

You are in Charge!

Many dialysis patients describe their journeys as that of being on a roller coaster of emotions surrounded by fear, anger, and confusion. They describe this emotional instability as the hardest part of dealing with dialysis treatments, and adjusting to their new life. At times you may have wondered – What can I do to feel better; is there a way for me to take control?

You are not alone in this journey! By making sense of your emotions, and learning about yourself, you can better manage your health related quality of life. It starts with the simple step of completing the “Kidney Disease & Quality of Life” (KDQOL) survey.

All that is needed is your motivation as a proactive participant in your health care!

You are the key to your own success!



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**Optimize
Your
Quality
of Life!**

**THE “KDQOL”
SURVEY**



The Kidney Disease & Quality of Life (KDQOL) Survey

Measures:

Your physical and mental health
(Questions #1-12)

**The burden and frustration of kidney
disease in your daily life**
(Questions #13-16)

**How bothered you feel about
symptoms & problems**
(Questions #17-28)

**The effects of kidney disease on your
daily life**
(Questions #29-36)



YOUR HEALTH RELATED QUALITY OF LIFE IS BASED UPON YOUR VIEW OF YOUR OWN PHYSICAL AND MENTAL STRENGTHS!

You can improve by evaluating them
with the KDQOL survey.



The KDQOL is used by the social worker,
and yourself, to understand your well-
being and the effects of dialysis on your
day to day life.

Once you have completed the KDQOL,
and the social worker has evaluated the
results, you will then be provided with:

- ◆ **Your scores for each of the measured areas!**
 - ◆ **How your scores compare to others like yourself!**
 - &
 - ◆ **Options to improve your scores and Quality of Life!**
-

**TAKE CHARGE OF
YOUR HEALTH BY
MAKING HEALTHY
LIFESTYLE CHOICES!**



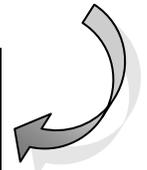
**Speak to your Social
Worker about filling
out the KDQOL**



**You can complete the
survey during your
dialysis treatment!**



**36 Simple Questions
will make a difference
in your life!**



**It only takes about
10 to 15 minutes to
complete!**



**TRACKING YOUR SCORES WILL
HELP YOU SEE THE LEVELS OF
IMPROVEMENT IN YOUR HEALTH
RELATED QUALITY OF LIFE!**