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New Study Highlights Value of Patient-Centered Care for Kidney Failure

Madison, Wisconsin — A [recent study](#) conducted by a team of researchers from the non-profit [Medical Education Institute \(MEI\)](#) sheds light on how patients with kidney failure evaluate their health throughout their treatment journeys. The results highlight the importance of considering patients' unique health and lifestyle values when choosing a treatment option.

To support patients in this process, MEI created [My Kidney Life Plan](#) (MKLP), a free, online decision aid that helps people choose a treatment option for kidney failure based on *what matters to them* in their lives. MKLP informs patients about dialysis, transplant, and conservative management (“comfort care”), mapping each option onto 23 health, lifestyle, and relationship values. As patients who face a treatment decision are anxious and afraid, MEI wrote MKLP at a 5th grade reading level.

“No one wants to need dialysis or a transplant. Choosing a treatment option for kidney failure is overwhelming and confusing,” said Dori Schatell, MS, MEI Executive Director. *“We built My Kidney Life Plan to empower patients to make choices based on HOPE for what they want their lives to look like—rather than on avoiding what they are afraid of. Our goal is to support patients to find treatment options that work best for them and let them live as fully and joyfully as possible.”*

The study findings emphasize the need for a personalized approach to treating kidney failure. By considering patients' individual health and lifestyle values using an evidence-based decision aid like *My Kidney Life Plan*, health care providers can better partner with patients to improve outcomes for people with kidney failure.

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