Background

The non-profit Medical Education Institute, Inc., developed the MATCH-D for Home Dialysis Central (www.homedialysis.org) to help nephrologists and dialysis staff identify and assess candidates for home dialysis therapies (PD and HHD).

Home treatments are under-used in the U.S., and most patients are not told about home options. Yet, the choice of modality affects every aspect of day-to-day life—what to eat and drink, how many drugs will be needed, and whether patients will be able to keep a job with a health plan or care for a loved one. Patients need and deserve to learn about all of their options.

Patients may change from one modality to another over time as their lifestyles or circumstances change. This is not a failure; it’s an integrated care approach.

We urge you to refer all patients for transplant evaluation, and encourage patients to do PD or HHD; home dialysis offers optimal care and can be done safely. Only after all home options are exhausted should patients be referred for in-center HD.

How to Use the MATCH-D

The MATCH-D tool was designed to sensitize clinicians to key issues about who can use home dialysis. Column 1 creates triage criteria for patients who should be home. Column 2 suggests solutions to common home dialysis barriers. Column 3 presents contraindications for independent home treatment—though these patients may be able to go home with a very involved partner.

We do not recommend using a point system with the MATCH-D. Instead:

1. Go through each column and note factors that suggest good candidates or could be addressed to permit patients to do PD or HHD.
2. Discuss your findings with the patient and family. Research shows that a patient-led modality choice predicts significantly longer survival and a better chance of transplant than a team-led or even a joint decision.

PLEASE NOTE: Patients who have barriers to self home dialysis (PD or HHD) may still be able to successfully do home dialysis with a helper who is willing to take on primary responsibility for care.

MATCH-D Tool Reviewers

We would like to thank these home dialysis thought-leaders from around the world who provided their expert input:

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Suitability Criteria for Self Peritoneal Dialysis: CAPD, APD

### Strongly Encourage PD
- Any patient who wants to do PD or has no barriers to it
- Employed full- or part-time
- Student – grade school to grad school
- Caregiver for child, elder, or person with disability
- New to dialysis or has had transplant rejection
- Lives far from clinic and/or has unreliable transportation
- Needs/wants to travel for work or enjoyment
- Has needle fear or no remaining HD access sites
- BP not controlled with drugs
- Can’t or won’t limit fluids or follow in-center HD diet
- No (required) partner for HHD
- Values flexibility and control of own treatment

### Encourage PD After Assessing & Eliminating Barriers
- Unemployed, low income, no HS diploma – not barriers to PD
- Simple abdominal surgeries (e.g. appendectomy, hernia repair, kidney transplant) – not barriers to PD
- Has pet(s)/houseplants (carry bacteria) – bar from room at least during PD connections
- Hernia risk or recurrence after mesh repair – use low daytime volume or dry days on cycler
- Blind, has no use of one hand, or neuropathy in both hands – train with assist device(s) as needed
- Frail or can’t walk/stand – assess lifting, offer PT, offer CAPD, use 3L instead of larger bags for cycler*
- Unable to speak or read local language – use pictures, videos, culturally-specific training tools, interpreters, and demonstrations
- Resident of a nursing home – train staff to provide dialysis
- Hearing impaired – use light/vibration for alarms
- Depressed, angry, or disruptive – increased personal control with PD may be helpful
- Unkempt – provide hygiene education; assess results
- Anuric with BSA >2 sqm – assess PD adequacy†‡
- Swimmer – ostomy dressings, chlorinated pool, ocean
- Limited supply space – visit home, 2x/mo. delivery
- Large polycystic kidneys or back pain – use low daytime volume or dry days on cycler†‡
- Obese – consider presternal PD catheter
- RX drugs impair function – consider drug change

### May Not Be Able to Do PD (or will Require a Helper)
- Homeless – refer to social services and reassess when rehoused
- Can’t maintain personal hygiene even after education
- Home is unclean/health hazard; patient/family won’t correct
- No/unreliable electricity for CCPD; unable to do CAPD
- Multiple or complex abdominal surgeries; negative physician evaluation.†‡
- Brain damage, dementia, or poor short-term memory*
- Reduced awareness/ability to report body symptoms
- Malnutrition after PD trial leads to peritonitis†‡
- Uncontrolled anxiety/psychosis*
- Has colostomy; consider presternal PD catheter

Check all the boxes that apply. Keep a copy of the MATCH-D in patient record.

* May be able to do with a helper
† Consider nocturnal HHD
‡ Consider daily HHD
I have discussed my suitability for peritoneal dialysis with my healthcare provider.

Patient signature: ___________________________________________

Healthcare provider signature: _________________________________

Date: __________________

Keep copy in patient record
## Suitability Criteria for Self Home Hemodialysis: Conventional, Daily, Nocturnal

### Strongly Encourage Home HD (HHD)
- Any patient who wants to do HHD or has no barriers to it
- Employed full- or part-time
- Drives a car – skill set is very similar to learning HHD
- Caregiver for a child, elder, or person with disability
- Lives far from clinic and/or has unreliable transportation
- Student – grade school to grad school
- Wants a flexible schedule for any reason
- Has rejected a transplant
- Has neuropathy, amyloidosis, LVH, uncontrollable BP†‡
- Obese/large; conventional HD or PD are not adequate †‡
- Prefers a liberal diet and fluids, and/or unlikely to follow conventional HD diet and fluid limits †‡
- Is pregnant or wants to be †‡
- Frail/elderly with involved, caring helper who wants HHD*
- Values flexibility and control of own treatment
- No longer able to do PD
- Would like to maximize health outcomes

### Encourage HHD After Assessing & Eliminating Barriers
- Not eligible for funded home dialysis – consider whether can pay for own dialysis
- Unkempt – provide hygiene education; assess results
- Has pet(s)/houseplants (carry bacteria) – bar from room at least while cannulating/connecting access
- Frail or can’t walk/stand – assess lifting ability, offer PT*
- Illiterate – use pictures to train, return demonstrations to verify learning, tape recorders for patient reports
- Hearing impaired – use light/vibration for alarms
- Depressed, angry, or disruptive – increased control with HHD may help
- No support person available – put in communication safeguards to minimize risks
- Rents – check with landlord if home changes needed
- Can’t/won’t self-cannulate – use patient mentor, practice arm, local anesthetic cream, desensitization*
- No running water, poor water quality, low water pressure – assess machine & water treatment options
- Limited space for supplies – visit home, 2x/mo delivery, consider machine with fewer supply needs
- Drug or alcohol abuse – consider HHD after rehab
- Bedridden and/or has tracheostomy/ventilator – assess self-care and helper ability*
- Rx drugs impair function – consider drug change
- Needs/wants to travel for work or enjoyment – consider use of new HHD technologies

### May Not Be Able to Do HHD (or Helper Must Do More)
- Homeless; refer to social services, consider self-care center or community model
- Can't maintain personal hygiene
- Home is health hazard, will not correct
- No or unreliable electricity
- Brain damage, dementia, or poor short-term memory*
- No use of either hand*
- Uncontrolled psychosis or anxiety*
- Blind or severely visually impaired – consider PD*
- Uncontrolled seizure disorder*
- No remaining HD access sites – consider PD
- Reduced awareness/ability to report bodily symptoms
- Has living donor, transplant is imminent – consider PD

* May be able to do with a helper 
† Consider nocturnal HHD 
‡ Consider daily HHD

Check all the boxes that apply. Keep a copy of the MATCH-D in patient record.
Suitability Criteria for Self Home Hemodialysis: Conventional, Daily, Nocturnal

I have discussed my suitability for home hemodialysis with my healthcare provider.

Patient signature: ____________________________

Healthcare provider signature: ____________________________

Keep copy in patient record

Date: ____________________________