

**NAME:**

**DATE:**

**ROLE: MENTOR MENTEE**

**Thank you for joining in the *Peer Up!* program and for completing this survey.**

**Please answer all of the questions as best you can. If at any time you have a question, need to take a break, or want to finish it at another time, please see a *Peer Up!* staff person.**

**We estimate that this should take about 5-7 minutes.**

**Please know that all of your responses will be kept confidential. We will not share any of your responses with other patients or facility staff. Also, your responses will not affect your Medicare benefits in any way.**

**Your time, effort, and honesty are greatly appreciated!**

**These questions will check what you know about your health as a dialysis patient. For each question, mark an “X” in the box next to the one best answer.**

1. Dialysis patients are more likely to get infections. To prevent flu, pneumonia, and Hepatitis B infections, you need to:

* Take antibiotics often
* Get vaccinated
* Avoid strenuous activity
* Avoid traveling

1. Your doctor tells you that your hematocrit is 25%. This may cause you to feel:

* Pain in your bones
* Ringing in your ears
* Tired and worn out
* Kidney pain

1. You are ordering food from a restaurant menu. Which item below is best for you to avoid to control your potassium?

* Steamed rice

# Corn

* Baked potato
* Noodles

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1. The preferred dialysis access that has the least chance of problems is a:

* Fistula
* Graft
* Tubule
* Catheter

1. The best way to prevent the spread of germs is to:

* Use antibiotics
* Stay away from crowds
* Spray countertops
* Wash hands

1. A phosphorus binder is a drug that protects your heart and bones. You should take it:

* With food
* 1 hour before meals
* 1 hour after meals
* At bedtime

1. A type of dialysis that can be done at home or work, usually without a machine, is called:

* CAPD (Continuous Ambulatory Peritoneal Dialysis)
* CCPD (Continuous Cycling Peritoneal Dialysis)
* HD (Hemodialysis)
* HHD (Home Hemodialysis)

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1. If you want a kidney transplant, the best chance for success of the transplant is to get a kidney from a well-matched:

* Relative
* Friend
* Person born with an extra kidney
* Person who just died (cadaver)

1. You are on dialysis, and a fire occurs. To get off dialysis quickly, a helper or you should:

* Clamp and cut
* Sit and open saline
* Rinse and pull needles
* Stand and take blood pressure

1. After asking your doctor, you start an exercise routine. You know that most dialysis patients:

* Cannot increase their activity
* Are limited to low energy activities
* Cannot do stretching exercises
* Are able to exercise during dialysis

1. If you drink too much fluid, you are most likely to have:

# Double vision when reading

* Nausea and vomiting after eating
* Severe headaches when out in the sun
* Trouble breathing when you lie down

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1. When you buy “over-the-counter” items at the drug store for constipation, a good choice is:

* Mylanta
* Metamucil
* Alka Seltzer
* Fleet’s Enemas

1. You are feeling depressed, and you are having difficulty adjusting to your life on dialysis. You can talk with anyone, but the person most trained to help you with this is the:

* Social worker
* Dietitian
* Nurse
* Senior technician

1. Your boss is concerned because you are missing some work to have dialysis treatments. You know that dialysis patients:

* Cannot work full-time
* Can sometimes miss dialysis treatments for work
* Do best when they work from home
* Are protected by the Americans with Disabilities Act

1. If the dietitian tells you that your albumin is low, you need to eat more:

* Fiber
* Protein
* Fats
* Vitamins

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1. Before dialysis treatments, the technician tells you that you have gained too much weight since the last treatment. The best thing for you to do is:

* Reduce your calorie intake
* Increase the amount of exercise you get
* Reduce the amount of fluid you drink
* Increase your dialysis blood flow rate

1. The best sign that your fistula or graft is clotted is if:

* You have severe pain in the arm
* You see an open sore on the skin near the access
* You can’t feel the access pulse or thrill
* You feel a lump near the access

1. The ESRD Network office is a place where you can go for:

* Making a complaint about your dialysis clinic
* Buying medicines
* Getting dialysis supplies
* Dialysis while traveling

1. The most important member of your health care team is:

* The doctor
* You
* Your family
* The nurse

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1. The doctor tells you that your URR is low. This can be improved by:

* Starting an exercise routine
* Increasing your protein intake
* Increasing your dialysis treatment time
* Increasing your dose of EPO (Epogen)

1. Dialysis patients are asked not to take:

* EPO
* St. John’s Wort
* Protein supplements
* Tylenol

1. The dietitian has told you to limit how much salt you eat. When shopping for groceries, the item on the food label that tells you how much salt is in the food is:

* Fiber
* Cholesterol

# Saturated fat

* Sodium

1. If you sometimes skip a dialysis treatment, you know that this can:

* Shorten your life span
* Provide a good break for your access
* Help you recover better if you are sick that day
* Boost your spirits if you are depressed

**Thank you!**