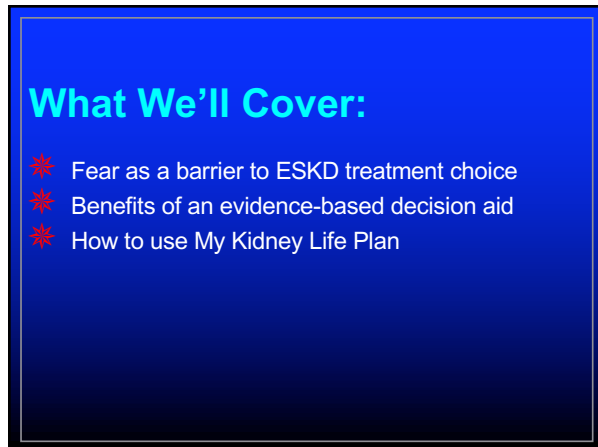


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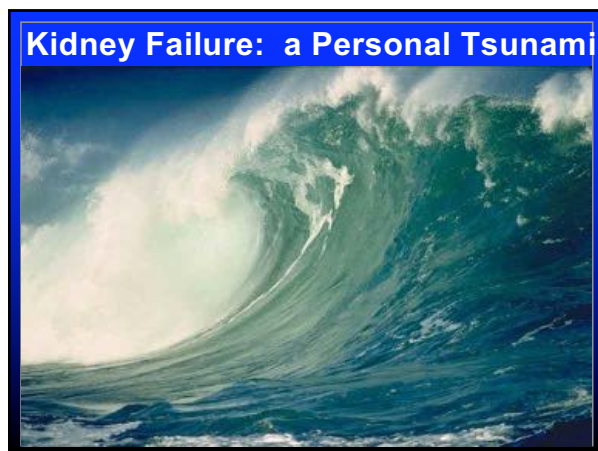
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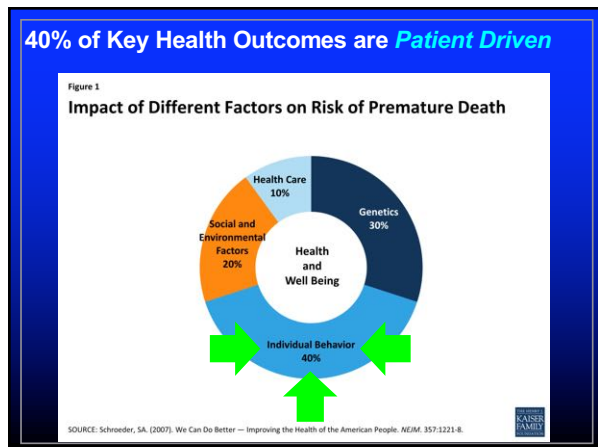
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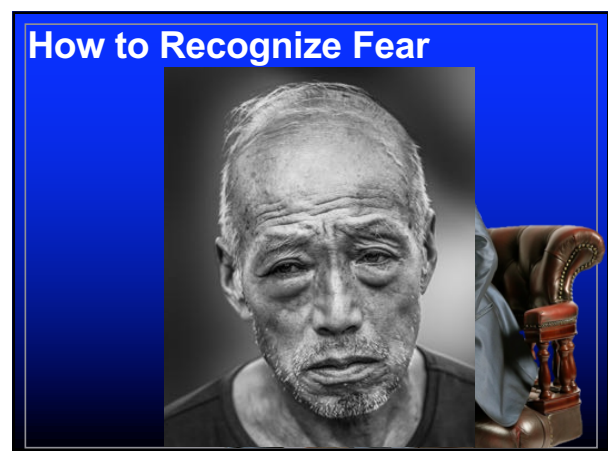
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HOPE Eases Fear

- ✳ 8-week RCT hope-teaching intervention (n=50)¹
- ✳ Significantly reduced depression, anxiety, stress



¹Rahimpour M et al. Iran J Nurse Midwif Res. 2015 Nov-Dec; 20(6):694-699

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HOPE Boosts Autonomy/Control

"Maintaining control through staying informed, self-determination, and independence has elicited a strong sense of hope in participants of many studies."



¹Well CM. Nephrol Nurs J. 2000 Apr; 27(2):219-224

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HOPE Improves Health-related QOL

- ✳ More hopeful: better mental functioning (n=103; SF36)¹
- ✳ Hope scores predicted QOL in HD patients and care partners (n=123 dyads; WHO QOL BREF tool)²
- ✳ Higher hope scores: better QOL in HD patients (n=202; WHO QOL BREF tool)³



¹Billington E et al. Br J Health Psychol. 2008; 13:683-99

²Al-Rawashdeh S et al. Qual Life Res. 2020 Jan; 29(1):81-89

³Alshraifeen A et al. Br J Nurs. 2020 Nov 26; 29(21):1260-1265

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Benefits of an Evidence-based Decision Aid: My Kidney Life Plan

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Decision Aids Increase Patient Knowledge

- ✳ Cochrane review, 105 studies, 31,043 patients
- ✳ High quality evidence

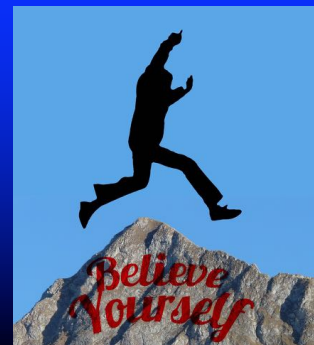


Stacey D et al. Cochrane Database Syst Rev. 2017 Apr 12; 4(4):CD001431

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Decision Aids Decrease Decisional Conflict

- ✳ High quality evidence

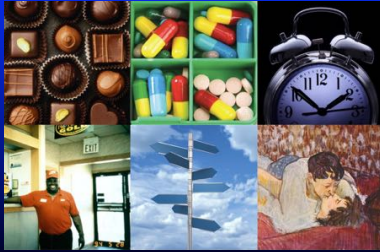


Stacey D et al. Cochrane Database Syst Rev. 2017 Apr 12; 4(4):CD001431

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Decision Aids Clarify Personal Values

✳ **High quality evidence**



Stacey D et al. *Cochran Database Syst Rev.* 2017 Apr 12;4(4):CD001431

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Decision Aids Engaged Patients Actively in Decision-making

✳ **Moderate quality evidence**



Stacey D et al. *Cochran Database Syst Rev.* 2017 Apr 12;4(4):CD001431

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My Kidney Life Plan and How to Use It

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HOPE Looks Like Life Before ESKD



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2015: My Life, My Dialysis Choice

My life, My Dialysis Choice
a program of the non-profit 

If your kidneys fail, dialysis can save your life.

But, dialysis is not just a medical treatment.

It can also affect every aspect of your lifestyle.

This tool will help you choose the right treatment for you, so you can feel your best and live the way you want to.

[Get Started](#)

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2022: Transplant & Comfort Care

Español

My Kidney Life Plan

a program of the non-profit 




Kidney disease can affect every part of your life.

Use this free tool to see how dialysis, transplant, or comfort care may impact your life.

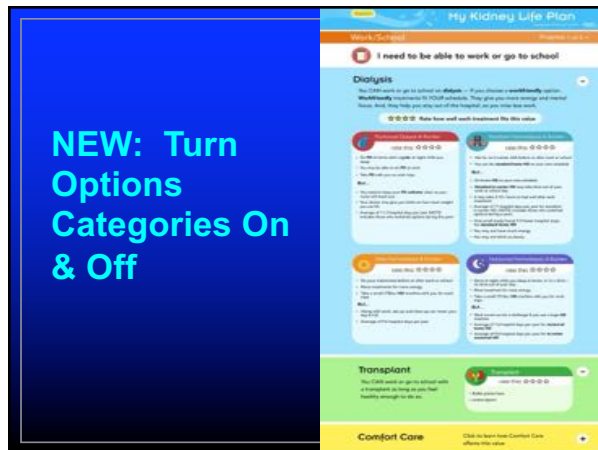
Your treatment is your choice, we can help you choose the right treatment for YOU.

What brings you here today?

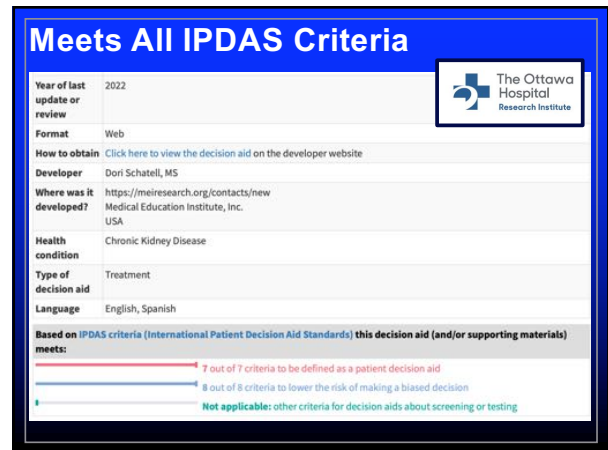
Here's how to get started:

- Check  3 values that matter to you. Then click the "Next" button.
- Click  to open the treatment options and read how your value works for each.
- Select  0-5 stars to rate how each treatment works for you. (More stars = works better.)
- Share your chart at the end with your care team.

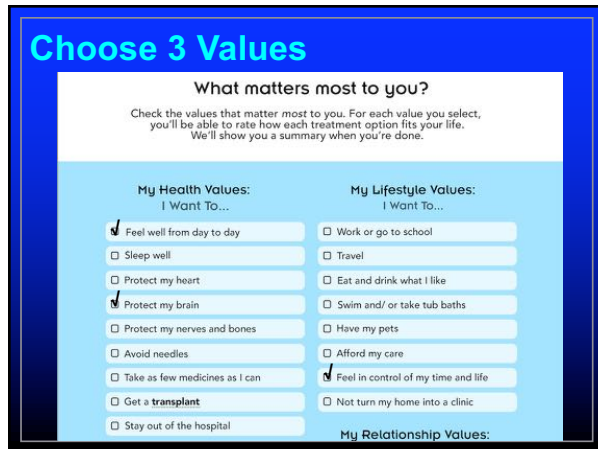
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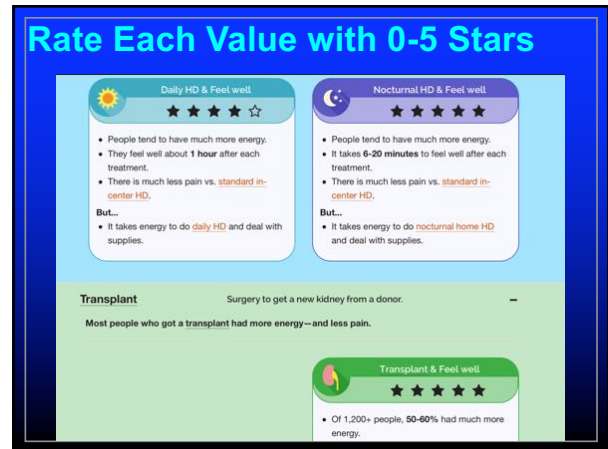
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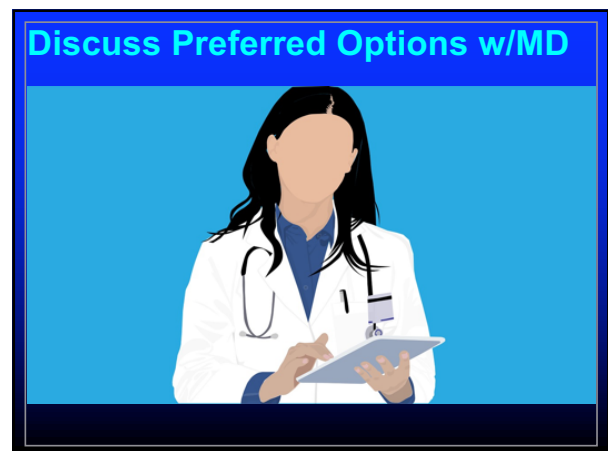
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Learn More About Options that Could Work



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Take Aways

- * We *cannot* learn when we are afraid.
- * Decision aids clarify values and increase knowledge, confidence, and engagement.
- * *My Kidney Life Plan* is a free, evidence-based tool to enhance shared decision-making.

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