



# **WALK A DAY IN MY SHOES**

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BC Kidney Days  
October 18, 2012

# My Medical History at BC Children's Hospital

- 2 days Identified posterior urethra valves  
Underwent urinary reconstruction surgery for use of urostomies (left and right)
- 8 years Reconstructive surgery to use native kidney's that were still 65% functioning
- 10 years 1<sup>st</sup> Kidney Transplant  
Multiple bowel obstructions
- 16 years Abdominal Adhesion surgery
- 19 years Transferred to VHG

# My Medical History at Vancouver General Hospital

- 21 years 1<sup>st</sup> Transplanted Kidney rejected  
Started HD for the First time using an perm-cath
- 22 years 2<sup>nd</sup> Transplant – Father donated
- 24 years 2<sup>nd</sup> Transplant rejected  
Started HD for Second time using an perm-cath  
Completed 5 weeks training in Richmond for Independent home HD  
1<sup>st</sup> A/V fistula surgery on lower right arm and two revisions

# My Medical History at Foothills Hospital

- 25 years Moved to Calgary, back on conventional HD, started using A/V fistulas

Had perm-cath pulled (finally!)

First time heard about button hole technique

6 months later - Moved back to Vancouver, BC

# My Medical History at Vancouver General Hospital

- 26 years Started back on Home HD after finishing self-cannulation training
- 27 years Lower right arm fistula clotted  
3rd perm-cath surgery and creation of 1<sup>st</sup> upper arm fistula
- 28 years Retrained self-cannulation in upper arm fistula
- 29 years Pilot patient for independent In-center Nocturnal HD
- 33 years Present day

3 Facts that make you go  
Huh!

1. 3.3 ft of scars on my  
body!

2. Used over 2,500 HD  
needles



3. Spent over 10,000 hrs  
on a HD machine, which  
consecutively adds up  
to 13 months

**WHAT DOES PATIENT-  
CENTERED-CARE MEAN TO  
ME?**

“Patient Centered-Care presumes **active involvement of patients** and their families in the design of new care models and in the **decision-making about options for treatment.**”

— *Wikipedia Definition*

## CONVENTIONAL

In Centre HD

In Centre  
Dependent  
Nocturnal  
HD

## INDEPENDENT

Home HD

In Centre  
Independent  
Nocturnal  
HD

“Patient Centered-Care replaces our  
**current physician centered system**  
with one that revolves around the  
Patient.” — *Dr. James Rickert*

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“Physicians practicing Patient Centered-Care improve their patients’ clinical outcomes and satisfaction rates, by improving the quality of the doctor-patient relationship. A feeling of a **partnership** led to patients who were more satisfied, more enabled, and had a **lower symptom burden** and **lower rates of referral.**”

— *Dr. James Rickert*

**CONVENTIONAL**

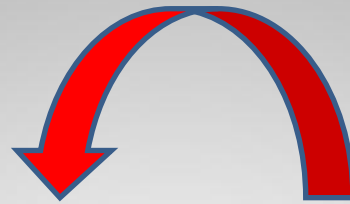
**INDEPENDENT**

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# **PARTNERSHIP AND GOOD COMMUNICATION WITH A STRONG SUPPORT SYSTEM**

