

# A patient's perspective: Be your own advocate

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Eric Sebastian Dolby, Sr.

# Thanks to our speaker!

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- Patient advocate
- Registered nurse for 14 years
- Kidney transplant recipient
- Advocates on behalf of kidney patients at local, state, and national level

- Walk us through your journey with kidney disease. Start with when your experience with kidney disease began and go up to where you are today.



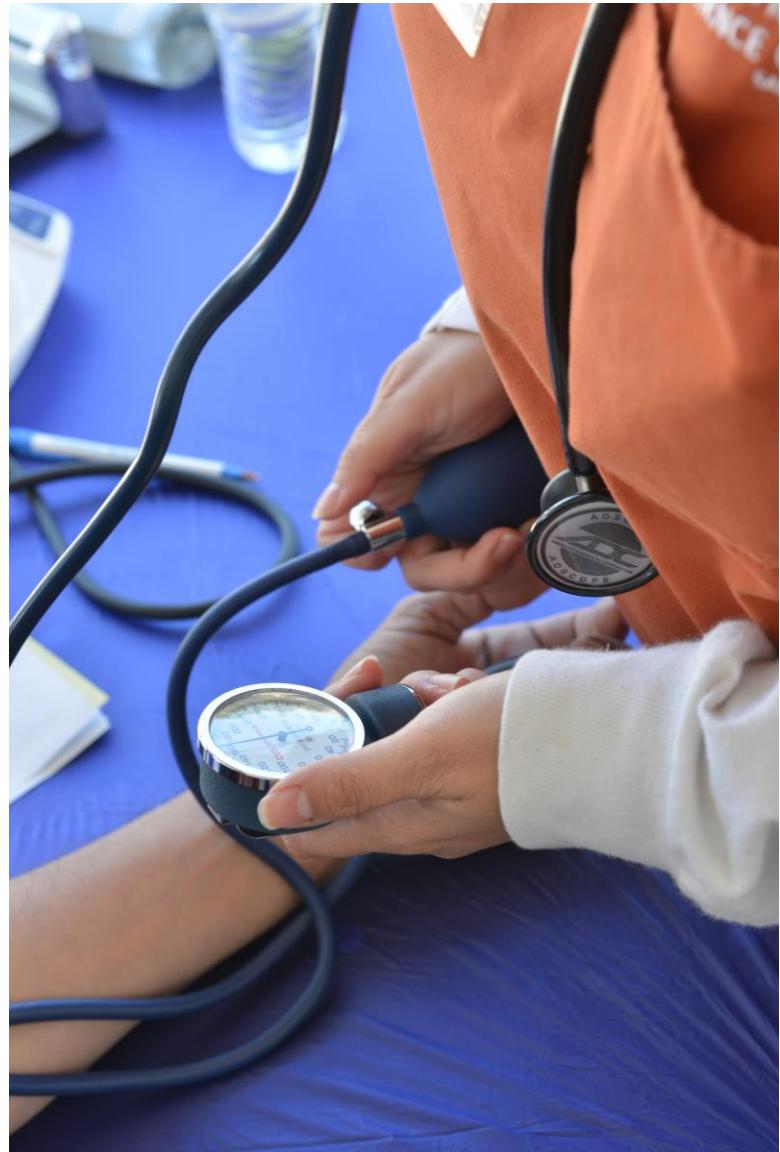
- When do you think the ‘switch’ happened when you started taking an active role in your health care?



- Was there ever a time you felt uncomfortable taking an active role in your health care or speaking up about your needs? How did you overcome the fear?



- Your experience as a patient has been unique because of your background as a nurse. What would you recommend to people who don't have that background?





- Can you describe a specific time when you advocated for yourself or for other patients in the dialysis setting?

- Some patients find it difficult to speak up and express their needs to doctors or other health care professionals. What advice would you give them?





- We know that dialysis center staff are stretched thinly. How can you make the most of the little time you have with them?

- Kidney patients are unique because they often have to coordinate their health care with several different doctors. Was this ever a challenge for you, and how did you overcome it?



- If you could give advice to a nephrologist or dialysis nurse about making patients feel more comfortable, what would you recommend?

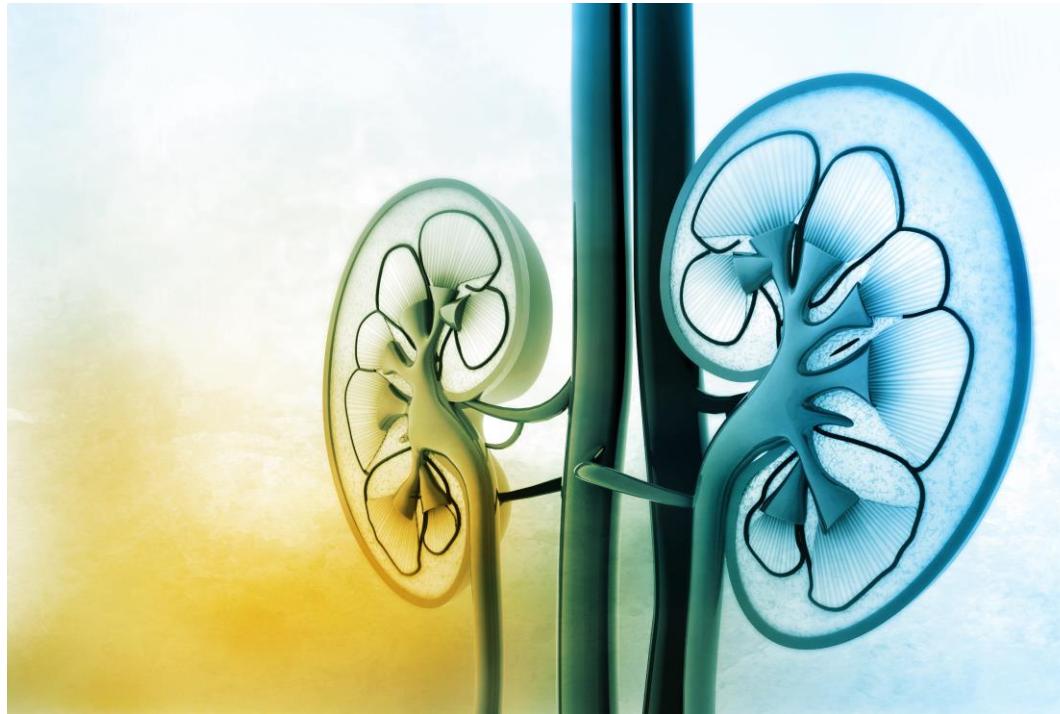


- What was your experience with getting listed for a transplant, and then eventually receiving a kidney transplant?



- Now that you have had a transplant, are there new or different ways you have needed to advocate for yourself?

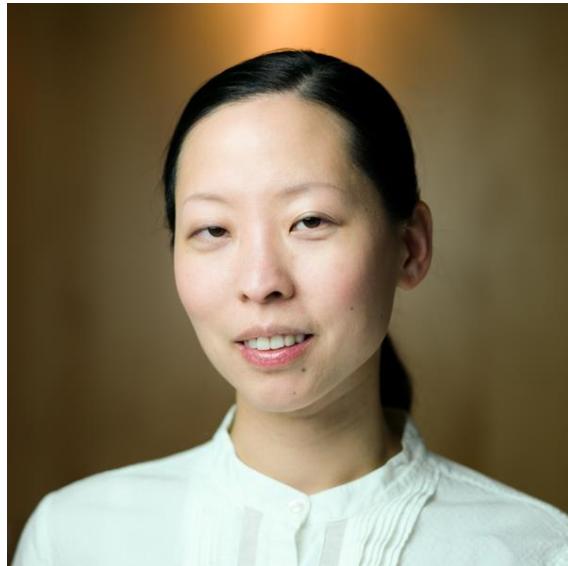
- Do you have any final recommendations?



# Questions?

# Join us for next month's webinar!

## Wednesday, April 26, 1-2 p.m. (ET)



### Dr. Susan Wong

- Nephrologist at the VA Puget Sound Health Care System in Seattle
- Acting Instructor in the Division of Nephrology at the University of Washington

***“Saying no to dialysis: choosing conservative care for end-stage kidney disease”***

#### Join us to learn about:

- The conservative care options for end-stage kidney disease.
- Considerations for patients or their family members when making the decision to choose conservative care.

Go to [www.KidneyFund.org/webinars](http://www.KidneyFund.org/webinars) to learn more and register!