



# Kidney School™

A PROGRAM OF  MEDICAL EDUCATION INSTITUTE, INC.

## How to Use Kidney School™ for Compliance with the Conditions for Coverage



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[kidneyschool.org](http://kidneyschool.org)



# Conditions for Coverage Compliance

In April 2008, the Centers for Medicare & Medicaid Services (CMS) published new Conditions for Coverage (CfC) for dialysis facilities.<sup>1</sup> Facilities must meet these Conditions to qualify for reimbursement by Medicare and/or Medicaid. The new regulations were effective October 2008 and include:

- **Emphasis on patient participation in dialysis care**
- **New patient education requirements**

These new regulations require dialysis clinics to provide patient/family education about a variety of dialysis-related topics. They also require documentation (on a single form or in notes throughout a patient's record) that education was provided (V562).

Kidney School can help you comply with the Conditions by providing ready-to-use education materials about required topics, including:

## Patient Participation in Care

According to the Interpretive Guidance (IG)<sup>2</sup> that clarifies the regulation text, dialysis facilities are required to “encourage patient participation in care planning.” (V456) Three modules meet this need.

### Introduction—Living Successfully with Kidney Disease

Explains why patients must take an active role in managing their health.

### Module 3—Working with Your Healthcare Team

Explains how patients can work with members of their team.

#### References

1. *Federal Register* (2008). Conditions for Coverage for ESRD Facilities: 42 CFR Part 494, April 2008.
2. Centers for Medicare and Medicaid Services. *ESRD Program Interpretive Guidance Update (Ref S&C-09-01)*, October 2008.

## Module 14—Patient Rights and Responsibilities

- Emphasizes the importance of self-management
- Describes patients' rights and responsibilities (required V464)
- Includes a section on advance directives (required V457)

### WHAT YOU CAN DO

- Provide printed copies of one or more of these modules & document in the chart to demonstrate how the clinic is encouraging patient participation.
- Use Kidney School Certificates of Completion to document patient participation (or refusal).
- Use Kidney School posttests to generate discussion with patients about self-management.



## Treatment Options

The Conditions state “documentation in patient records must demonstrate that facility staff provide unbiased education to patients/designees about transplantation and all dialysis treatment options.” They also state that “the patient has the right to receive resource information for dialysis modalities not offered by the facility, including information about alternative scheduling options for working patients.” (V458) Records must show “evidence that the patient was informed about transplantation as an option.” (V554) In addition, facilities must document the reason(s) that patients are not suitable for home dialysis options (V512).



## Module 2—Treatment Options for Kidney Failure

- Provides all the treatment options information required by the Conditions
- Qualifies as an unbiased source because the Medical Education Institute is a third-party nonprofit and all Kidney School content was reviewed by a multidisciplinary team of patients and professionals
- Includes a modality preference checklist to document patient participation in modality choice and/or suitability (unsuitability) for home treatment
- Includes transplant option information, as well as types of donors (V554)

### WHAT YOU CAN DO

- Put a printed copy of the Certificate of Completion in the medical record to document that education was provided.
- Use a Kidney School postcard, initialed and dated by patient, to document offer and refusal, if applicable.
- Print, initial, and date the modality preference checklist to demonstrate patient modality preference and/or unsuitability for home treatment.
- Use the modality pros and cons lists to generate discussion about options (and put annotated copy in the medical record to document your efforts).



## Vascular Access

According to the Conditions, “patients must be informed and educated about the benefits, risks, and hazards of each type of vascular access.” (V550) In addition, “patient education should address self-monitoring the vascular access” (V551).

## Module 8—Vascular Access: A Lifeline for Dialysis

- Provides complete review of all access types, along with pros and cons of each
- Describes self-monitoring skills

### WHAT YOU CAN DO

- Refer patients to this module prior to access decision-making.
- Refer patients who have catheters as a means of preparing them to discuss conversion to fistulas.
- Print Certificates of Completion, ask patients to initial and date for medical record documentation of education provided.
- Use printed pre- and posttests to initiate discussions about access options and evaluate patients’ understanding.

## Diet and Fluid Management

The Conditions talk about the need to educate patients about diet and fluid management in several places. (V545, V546, V562, et al.) “Patients must be educated to understand their role in managing the prescribed diet, medications, and bone health” (V546).



## Module 9—Nutrition and Fluids for People on Dialysis

- Covers all the basics about diet and fluids
- Can be customized for patients with and without diabetes, and those being treated with peritoneal and hemodialysis

### WHAT YOU CAN DO

- Print the PDFs so patients have a ready reference for decision-making about foods.
- Print Certificates of Completion for the medical record to document your education efforts.
- Assign specific sections of the module for review if patients’ labs show problems (V631).
- Include Kidney School in the patient care plan for nutritional education.
- Cite Kidney School as evidence of self-management education.



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## Dialysis Adequacy

The Conditions require that “patients should have an understanding of adequacy and the consequences of skipping dialysis treatments or cutting treatments short” (V544). The Conditions also specifically state that if patients fail to meet adequacy targets because of behavior choices, clinics will not be cited if they can document adequacy education efforts (V544).

### Module 4—Following Your Treatment Plan

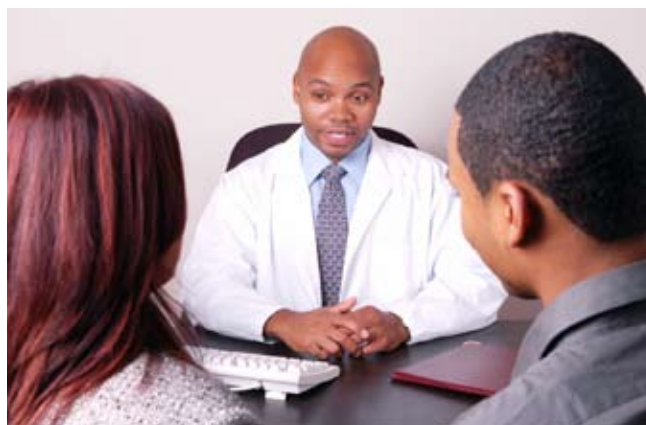
- Includes a special section on getting all prescribed treatment time

### Module 10—Getting Adequate Dialysis

- Explains dialysis adequacy and how it is measured
- Emphasizes the importance of getting all the prescribed treatment

#### WHAT YOU CAN DO

- Print the adequacy tracking log sheet from Module 10 and use it to work with patients on adequacy issues.
- Print Certificates of Completion for the medical record to document your education efforts.
- Assign Module 4 to patients who repeatedly miss/skip treatments; repeating the module is OK.



## Coping with Dialysis

The Conditions require that social workers assess patients’ “current ability to cope with and adjust to dialysis,” (V500) and their “family and other support systems” (V514). The Conditions require that “counseling services should be directed at helping the patient and family cope with kidney failure and dialysis...” (V552).

### Module 1—Kidneys: How They Work, How They Fail, What You Can Do

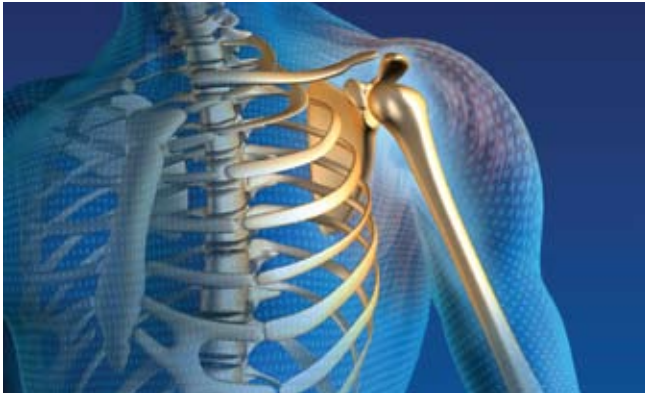
Includes goal-setting checklist for attitude improvement, motivation, and perspective

### Module 5—Coping with Kidney Disease

Discusses the phases of emotional adjustment, as well as how to ask for help (V514)

#### WHAT YOU CAN DO

- Assign Module 5 to new patients and families to generate discussion and aid with assessment.
- Print the goal-setting checklist from Module 5 as a tool for patients/families who are struggling.
- Print copies of Certificates of Completion to document counseling and education provided.



## Bone Health

The Conditions state that “patients must be educated to understand their role in managing bone health” (V546).

### Module 16—Long Term Effects of Kidney Disease

Explains renal osteodystrophy and what patients can do to maintain bone health

#### WHAT YOU CAN DO

- Refer patients to this module if their lab values are not within acceptable ranges.
- Print Certificates of Completion for the medical record to document your education efforts.



## Rehabilitation

Each patient’s plan of care must include individual rehabilitation goals (V555, V515) that “reflect the patient’s preferences “concerning physical activity levels, as well as vocational and physical rehabilitation.”

### Module 12—Staying Active with Kidney Disease

- Includes goal-setting sheets, as well as activity forms and logs
- Discusses physical therapy

#### WHAT YOU CAN DO

- Print goal-setting sheet to help assess patient’s interest in physical activity.
- Ask patients to bring in completed activity forms and logs as a means of encouraging exercise.
- Print Certificates of Completion for the medical record to document your education efforts.



## Quality of Life

“The patient care plan must include education and training for patients and family members or caregivers in aspects of quality of life, rehabilitation...” (V562). “The patient’s medical record must demonstrate the provision of patient education and training...” (V562).

### Introduction—Living Successfully with Kidney Disease

Provides positive messages about living a full life with kidney disease

### Module 11—Sexuality and Fertility

- Discusses the impact of kidney failure on personal and intimate relationships
- Provides guidance in how to communicate effectively

#### WHAT YOU CAN DO

- Print PDFs of the Introduction for new patients and families to emphasize hope.
- Discuss Introduction with patients as part of an assessment of their ability to cope.
- Use Module 11 as a guide to help patients and families learn to communicate.
- Print Certificates of Completion for the medical record to document your education efforts.



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## Tell your patients about Kidney School

Order **free** Kidney School postcards – online at [kidneyschool.org](http://kidneyschool.org).

You can give the cards to patients and family members to let them know about Kidney School.

### Give us feedback!

We would like to hear about how YOU used Kidney School in your clinic.

You can contact us at:

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Free, online learning program for people with chronic kidney disease (Stages 3-5)

- Based on research
- Reviewed by kidney disease experts
- Easy to use and understand
- No log-in or registration needed

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Kidney School has 16 interactive modules. Use them in any order you choose, at any time, take as long as you want, and go back as often as you like—all FREE!

[www.KidneySchool.org](http://www.KidneySchool.org)

**Also available**  
**IN PRINT** — download a file to print any module  
**AUDIOBOOK** — download an MP3 and listen to a module

"For a non-medico like me, Kidney School was the best source of information I've seen yet. I was up half the night going through the modules. Great graphics and illustrations, too!"  
— John C. (CKD patient)

**The Kidney School modules are:**

<b>INTRO</b>	Living Successfully with Kidney Disease
<b>MODULE 1</b>	Kidneys: How They Work, How They Fail, What You Can Do
<b>MODULE 2</b>	Treatment Options for Kidney Failure
<b>MODULE 3</b>	Working with Your Health Care Team
<b>MODULE 4</b>	Following Your Treatment Plan
<b>MODULE 5</b>	Coping with Kidney Disease
<b>MODULE 6</b>	Anemia and Kidney Disease
<b>MODULE 7</b>	Understanding Kidney Lab Tests
<b>MODULE 8</b>	Vascular Access: A Lifeline for Dialysis
<b>MODULE 9</b>	Nutrition and Fluids for People on Dialysis
<b>MODULE 10</b>	Getting Adequate Dialysis
<b>MODULE 11</b>	Sexuality and Fertility
<b>MODULE 12</b>	Staying Active with Kidney Disease
<b>MODULE 13</b>	Heart Health and Blood Pressure
<b>MODULE 14</b>	Patient Rights and Responsibilities
<b>MODULE 15</b>	Alternative Treatments
<b>MODULE 16</b>	Long-term Effects of Dialysis

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