Conventional Treatment / No Dialysis

When you have end-stage kidney disease, you have a choice of what treatment you wish to have.

Common Questions:

“Will the Kidney Care Clinic Team help me decide whether or not I should start dialysis?”

Yes. The Kidney Care Clinic team will give you information and discuss various treatments available, including conventional treatment. The team will support you in your decision and encourage you to discuss your choice openly with your family and friends.

“How can I discuss my decision with my family and friends?”

It is important that you talk openly to your family about your decision. They may have a difficult time accepting the choice you make and may try to change your mind. If you explain the reasons for your decision, they may understand your choice.

The Kidney Care Clinic team can assist you in discussing conventional treatment with your family. You may ask team members to meet with you and your family to help you clarify your decision.

“What if I am not sure if dialysis can help?”

You can try dialysis for a while and see how you feel. During and after a predetermined trial period, you and the dialysis team will review how well your treatment is working. You can then decide if you want to continue dialysis or stop. The dialysis team will support you in whatever decision you make. You need to understand that without treatment of your end-stage kidney disease, you will die.

“What other healthcare professionals would be available to help me make a decision?”

If the Kidney Care Clinic team feels that you do not want to start dialysis because you are depressed, they may ask you to speak with a Mental Health professional. Depression can be treated. When people are depressed, they sometimes find it difficult to make good decisions.

“How long will I live without dialysis?”

It is hard to predict how long you will live without dialysis. Time periods vary from person to person, and depend on the amount of kidney function you have and your overall medical condition.
Conservative Treatment / No Dialysis cont...

“If I make this decision, will the Kidney Care Clinic Team continue to help me?”

Yes. The Kidney Care Clinic team will remain available to you and your loved ones. They can advise you and arrange for the type of care you might need.

“What can I receive my end of life care?”

You may choose to die at home, in a long-term care facility, hospice or hospital. The Kidney Care team can give you information on these choices. Death from kidney failure is usually painless. Supportive care can be made available to you in any of these settings to help you remain pain-free and comfortable.

“Do I need a Power of Attorney and a Living Will/Advanced Directive?”

In the event that you are too ill to speak for yourself, it is important that someone has your permission to speak on your behalf. It is a good to have a Power of Attorney and a Living Will/Advanced Directive.

- **A Power of Attorney** (Personal Care) is a legal document in which you name a person to make treatment decisions on your behalf, if and when you are unable to make those decisions for yourself.
- **A Living Will/Advanced Directive** is a document that contains your wishes for your future health care.

“What else do I need to know about choosing conservative treatment?”

You may consider having the following items in order:

- Your will (naming an executor)
- Power of Attorney (Personal Care and Property)
- Speak to a religious or spiritual leader
- A list of your bank accounts, business records, life insurance policies, etc.
- Names, addresses and phone numbers of your lawyer, family members and friends and anyone else who should be notified of your death.
- Speak with your family about your wishes concerning your funeral or memorial service.

If you have more questions or concerns, please speak with any member of the Kidney Care Clinic Team.
Making Important Decisions

No one likes to think about failing health and facing decisions about medical treatment. However, your wishes and choices are important for us to understand.

We want to help you make informed decisions about the care that you receive. As your healthcare team, one of our goals is to provide the best possible support for you and your family.

Common Questions:

“What is a DNR?”

In the event that your heart should suddenly stop, or should you stop breathing, do you wish to be resuscitated? Your Nephrologist, and healthcare team will discuss a “Do Not Resuscitate” order with you on an annual basis or if your condition changes. This is done so that the healthcare team can honour your wishes. The rest of your treatment will not be affected in any way.

All decisions should be discussed and shared with your family physician. If decisions are made with your family physician, it is important that your Nephrologist receive a copy of your wishes as well.

“If I start dialysis, do I have to continue even if I don’t want to?”

When you consent to starting the treatment of dialysis, you have the option of stopping that treatment. You need to understand that without treatment of your end-stage kidney disease, you will die. If this decision is made, supportive care will be provided whether you choose to stay in the hospital, or remain at home.

“I could never talk to my family about this. It would be too hard.”

If you need help discussing these important matters with your family, we are here to help. Your social worker can set up a family meeting to assist in a discussion about your wishes.

We invite you to discuss the following with your healthcare team, including your Nephrologist, Nurses, Pharmacist, Dietician and/or Social Worker.

- End-stage renal disease
- Treatment options
- Substitute Decision Making
ABOUT HALTON HEALTHCARE

We represent the blending of three well-established, community-oriented healthcare facilities. Together, Georgetown Hospital, Oakville Trafalgar Memorial Hospital and Milton District Hospital, serve the growing urban and rural communities of Halton Hills, Milton and Oakville and provide a full range of acute care services.

Our Mission
For the communities we serve, Halton Healthcare provides compassionate, quality, community hospital care as part of an integrated system.

Our Vision
Transforming the community hospital experience.

HALTON HEALTHCARE

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