Performance Excellence and Accountability in Kidney Care (PEAK) was a voluntary quality improvement campaign undertaken by Kidney Care Partners and the kidney community to reduce mortality among first-year dialysis patients on a national level. The PEAK Campaign to reduce mortality in the first year focused on increasing the importance of patient education and key clinical care activities.

**18 Best Practices**

1. Avoid catheter insertion or remove catheters within 90 days of dialysis initiation
2. Reduce vascular morbidity and mortality for first year dialysis patients
3. Systematically evaluate and manage nutrition and inflammation
4. Systematically test for anemia and intervene accordingly
5. Optimal dialysis dosing and choice of treatment option
6. Systematically evaluate and treat abnormalities of CKD-MBD in adults with CKD Stage 5

**Patient and Family Tools and Resources**

7. Offer hope, courage and support to patients
8. Enhance and maintain quality of life by incorporating an individual and holistic educational approach
9. Educate patients to improve their understanding of kidney disease
10. Provide depression screening, education, and treatment to patients
11. Educate/coach patients on the principles, techniques, and value of partnering with their inter-disciplinary health care team
12. Support patient efforts to live the best possible quality of life
13. Provide culturally competent (patient-centered) care
14. Depression requires attentiveness to screening and management
15. Offer hope, courage, and support to families, friends, and caregivers
16. Provide support and resources to guide patients/families
17. Support and provide appropriate treatment to families, friends, and caregivers who are dealing with psychosocial issues
18. Coach families, friends, and caregivers in the principles, techniques, and value of partnering with the patient and his or her inter-disciplinary health care team

**Saving Lives Through a Commitment to Quality Improvement**

- **Decline in 1-Year Mortality Rate**
  - 14% Decline

- **Decline in 90-Day Mortality Rate**
  - 25% Decline

**1-Year Mortality Rate**

- 1-Year Mortality Rate per Person Year

**90-Day Mortality Rate**

- 90-Day Mortality Rate per Person Year

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