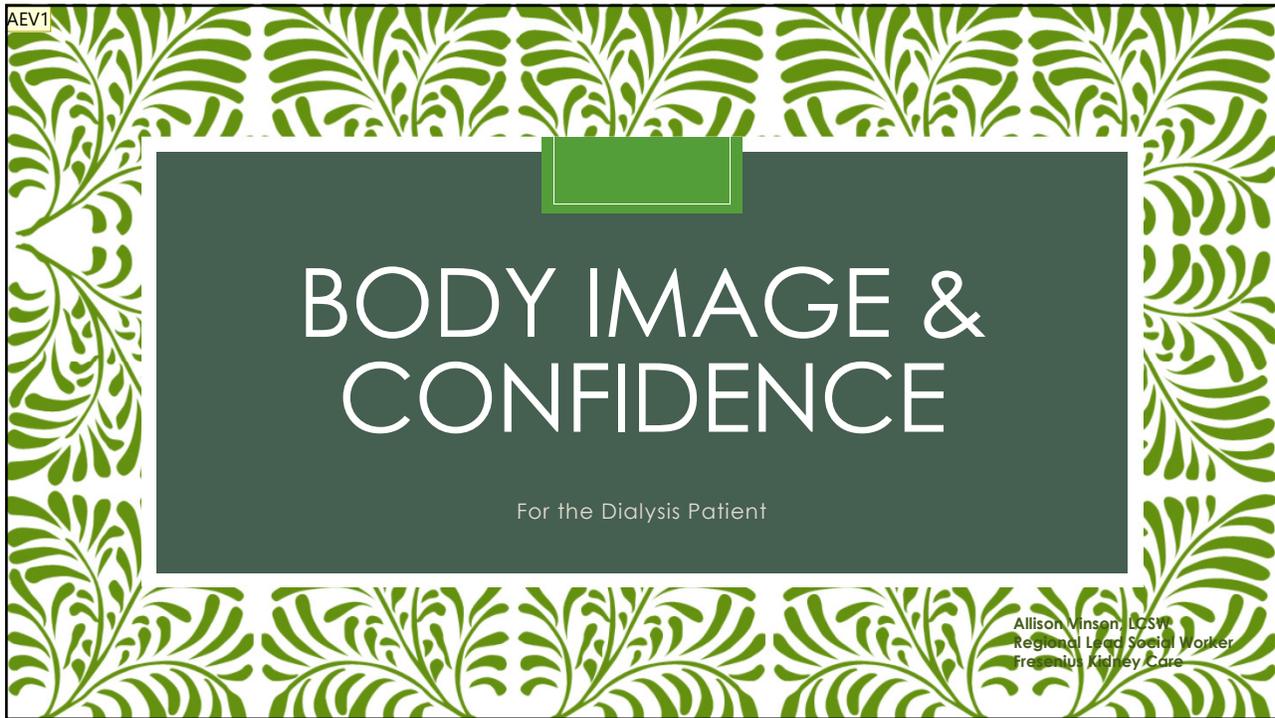


AEV1



BODY IMAGE & CONFIDENCE

For the Dialysis Patient

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Regional Kidney Care



NO BODY IS PERFECT

Objectives

- Describe some common body changes that happen with our dialysis patients.
- Discuss strategies to help build self confidence and continue to thrive.
- Describe feelings that happen with our dialysis patients that promote low self-esteem.
- Provide activities that you can take back to your patients to help them have better body image and self confidence.

Slide 1

AEV1 Allison E Vinson, 8/21/2019



Diseased

Sick

Burden

Unlovable

Unattractive

How does a dialysis patient see himself or herself?

The complex block consists of a light beige background on the left and a dark green background on the right, both framed by a decorative border of green leaves. On the left, five terms are listed vertically, each followed by a horizontal line: "Diseased", "Sick", "Burden", "Unlovable", and "Unattractive". On the right, a white text box contains the question "How does a dialysis patient see himself or herself?" in white, sans-serif font.

Survivor

Strong

Independent

Lovable

Beautiful

How can we change that mindset?

BEFORE WE
LOOK INTO HOW
TO CHANGE THE
MINDSET...

We have to acknowledge that there are real body changes

Common Body Changes with Dialysis



Skin



Breath



Hair



Weight gain/
weight loss



Surgical Scars



Intimacy
Changes

Skin Changes

Waste products that your kidneys are no longer able to remove can cause **changes in your skin color** and texture. If you have light skin, it may look gray or yellowish in color. If you have a darker skin complexion, you may see it getting slightly darker. Your skin can also become **itchy or fragile**. Your skin can be **dry**.



- The kidneys have trouble balancing certain minerals like calcium and phosphorus. **Phosphate binders** are medicines that can lower phosphate levels and may ease the itching.
- Low calcium levels can trigger the parathyroid glands to release a hormone that may cause itching. Removing some—but not all—of the 4 parathyroid glands can reduce itching.
- Another way to ease itchy skin is with ultraviolet light. You could spend some time in the sun or with a therapeutic lightbox, which uses fluorescent light. Yet another option is to use an antihistamine, which can ease itching from many causes.

There isn't a single answer for everyone, so speak with your doctor or nurse to explore what may help you.

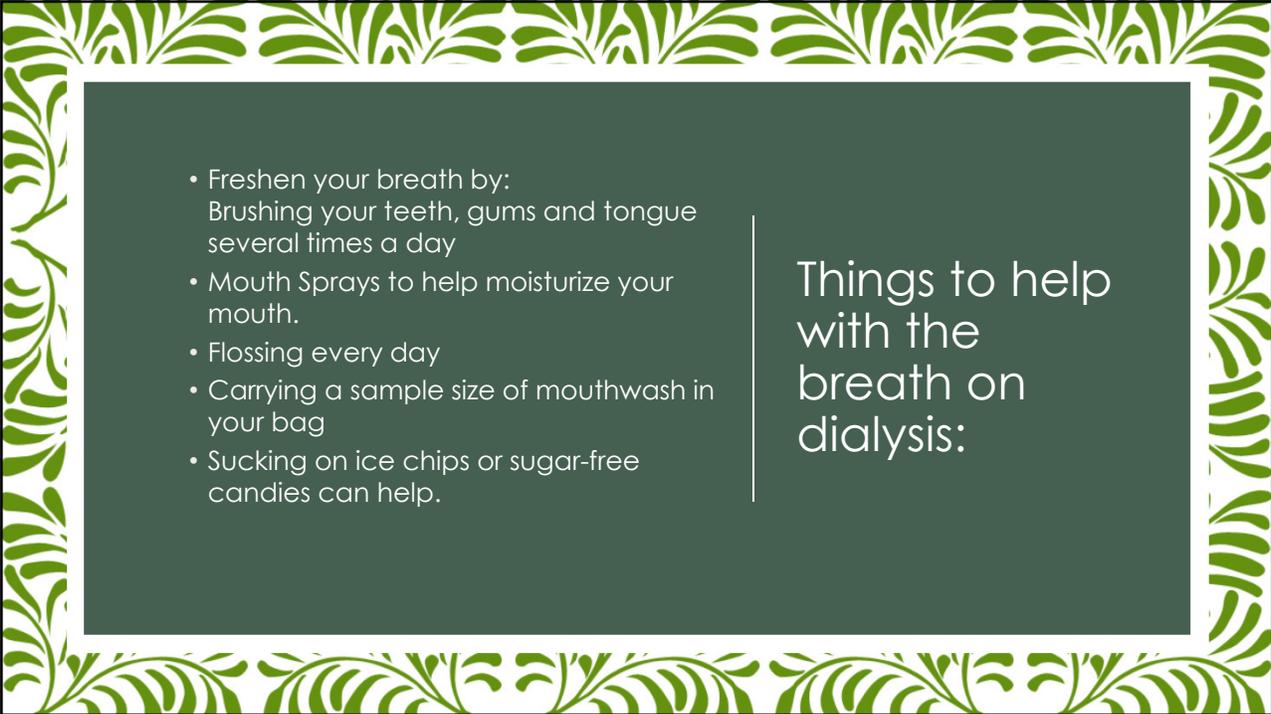
Things to help with skin on dialysis:

Breath

When kidneys fail, waste products can make your breath smell like ammonia. You may even have that taste in your mouth.

Dry mouth is also common for people on dialysis.





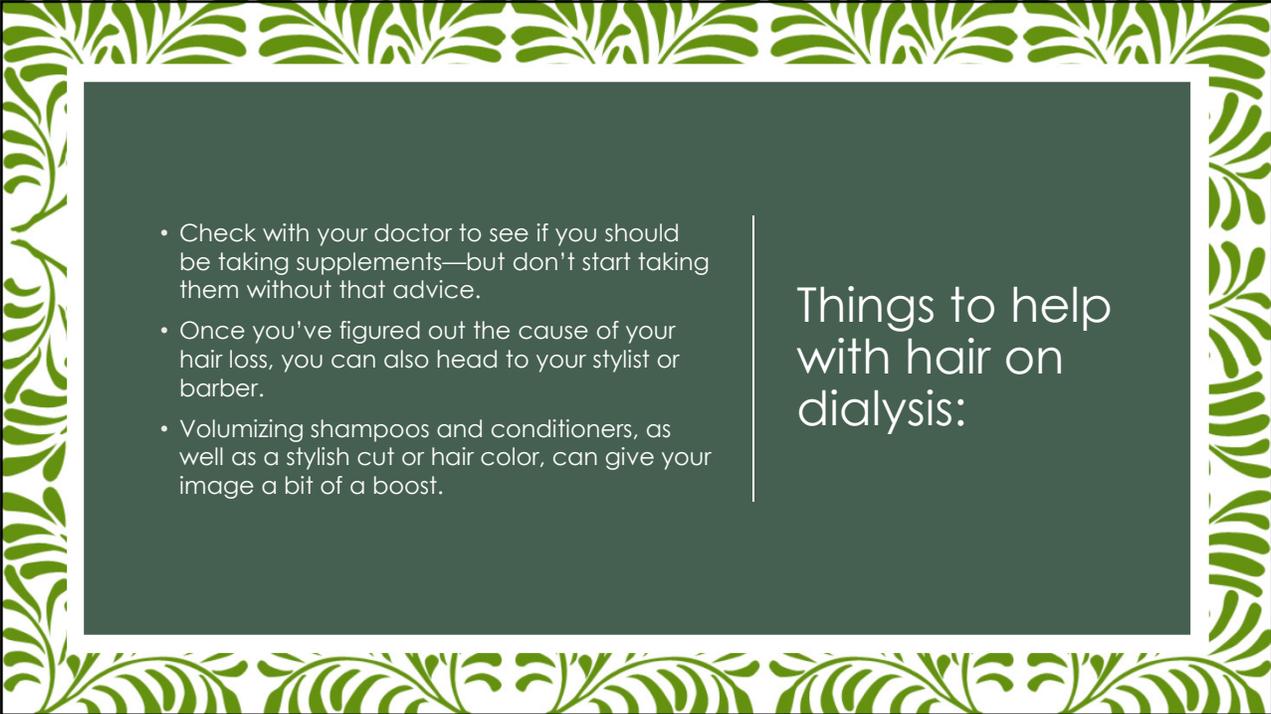
- Freshen your breath by:
Brushing your teeth, gums and tongue several times a day
- Mouth Sprays to help moisturize your mouth.
- Flossing every day
- Carrying a sample size of mouthwash in your bag
- Sucking on ice chips or sugar-free candies can help.

Things to help with the breath on dialysis:



Hair changes

When you have kidney disease, you may find your hair thinning. This can be due to a lack of certain nutrients in your diet.



- Check with your doctor to see if you should be taking supplements—but don't start taking them without that advice.
- Once you've figured out the cause of your hair loss, you can also head to your stylist or barber.
- Volumizing shampoos and conditioners, as well as a stylish cut or hair color, can give your image a bit of a boost.

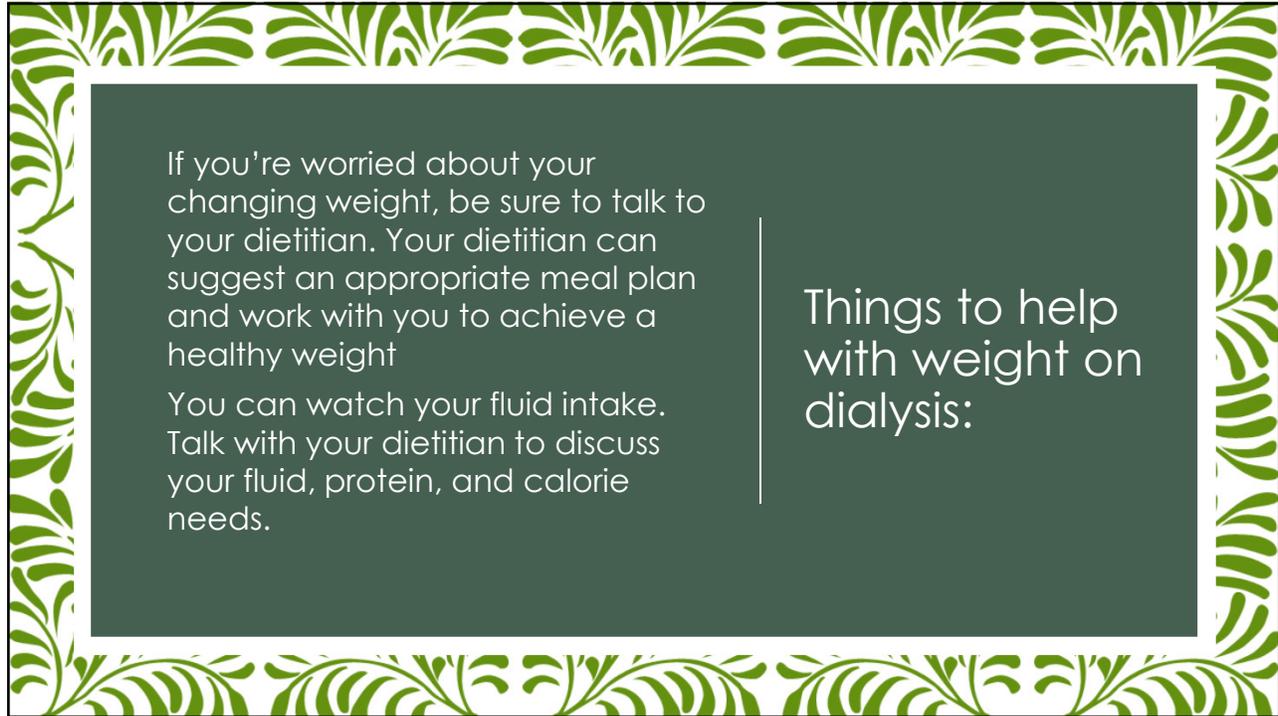
Things to help with hair on dialysis:

Weight gain or loss

Weight can also fluctuate on dialysis.

You can gain weight.
You can lose weight.
You can lose muscle.

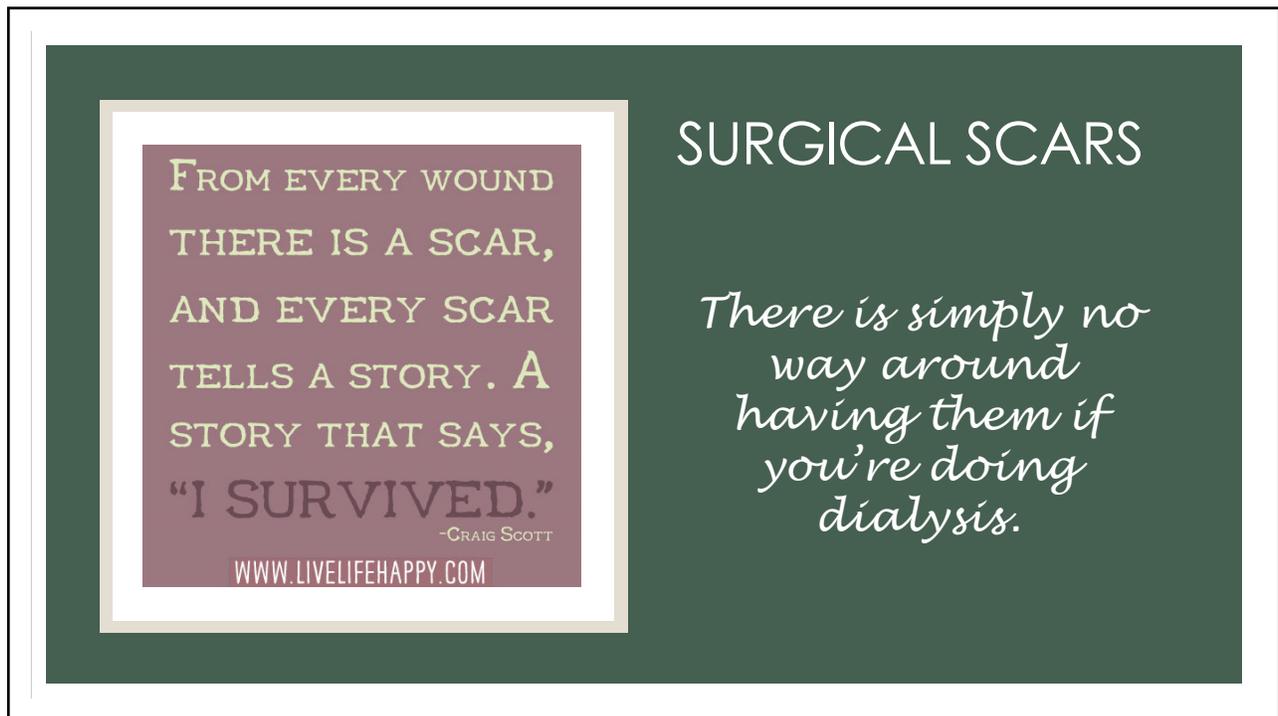
An illustration of a person's feet standing on a blue platform scale. The scale has a white dial with a red needle and numbers, positioned above the feet.



If you're worried about your changing weight, be sure to talk to your dietitian. Your dietitian can suggest an appropriate meal plan and work with you to achieve a healthy weight

You can watch your fluid intake. Talk with your dietitian to discuss your fluid, protein, and calorie needs.

Things to help with weight on dialysis:



FROM EVERY WOUND
THERE IS A SCAR,
AND EVERY SCAR
TELLS A STORY. A
STORY THAT SAYS,
"I SURVIVED."
-CRAIG SCOTT
WWW.LIVELIFEHAPPY.COM

SURGICAL SCARS

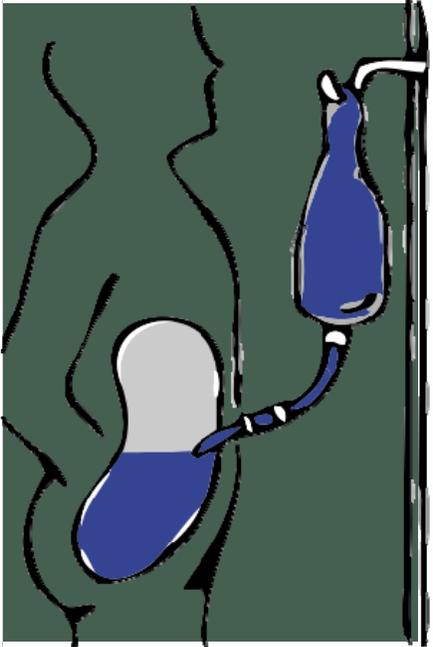
There is simply no way around having them if you're doing dialysis.

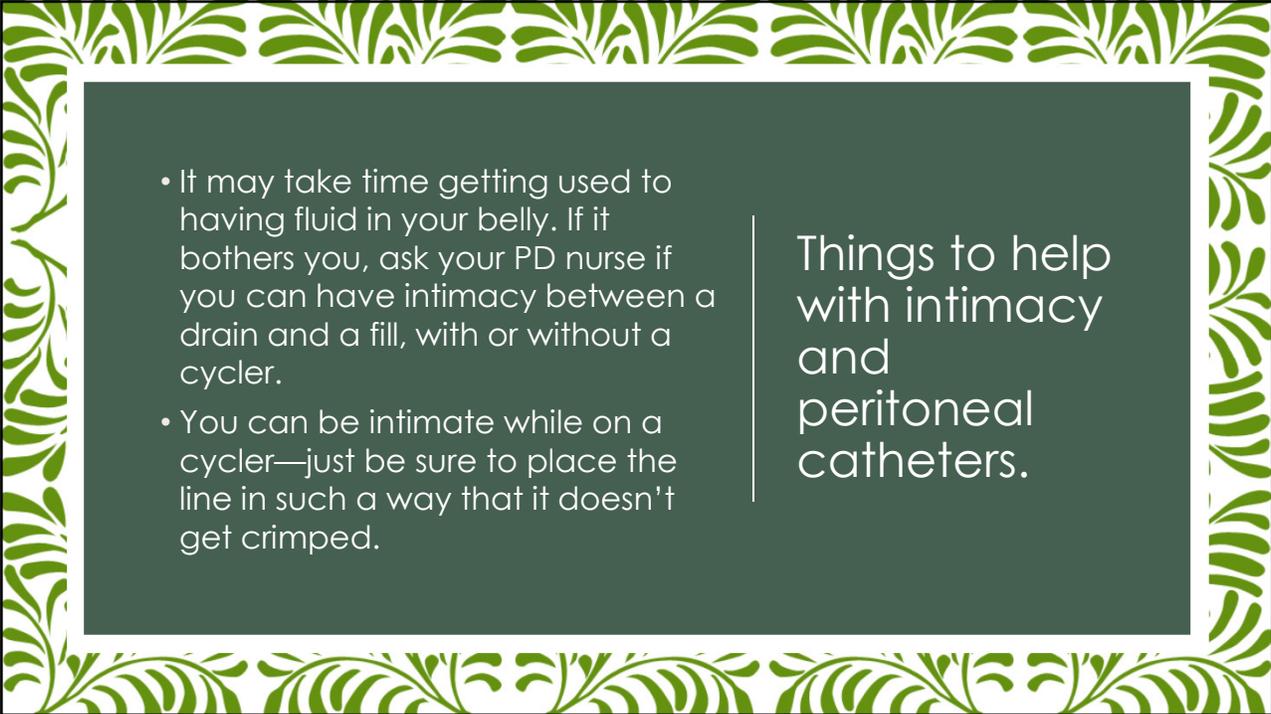
You may want to consider covering vascular access areas with light, breathable clothing. You can also think of your scars as badges of honor for what you've gone through.

Surgical Scars

Peritoneal catheters and intimacy

Patients with peritoneal catheters can have intimacy issues due to the location of the tube or the feeling of bloating in the stomach.

A diagram illustrating a peritoneal dialysis setup. On the left, a stylized human figure shows the abdominal area. A blue tube (catheter) is inserted into the abdomen and connected to a blue dialyzer bag. The bag is hanging from a vertical stand on the right. The diagram shows the internal abdominal cavity with the dialyzer bag positioned to fill the space.



- It may take time getting used to having fluid in your belly. If it bothers you, ask your PD nurse if you can have intimacy between a drain and a fill, with or without a cyclor.
- You can be intimate while on a cyclor—just be sure to place the line in such a way that it doesn't get crimped.

Things to help with intimacy and peritoneal catheters.

Intimacy and dialysis can go together



Intimacy is a profound human need. A need that doesn't change—no matter what your age or if you have chronic kidney disease.

Medications, general fatigue or depression may be some of the reasons why you're not in the mood as often as you used to be.



Talking with your partner

You might be surprised by how many people don't think about talking to their partner about sex. Close couples may think they're on such a good wavelength that it's not necessary. But discussing what you need from intimacy and sex and listening to your partner's needs can deepen intimacy.

Things to help intimacy

Coping on Dialysis

Living with chronic kidney disease is a journey. Many people find diagnosis challenging to accept, embrace and act on, and it's perfectly normal to experience all kinds of emotions—grief, fear, denial, anger, depression or feeling overwhelmed. It's important to recognize that going through those feelings is a process.



Remember that our patients go through stages of adjustment



DENIAL



FEAR



ANGER



DEPRESSION

These feelings can make it difficult to have a positive self image.

Five positive ways for our patients to handle emotions



Share your feelings with someone— a friend, family member, social worker or someone you turn to for spiritual guidance. Talking with someone else will help you gain another perspective.



Allow yourself to feel whatever you're feeling— without judging or blaming yourself.



Focus on today instead of worrying about the future. "Being in the moment" will feel less overwhelming.



Take a short, brisk walk or begin daily exercise. Countless studies have shown the positive emotional benefits of even the simplest exercise. Always check with your doctor before you begin any exercise program.



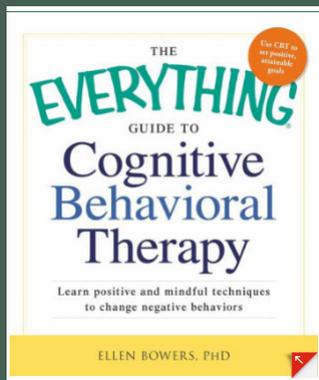
Get support by building a community. People with chronic conditions who have strong support networks live longer and manage their health better. That's a fact.

Embracing a positive attitude to grow



Even with a chronic condition like end stage renal disease (ESRD), you can build a better, different life. It isn't easy to have a positive attitude all the time. In fact, no one does. So seize those times when you're feeling good to actively look for ways to improve your health, stay close to friends and family and discover outlets like volunteering to keep growing.

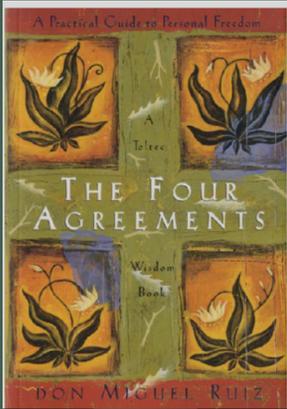
Cognitive Behavioral Therapy



Identify Automatic Thoughts:

Make a list of Automatic Thoughts and then generate a list of alternative thoughts.

Four Agreements by Miguel Ruiz:



The Four Agreements are:

- 1. Be Impeccable With Your Word.**
- 2. Don't Take Anything Personally.**
- 3. Don't Make Assumptions.**
- 4. Always Do Your Best.**



**WHEN YOU LOOK IN THE
MIRROR, WHAT DO YOU SEE?**

