



Clinical Practice Guidelines

- NKF-DOQI™ Guideline Development – designed to improve the quality of care for dialysis patients (1995-97)

Research

- Content Evaluation of the Dialysis Facility Compare Website (2002-Present)
- Long-term Survival on Peritoneal Dialysis: A Qualitative Research Study (2002-Present)
- CKD Self-management Study—Life Options (2001-Present)
- Voice Activated Telephone System (VATS) Study using the SF-36 with Dialysis Patients (2002-2003)
- ESRD Symptom Management Study—Life Options (2001-02)
- Affirmations related to transformation in ESRD—Life Options (2000-01)
- Self-management among ESRD patients on in-center hemodialysis—Life Options (2000-01)
- Long-term Survival on Dialysis: A Qualitative Research Study—Amgen Clinical Grant (2000-01)
- Diabetes Patient Focus Groups—Amgen Renal Advances (2000, MMA)
- Chronic Kidney Disease Patient Research Phone Interviews—Amgen Renal Advances (2000, MMA)
- Nephrology Nurse Opinion Study—Life Options (2000, MMA)
- Chronic Kidney Disease Patient Research Focus Groups—Amgen Renal Advances (2000, MMA)
- ESRD Patient Research Phone Interviews—Amgen Renal Advances (2000, MMA)
- Life Options-Texas Renal Rehabilitation Study (1999-2000)
- Nephrologist Opinion Study—Life Options (1999, MMA)
- Patient Opinion Study-Part A: Acquiring ESRD Information—Life Options (1999, MMA)
- Patient Opinion Study-Part B: ESRD Information and Symptom Management—Life Options (1999, MMA)
- Patient Opinion Study-Part C: Rehabilitation—Life Options (1999, MMA)
- Continuous Renal Replacement Therapy-Market Research Study—Gambro Healthcare (1999, MMA)
- ESRD Patient Research Focus Groups—Amgen Renal Advances (1999, MMA)
- *Exemplary Practices in Renal Rehabilitation* Competition—Life Options (1994-97)
- Oral Medications Compliance in the Dialysis Unit: A Study—Abbott Renal Care (1996)
- Rehabilitation/Re-employment of ESRD Patients on Epogen® Therapy—Life Options (1994)
- *Renal Rehabilitation Report (RRR)*—Life Options (1993-Present)
- Public Education in Organ and Tissue Donation—Research Report—Sandoz (1992, MMA)

Published Articles

- Curtin RB, Becker B, Kimmel PL, Schatell D. An Integrated Approach to Care for CKD Patients. *Semin Dial* In press, September 2003
- Latos D, Schatell D. The Nephrologist's Critical Role in Patient Education. *Adv Ren Replac Ther* 10(2):146-149, 2003
- Lowrie EG, Curtin RB, LePain N, Schatell D. Medical Outcomes Study Short Form 36: A Consistent and Powerful Predictor of Morbidity and Mortality in Dialysis Patients. *Am J Kidney Dis* 41(6):1286-1292, 2003
- Schatell D, Ellstrom-Calder A, Alt PS, Garland JS. Survey of CKD Patients Reveals Significant Gaps in Knowledge About Kidney Disease (Part 2). *Nephrol News Issues* 17(6):17-19, 2003
- Schatell D, Ellstrom-Calder A, Alt PS, Garland JS. Survey of CKD Patients Reveals Significant Gaps in Knowledge About Kidney Disease (Part 1). *Nephrol News Issues* 17(5):23-26, 2003
- Curtin RB, Bultman DC, Thomas-Hawkins C, Walters B, Schatell D. Hemodialysis Patients' Symptom Experiences: Effects on Physical and Mental Functioning. *Nephrol Nurs J* 29(6): 562-574, 2002
- Sacksteder P. Bruce Lublin: A Life to Remember (1946-2002). *Nephrol Nurs J* 16(11) p11, 2002
- Curtin RB, Klag MJ, Bultman DC, Schatell D. Renal Rehabilitation and Improved Patient Outcomes in Texas Dialysis Facilities. *Am J Kidney Dis* 40(2):331-338, 2002
- Curtin RB, Mapes DL, Petillo M, Oberley E. Long-term Dialysis Survivors: A Transformation Experience. *Qual Health Res* 12(5):609-624, 2002
- Schatell D, Sacksteder P. Research-Based "Kidney School": A New Kidney Patient Education Resource. *Dial Transplant* 31(5):332-336, 360, 2002
- Sacksteder P, Schatell D. Life Options Opens Kidney School on the Worldwide Web. *For Patients Only* March/April:16-18, 2002
- Witten B. Spotlight on CNSW Mentoring program – Rehabilitation, *Renalink*, Summer 2002
- Witten B. Living Long and Well With Chronic Kidney Disease: Guideline 12: Association of Level of GFR with Indices of Functioning and Well-being. *Am J Kidney Dis* 39(2 Suppl 1):S161, 2002
- Curtin RB, Mapes DL. Health Care Management Strategies of Long-Term Dialysis Survivors. *Nephrol Nurs J* 28(4):385-392, 2001
- Curtin RB, Mapes DL. Commentary and Response: Health Care Management Strategies of Long-Term Dialysis Survivors. *Nephrol Nurs J* 28(4):393-394, 2001
- Sacksteder P, Schatell D. Renaissance in Renal Rehabilitation: 2001 (Part II). *Nephrol News Issues* 10:61-65, 2001
- Sacksteder P, Schatell D. Renaissance in Renal Rehabilitation: 2001 (Part I). *Nephrol News Issues* 9:43-46, 2001
- Bultman DC, Curtin RB, Schatell D, Beard K, Becker B, Klag M. Self-Management Activities of In-Center Hemodialysis Patients. Abstract presented at the American Society of Nephrology Meeting, October 13-17:A1007, 2001
- Bultman DC, Curtin RB, Schatell D, Becker B. Validation of a Kidney Knowledge Questionnaire with In-center Hemodialysis Patients. Abstract presented at the American Society of Nephrology Meeting, October 13-17:A1006, 2001
- Schatell D, Sacksteder P, Curtin RB. Can Forging a Partnership With Staff Help Patients Believe They Can Live Long and Well on Dialysis? *Contemp Dial Nephrol* 22(5):25-26, 2001
- Witten B. Can the Mind Heal the body. *NKF Family Focus*, 2001
- Juhnke J and Curtin RB. New Study Identifies ESRD Patient Education Needs. *Nephrol News Issues* 14(6):38-39, 2000, MMA
- Witten B. Rehabilitation for ESRD Patients: Live Well and Prosper. *NKF Family Focus*, Fall Winter – 1999-2000

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- Curtin RB, Svarstad B, Keller T. Hemodialysis Patients' Noncompliance with Oral Medications. *ANNA J* 26(3):307-316, 1999
- Schatell D, Thompson N, Oberley E. Life Options Patient Opinion Study Identifies Keys To a Long Life For Dialysis Patients. *Nephrol News Issues* Apr.13(4):24-6, 1999
- Witten B. The Role of the Facility Administrator, The Role of the Nephrologist, The Role of the Nurse/Technician, The Role of the Dietitian, The Role of the Social Worker, The Role of the Rehabilitation Counselor, National Kidney Foundation (rehabilitation series)
- Witten B. Improving Employment Outcomes: The Renal Care Team's Role. *Nephrol News Issues* 13(3):46-8, 1999
- Curtin RB, Oberley ET, Sacksteder P. Interpreting Measures of Functioning and Health-Related Quality of Life: Practical Considerations. *Nephrol News Issues* 12(7):44,48-52, 1998
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- Witten B. The Why and How of Self-Care for Dialysis Patient Rehabilitation. *Contemp Dial Nephrol* 19(3):18-21, 1998
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- Curtin RB, Oberley ET, Sacksteder P. Compliance and rehabilitation in ESRD patients. *Semin Dial* 10(1):52-54, 1997
- Witten B. Rehabilitation: Starting an Exercise Program in Your Dialysis Facility May Be a Victory, but Maintaining Patient and Staff Interest Will Win the War. *Contemp Dial Nephrol* 18(6):20-1, 25, 1997
- Witten. Exercise: The Key to Better Health and Independence for Dialysis Patients. *For Patients Only* Jan/Feb, 1997
- Witten B. Improving Quality of Care and Social Work Outcomes in Dialysis. *Nephrol News Issues* 11(2):40-3, 1997
- Oberley ET and Schatell DR. Home hemodialysis: Survival, quality of life, and rehabilitation. *Adv Ren Replace Ther* 3(2):147-153, 1996
- Curtin RB, Oberley ET, Sacksteder P, Friedman A. Differences between employed and nonemployed dialysis patients. *Am J Kidney Dis* 27(4):533-540, 1996
- Oberley ET and Schatell DR. Home hemodialysis and patient outcomes. *Dial Transplant* 24(10):551-556, 1995
- Witten B. Barriers and Benefits: The Complex World of Employment for Kidney Patients. *Contemp Dial Nephrol* 1995
- Witten B. Maintaining Employment: A Valuable Rehabilitation Tool. *Nephrol News Issues* 8(8):22-23, 1994
- Witten B. Patient Access and Expectations of Nephrology Social Workers. *Nephrol News Issues* 8(4):32-33,40, 1994

Patient Education

- Kidney School™ – on-line kidney disease learning center in multiple interactive modules. 2001-2001-Present:
 - Introduction
 - Module 1 - *Kidneys: How They Work, How They Fail, What You Can Do*
 - Module 2 - *Treatment Options for Kidney Disease*
 - Module 3 - *Working with Your Healthcare Team*
 - Module 4 - *Following Your Treatment Plan*
 - Module 5 - *Coping with Kidney Disease*
 - Module 6 - *Anemia and Kidney Disease*
 - Module 7 - *Understanding Kidney Lab Tests*
 - Module 8 - *Vascular Access: A Lifeline for Dialysis*
 - Module 9 - *Nutrition and Fluids for People on Dialysis*
 - Module 10 - *Getting Adequate Dialysis*
 - Module 11 - *Sexuality and Fertility*
 - Module 12 - *Staying Active with Kidney Disease*
- Life Options Rehabilitation Program Website (1995-Present)
- *Year after year... a good life on dialysis*—Poster—Life Options (2000, MMA)
- Fact Sheets (12). Keys to a Long Life, Life Options Rehabilitation Program, 1999-2000:
 - Just the Facts: *Travel on Dialysis*
 - Just the Facts: *Skin and Hair*
 - Just the Facts: *Depression*
 - Just the Facts: *Working with your Healthcare Team*
 - Just the Facts: *Exercise*
 - Just the Facts: *Restless Leg Syndrome*
 - Just the Facts: *Anemia*
 - Just the Facts: *The Dialysis Machine*
 - Just the Facts: *Fluid and Dialysis*
 - Just the Facts: *Getting Enough Hemodialysis*
 - Just the Facts: *Rehabilitation*
 - Just the Facts: *Vascular Access*
- Patient Interest Checklists (4). Keys to a Long Life, Life Options Rehabilitation Program, 1999
 - Patient Interest Checklist #1: End-stage Renal Disease
 - Patient Interest Checklist #2: Starting Dialysis (0-3 months)
 - Patient Interest Checklist #3: Early Dialysis (3-12 months)
 - Patient Interest Checklist #4: Long-term Dialysis (1 yr. +)
- I Can Do It: My Plan to Take Charge of My Life (goal-setting worksheet.) Keys to a Long Life, Life Options Rehabilitation Program, 1999.
- *Employment: A Guide to Work, Insurance, and Finance for People on Dialysis*—Life Options (1994, revised 1999)
- *How do people live long and live well on dialysis*—Poster—Life Options (1999, MMA)

- Voices of experience: Personal stories of living with dialysis—Audiocassette—Life Options (1999, MMA)
- Working effectively with your dialysis team—Audiocassette—Life Options (1999, MMA)
- Living with Dialysis: Getting the most out of life—Patient video—Life Options (1999, MMA)
- New Life, New Hope: A Book for Families & Friends of Renal Patients—Life Options (1997)
- Feeling Better with Exercise: A Video Guide for People on Dialysis—Life Options (1994)
- Feeling Better with Exercise – Poster—Life Options (1994)
- Exercise: A Guide for People on Dialysis—Life Options (1994)
- Renal Rehabilitation: Bridging the Barriers for Patients and their Families—Life Options (1994)

Professional Education

- Surviving Long-term on Dialysis: A Process of Transformation. Presentation by Roberta Braun Curtin, PhD, RN, Annual Dialysis Conference, 2002.
- Knowing the Ropes: Self-management Strategies Employed by Long-term Dialysis Patients – Presentation by Roberta Braun Curtin, PhD, RN, 32nd National Symposium American Nephrology Nurses Association, Practice Challenges for the 21st Century (2001)
- Your Role in Rehab – Presentation by Dorian Schatell, MS, National Association of Nephrology Technicians (2001)
- Texas USAT Renal Rehabilitation Study – Presentation by Roberta Braun Curtin, PhD, RN, The End Stage Renal Disease Network of Texas, Inc, Nephrology Today & Tomorrow (2001)
- Core Curriculum for the Dialysis Technician—Amgen (1999, MMA)
- For Renal Professionals: Working effectively with your dialysis patients—Audiocassette—Life Options (1999, MMA)
- For the Nephrologist: Caring for people with kidney failure—Video—Life Options (1999, MMA)
- Staff Idea Guide—Life Options (1999, MMA)
- Infection in Dialysis journal; Steve Schwab, MD, Editor—Smithkline Beecham (1999)
- PHD System Operator’s Manual—Aksys Ltd. (1998, MMA)
- Unit Self-Assessment Tool for Renal Rehabilitation (USAT)—Life Options (1997)
- Unit Self-Assessment Manual for Renal Rehabilitation (USAM)—Life Options (1997)
- Building Quality of Life: A Practical Guide to Renal Rehabilitation—Life Options (1997)
- Renal Rehabilitation: How Is Your Unit Doing? – Presentation by Roberta Braun Curtin, PhD, RN, National Kidney Foundation, Spring Clinicals (1997)
- Exercise for the Dialysis Patient: A Comprehensive Program to Encourage Physical Activity—Life Options (1995)
 - Exercise for the Dialysis Patient: A Guide for the Nephrologist
 - Exercise for the Dialysis Patient: A Guide for the Dialysis Team
 - Exercise for the Dialysis Patient: A Prescribing Guide
 - Exercise for the Dialysis Patient: A Video Guide for the Dialysis Team Renal Rehabilitation
 - Feeling better with Exercise: A Video Guide for People on Dialysis
- Bridging the Barriers – Full report and summary—Life Options (1994)

*MMA designates work done by MEI staff for Medical Media Associates