

Brief Overview of the Toolkit's Content

Chapter One

The emotional demands of dialysis

Chapter Two

Signs of anxiety and depression caused by overwhelming stress

Chapter Three

Do I need help?

Value & Dangers of Self Diagnostic Tools

Chapter Four

What type of help is out there?

Chapter Five

Picking a treatment provider and how to prepare for a mental health visit

- ◆ **Information for professionals**
- ◆ **Patient resources**
- ◆ **Acknowledgements**
- ◆ **ESRD Networks' Patient Toll Free Numbers/Map**



To download a **FREE** full copy of the

"DIALYSIS PATIENT DEPRESSION TOOLKIT"

Please Visit:

www.esrdnetworks.org/resources

The Forum of End State Renal Disease (ESRD) Network's Kidney Patient Advisory Council (KPAC) has developed the Dialysis Depression Toolkit to help patients who feel they may be experiencing depression.



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Pick up or download a copy of the

Dialysis Patient Depression Toolkit

A 35-page booklet to help kidney patients deal with depression

KIDNEY PATIENT
ADVISORY COUNCIL (KPAC)



The Patient's Guide to Dealing with Depression Toolkit

This toolkit was designed **BY patients and FOR patients** but there are important contributions by professional collaborators who graciously joined our workgroup.

It is important to remember that we are not alone. Even if we are on dialysis and dealing with anxiety or depression, we can still have loving and productive lives. There are no limits to what we can achieve with determination and the right tools.

Many, many people have gone through the same things and we would like to share some of the things that helped us cope.

See back of this brochure for more information on how to download a copy of the Dialysis Patient Depression Toolkit.

Take a minute to complete one of the many useful resources found in the Toolkit!

Please note that the last question of the PHQ-9 is an indication of self-harm and you should seek professional help.



THE PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

Over the past 2 weeks, how often have you been bothered by any of the following problems?	Not At all	Several Days	More Than Half the Days	Nearly Every Day
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed or hopeless	0	1	2	3
Trouble falling asleep, staying asleep, or sleeping too much	0	1	2	3
Feeling tired or having little energy	0	1	2	3
Poor appetite or overeating	0	1	2	3
Feeling bad about yourself - or that you're a failure or have let yourself or your family down	0	1	2	3
Trouble concentrating on things, such as reading the newspaper or watching TV	0	1	2	3
Moving or speaking so slowly that other people could have noticed. Or, the opposite -being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3
Column Totals _____ + _____ + _____				
Add Totals Together _____				

The scoring is quite simple:

- All you need to do is add up the columns of 1's, 2's, and 3's and then add them together for a total score.
- There is no data available specifically for patients with renal disease, but in general, if you scored over a 10, it is considered high and you should follow-up with your social worker, or get a professional assessment. **It is also important to get professional help immediately if you score anything other than a zero on the last question regarding hurting yourself.**