

# Home at Last

A Quarterly Publication for the NxStage® Home HD Community

October 2008

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## Patient Spotlight:

### *Jeff M- Making Dialysis a Favorite Part of the Day*

Less than a year ago, **Jeff M** of Waterville, Maine would never have imagined that he would look forward to his dialysis treatment. Jeff was going in-center for hemodialysis treatment at that time, and experiencing several side effects including severe muscle spasms, fatigue, and mood swings. But several people touched his life—and that of his wife, Patricia—to make a positive difference.

It all began with an initial discussion with his nephrologist, Dmitri Opolinsky, which led to several follow up conversations. Jeff is still amazed at the time Dr. Opolinsky spent with him going over all treatment options and specifically home hemodialysis. The training nurse at Maine General Hospital's home hemodialysis program, Debbie Gallagher, was also very encouraging, helping Jeff and Patricia make the right decision for them. Jeff began training on the NxStage System One in December 2007.

Patricia, who has no medical background, was very nervous during the training process. She did not feel she had the skills necessary to assist Jeff in his treatment. With ongoing coaching from Jeff and Debbie, Patricia soon became comfortable with the process. After the training program was completed, it was time for Jeff and Patricia to go home. The first month was the most difficult...Patricia had serious reservations about her decision to be Jeff's home hemo partner. Gradually, those reservations went away – Patricia stayed the course and things became easier and more routine. Their NxStage Customer Support Specialist, Jessica Bicchieri, also provided encouragement, drawing from her own experiences as a home hemo partner (see this issue's Customer Support Spotlight).

*(continued on page 2)*



Jeff & Patricia are a team in life and dialysis treatments.



## In the News – *NxStage Data Registry on Daily Home Hemodialysis*

NxStage has recently made available demographic and outcomes information on daily home hemodialysis, comparing more frequent dialysis with conventional dialysis done three times a week. This database reflects more than a thousand patient years of experience and more than one million treatments.



In compiling the survival and kidney transplant analysis, NxStage captured data from 2,553

patients using the NxStage System One, from over 300 dialysis centers, totaling 1,603 patient years of experience. This data was then compared to mortality rates reported in the United States Renal Data System for 2007 using a Standard Mortality Ratio (SMR) methodology, adjusting for patient age and gender.

The NxStage Data Registry can be accessed from the NxStage homepage ([www.nxstage.com](http://www.nxstage.com)) or directly at [http://www.nxstage.com/chronic\\_renal\\_care/registry/](http://www.nxstage.com/chronic_renal_care/registry/).

### *Key statistics from the registry include the following:*

- Survival and transplant rates are notably higher among the NxStage patient population undergoing daily therapy vs. reported figures for conventional, less frequent dialysis treatment. NxStage patients on home daily hemodialysis experienced a better than 50% reduction in expected mortality compared to the overall U.S. hemodialysis patient population.
- Patients of varied size, age, vascular access type, and geographic location are participating in home daily hemodialysis, indicating its broad applicability.
- 92% of the U.S. dialysis population resides within 60 miles of a center offering NxStage home hemodialysis training, and nearly 80% are within 30 miles. This indicates that geographic barriers to starting daily home hemodialysis are being addressed.

## Patient Spotlight – *Jeff M (Continued from cover)*

Jeff's background does include some medical training. For 29 years, he worked for the motion picture and television industries as a Production Medic. A Production Medic (or Set Medic) is specially trained and certified, and required by OSHA and union contracts to be present on all filming sets with first aid and medical equipment. Jeff's resume includes well-known TV shows and movies, including Charlie's Angels, Dallas, Ally McBeal, The Thorn Birds, Terminator, Back to the Future, and The X Files. Now retired, Jeff keeps busy volunteering as a Mediator for the Maine Attorney General's Consumer Protection Division. In his spare time, he builds highly detailed, wooden historic ship models, listens to folk and bluegrass music, and uses some of the cooking skills he obtained at a culinary school in France.

Today, Jeff and Patricia feel they have made daily home hemodialysis treatments with the NxStage system a part of their lives. "It has kind of become a favorite part of the day", says Jeff. After setting up the therapy, they relax and watch a rented movie together...maybe even one he was a part of.

## NxStage Challenge:

*Test your product and procedure knowledge!*

*Answers at the end of the quiz.*



- At what step in prime can you power off the NxStage System One™ in order to return later and use the cartridge without having to re-prime?  
a. Step 32.0      b. Step 18.0      c. Step 23.0      d. Step 5.0
- Using the numbers 1 through 6, select the proper order for the following steps to swap out a PureFlow™ SL control unit.  
\_\_\_\_ Remove new control unit from carton and slide into cabinet  
\_\_\_\_ Detach all electrical connections from the back of unit  
\_\_\_\_ Remove PAK  
\_\_\_\_ Pull out old control unit  
\_\_\_\_ Place old control unit into the carton to return to NxStage  
\_\_\_\_ Unscrew two front retention screws under control unit door
- True or False: ALL unused NxStage equipment/hardware/electronics should be returned to NxStage or the center as directed, NEVER discarded.
- How often does the sediment filter pre-treatment unit (found on the rear of the PureFlow SL) get replaced?  
a. Monthly      b. Annually      c. Never  
d. When the control unit says it needs to be replaced
- For PureFlow SL users: How many days of reserve bagged dialysate should you always have on hand? \_\_\_\_\_
- When calling into Technical Support, what information should you have available? (Circle all that apply)  
a. Serial number of cyclor      b. PAK lot number  
c. How many pets you have      d. Cartridge lot number  
e. SAK type and lot number      f. Your center name  
g. Your children's names      h. Serial number of PureFlow SL
- On the PureFlow SL, when do you connect the PAK blue line to the SAK blue line?  
\_\_\_\_\_  
\_\_\_\_\_

8. What does it mean when the lock symbol is lit on the cyclor?
  - a. The door is locked
  - b. The key pad is locked
  - c. The pressure limit is locked
  
9. If the treatment time is displaying incorrectly, what would you first look at to correct it? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
  
10. On the PureFlow SL, what is the maximum height of the drain line?
  - a. 12"
  - b. 36"
  - c. 48"
  - d. 60"
  
11. True or False: When you get an alarm, your FIRST course of action is to call NxStage Technical Support.
  
12. What three connections do you make when installing a new PAK (fill in the blanks):
  - a. Electrical Cable to \_\_\_\_\_
  - b. PAK Water Inlet (white elbow/white clamp) to \_\_\_\_\_
  - c. Water Outlet (blue clamp) to \_\_\_\_\_
  
13. The cyclor must be used in an ambient room temperature between:
  - a. 32° F – 122° F
  - b. 40° F – 110° F
  - c. 59° F – 90° F
  
14. Step “23” in prime indicates that the system is in recirculation; what step must you perform before pressing the STOP key?  
 \_\_\_\_\_  
 \_\_\_\_\_

*Answers:*

1. c
2. 5, 2, 1, 4, 6, 3
3. True
4. b
5. Your dialysis center determines your reserve quantity; NxStage recommends enough fluid for one week of treatment.
6. All except c & g: even though you may not think the issue applies to other components of the system, Tech Support may need that information in their troubleshooting.
7. At the beginning of making a new batch.
8. a
9. Look at volume and rate screens; most likely the UF rate is incorrect.
10. b
11. False—consult your User's Guide first; the issue may be easily resolved by following the steps provided.
12. a. Orange Conductivity Sensor Connector; b. PAK Electrical Connector; c. Water Outlet Connector
13. c
14. Snap and Tap (air removal)

## Customer Support Spotlight – *Jessica Bicchieri*



Jessica with a picture of Nana.

Jessica joined NxStage as a Customer Support Specialist in November 2006, but her experience with NxStage began earlier, as a NxStage care partner to her grandmother.

Jessica's grandmother ("Nana") lost her kidney function suddenly due to arterial sclerosis. At the time Jessica knew nothing about kidney failure, nephrology, blood work, or dialysis. She hated needles, the smell of alcohol, and most medical terms were, as

she describes, "gibberish". Seeing the adverse affects that in-center hemodialysis treatments had on her grandmother's delicate health, Jessica and Nana were elated when they heard about home dialysis with NxStage. Jessica admits that she was, like most care partners, very nervous and maybe even a little anxious about the therapy at the beginning. But she soon became comfortable with the setting up and running the cyclor, monitoring the treatment, and even cannulating Nana.

After starting NxStage therapy, Jessica's grandmother regained her appetite and strength; it helped her get back into her daily routine and therefore improved her overall sense of wellbeing. She would go out in the garden almost every morning—a beautiful flower garden that she took great pride in. During her treatments in the afternoon, Nana and Jessica would watch the Food Network together and plan dinner accordingly. Jessica has always been active in woman's softball, and her grandmother would attend most games...something she could not do when she was treating in-center.

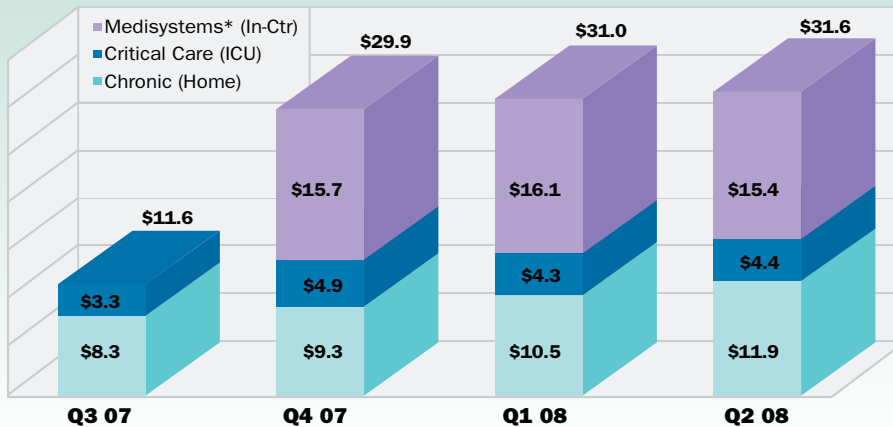
*"...It helped her get back into her daily routine and therefore improved her overall sense of wellbeing."*

In the summer of 2006, Jessica's grandmother passed away peacefully at home due to a rare form of cancer. Although it is still emotional for her, Jessica feels blessed knowing that she helped provide a better quality of life to her grandmother and was able to give back in the special way that only a dedicated caregiver can.

Jessica has a degree in Fashion Design and Fashion Merchandising, and previously worked as an executive account manager at a women's sportswear manufacturer in Boston. But her experience as a NxStage partner led her to seek a position in which she could help other home hemodialysis patients. Jessica is happy to now be a part of the NxStage team. She states, "It was a very easy transition for me having been on the other side of the fence as a NxStage customer. I truly understand what other patients and partners go through on a daily basis. I know Nana would be very proud of the work we are doing here at NxStage."

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## Growth Dashboard – Revenues \$ In Millions



\*Medisystems revenues begin in Q4 2007, when it became part of NxStage Medical, Inc.

Home at Last is published quarterly for dialysis centers and their patients by NxStage Medical, Inc.

Disclaimer: This newsletter was developed to provide an interactive forum for the NxStage home HD community. It is not intended to replace the NxStage System One Users Guide nor Cartridge Instructions for Use.

Home at Last provides general information and is not intended to serve as a treatment guide. Home daily therapies are not for everyone. They require a patient and a partner who are committed to being trained on and following the guidelines for proper system operation, as well as their dialysis prescription, which may require treatments up to six days per week. The NxStage System One is a prescription device and, like all medical devices, involves some risks. Patients should consult with their doctor to understand the risks and responsibilities of home and/or daily hemodialysis using the NxStage System One.

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