

Dialysis Clinic Companionship Program Guide



Cause for Action

- Depression is one of the most important risk factors for patients undergoing dialysis treatment, but research has shown that dialysis patients with depression have less contact with social support persons.
- Greater than 50% of dialysis patients experience some symptoms of depression.
- By providing companionship to patients, volunteers provide informal social support, as well as useful information about insurance and additional care opportunities in the community.

Where is the program located?

The Dialysis Clinic Program takes place at [University Dialysis Center](#) located at 1127 E. Genesee St. Syracuse, NY 13210, and Upstate Medical University Hospital.

What does the Dialysis Clinic do?

Operated by the non-profit corporation Dialysis Clinic, Inc., University Dialysis Center works to provide well-rounded patient care plans that create more effective and more efficient care teams to improve health for those with end stage renal disease. Patients are provided with information about community programs, insurance access, and care needs. Dialysis Clinic, Inc. also works to promote research to improve treatment of end stage renal disease patients.

Who does the Dialysis Clinic serve?

The Dialysis Clinic provides care for all patients with end stage renal disease regardless of income or insurance status.

What does the program provide for this population?

University Dialysis and Upstate Medical University Hospital partner with the SUNY Upstate Center for Civic Engagement and Upstate students to provide companionship for patients undergoing dialysis treatments.

What would I do as a student?

Students are paired with patients undergoing dialysis treatment to engage in companionship activities such as casual conversations, board and card games, and tutoring for those needing educational support. Students also provide physical and mental support as appropriate. Students do not participate in the medical treatment of patients. Patients request participation in this program.

How often would I serve at the Clinic?

Students are not required to serve a specific number of hours at the site. Since students are matched to a patient receiving treatments three times a week, four hours each time, they can pick a shift based on their schedules.

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What are the community impacts?

Participation in this program provides a nonjudgmental companion to help improve the mental health and attitudes of the patient as well as to help improve demeanor and perception of health outcomes for those undergoing dialysis treatments for end stage renal disease.