Your patients recognize your skills and they appreciate it when you cannulate them, instead of sticking, jabbing, or digging!

Becoming a better cannulator is not just about training. Part of being an expert in any field is expanding self-awareness, identifying personal barriers, developing observational skills (of yourself and others), and accepting your limits.

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**Be Aware**
- Acknowledge the pressure of being successful
- Know your limits
- Do not be afraid or embarrassed to ask for help
- Remember that every patient’s access is different

**Teamwork:**
- Mentor other team members
- Members of the team should feel comfortable seeking assistance
- Patients are a part of the team!
  - Involve patients in the process
  - Listen to your patient
  - Acknowledge that sometimes patients are afraid

**Skill Development:**
- Thorough AVF/G Assessment helps develop skills
  - Look, listen, feel
  - Focus on the task at hand regardless of environmental distractions
  - Participate in educational opportunities

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