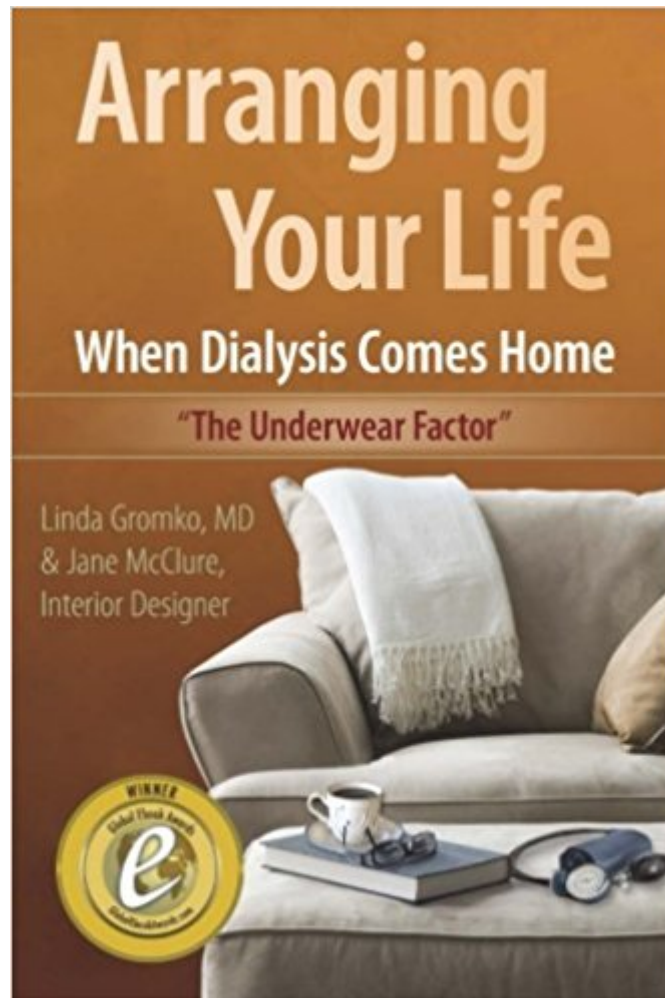




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# Arranging Your Life When Dialysis Comes Home (Volume 1)



## Synopsis

When Steve Williams' kidneys quit working in September 2007, he and his wife Dr. Linda Gromko were presented with two choices: a kidney transplant or kidney dialysis (the kidney machine). There was, of course, the option of no treatment - but that would mean certain death for this husband and father of a teenaged daughter. Steve and Linda eagerly embraced the technology of Home Dialysis - treatments that could be done on their own time and on their own terms. But nothing could have prepared them for the onslaught of medical supplies that descended upon their home, making it seem more like a medical clinic or an ICU! Home Dialysis - while life saving - was taking over, consuming their lives and redefining their family as one tethered to illness. That's where Interior Designer Jane McClure saved the day. *Arranging Your Life When Dialysis Comes Home: "The Underwear Factor"* shows you how to:

- \* Create your Home Center for Dialysis
- \* Design a space that is comfortable, easy to use
- \* Manage the storage of necessary medical supplies
- \* Use the Interior Designers' tricks of the trade
- \* Save money through sure-fire choices
- \* Learn where professional decorators shop for less
- \* Support the caregiver & prevent burnout
- \* Reclaim as much of your "normal" life as you can!

(Note: this book applies to both hemodialysis and peritoneal dialysis.)

## Book Information

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## Customer Reviews

Linda Gromko, MD is a board-certified family practice physician and founder of Queen Anne Medical Associates, PLLC. Trained as a nurse practitioner before medical school, Dr. Gromko presents a unique look at the medical world from the perspectives of physician, nurse, mother, patient, and family advocate. Read about her true story, "Complications: A Doctor's Love Story" on

her website: [www.LindaGromkoMD.com](http://www.LindaGromkoMD.com). Jane C. McClure has been working in interior design in the Seattle area for over 15 years, founding Two the Nines Design in 2004. A bachelors in art and photography fueled her artistic nature which matured into a passion for home interiors. Her work has been featured in "From House to Home," and was seen on HGTV's Designer's Challenge.

The authors provide insight into what a home dialysis room will need. Since we will not be starting dialysis for several weeks, the information was helpful. The reason for the 3 star rating is that the book is so short. More detail could be supplied.

Terrific!!!!

Really a good resource for someone who is considering dialysis.

Starting home dialysis, I bought this book hoping it would be helpful. It didn't--I felt most of the information is common sense.

I am reading "Arrange your life when Dialysis comes Home". I have the required expertise as for the past 16 years or so until my retirement I had been the Director of Transplantation at a London, UK, teaching hospital, where the surgeons work closely with the nephrology physicians to care for and treat patients with end-stage kidney failure. It is a self-help book based on the lessons learnt by a family doctor and her husband when he suddenly developed end stage renal failure and had opted to have dialysis at home. The book gives the advantages of having dialysis at home as oppose to having it at a centre. The main ones being comfort, convenience and flexibility. It has lots of ideas of things to do to avoid having the high technology equipment swamping the home. It has lot of lists as is inevitable in such a book. It has a serious but light hearted approach. Thus there is a chapter that is devoted to safety issues and also on carer burn out a very important but often neglected issue. It is a book directed at the average American patient with a bed room no bigger than 10 by 12 feet. It also has input from a designer who helped to make the family home remain a home despite the invasion of their living space by home dialysis. Thus there were many ideas with helpful sketches devoted to this aspect, including the choice of colour and also lighting of the treatment area and how to disguise the bulky and the essential storage space by the clever use of everyday items. There is sound advice on how to economise using everyday item available in every home to disguise the invasion of high technology equipment and consumables. Failing that there were recommendations

to use IKEA and other cheaper US outlets. I therefore found the lack of mention of eBay a surprising omission. There is sensible advice on the importance of keeping the main bed room as a place for intimacy and relaxation. There is also a very useful to do list of tasks when friends and relative offer to help. In most cases both the well-meaning friends and relatives and also the patient do not know what is required. A very good suggestion was the assembling of essential dialysis equipment into convenient zip-lock bags. Or even the mundane task to hang up the bags of dialysis fluid. A retired transplant surgeon in the United Kingdom, before recommending the book a compulsory reading for all new dialysis patients, I should like to refer it to my ex-matron to check its relevance to the UK where there is Socialised Medicine. I advisedly used the term "new dialysis" patients, as patients need to know the consequences of a choice to have dialysis at home and how to go about it. I read and judged the book for the Dan Poynter Global eBook Award 2012.

This book gave us a feeling of comfort before starting PD, everything is good. I would recommend this to anyone starting PD, you will get something out of it, I promise.

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