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For immediate release

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New, FREE How-to Manual Helps Dialysis Staff Teach Patients to Self-Cannulate

Cannulation expert Stuart Mott, a vascular access nurse with years of dialysis experience, has joined forces with the nonprofit Medical Education Institute to create an easy-to-read, illustrated manual to help dialysis staff teach patients how to put in their own needles. This full-color, 8-page booklet entitled "A How-To Manual: The Art of Teaching Buttonhole Cannulation," is now available for free download from the Home Dialysis Central website (www.homedialysis.org/buttonhole). The manual will also be published in *Dialysis & Transplantation's* (D&T) special-focus issue on Home Dialysis, which will publish in July. *D&T* is a publication of Wiley-Blackwell.

There are several good reasons for hemodialysis patients to self-cannulate. Research has shown that patients who put in their own needles have fewer vascular access problems, lower access failure rates, and even less pain when needles are placed. Self-cannulation is also a bridge to home hemodialysis, a treatment option that has the potential to improve patients' quality of life and longevity. Fear of needles and pain prevents many people on dialysis from learning this valuable skill. The techniques described in this how-to manual, including Tandem-Hand Cannulation, Touch Cannulation, and the Buttonhole Technique, can help people overcome their fear of needles and learn to self-cannulate.

About the Medical Education Institute

The MEI is a nonprofit 501c3, private operating foundation dedicated to helping people with chronic disease learn to manage and improve their health. Since 1993, the MEI has been working to help people with kidney disease live long and live well. MEI launched Home Dialysis Central (www.homedialysis.org) in 2004 to raise awareness and use of PD and home hemodialysis.

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