically

During the hot summer months, everyone tries to keep their bodies cool. Sometimes when we are hot, we are not able to keep our emotions cool either. Here are some tips to help keep you cool both emotionally and physically.

- Try freezing berries or grapes for a cold snack
- Wet and freeze washcloths to put on your neck to keep you cool
- Wear a hat when going out in the sun
- Sip your drink slowly.
- Reframe your thoughts in a positive way before speaking
- STOP before speaking if you are upset. Choose your words carefully or walk away from the heat of the situation