

December 2015



Quality Insights Renal Network 3

Serving New Jersey, Puerto Rico, and the US Virgin Islands



## Kidneys R Us

FROM THE  
QIRN3 PATIENT ADVISORY  
COMMITTEE

### Holiday Eating: Desserts for the Sweet Tooth in All of Us

Holiday eating is one of the pleasures we all look forward to at this time of year. The challenge for dialysis patients is finding the right food to satisfy the cravings and still staying within the renal diet. It's possible, so don't feel your sweet tooth can't be satisfied!

[CulinaryKidneyCooks.com](http://CulinaryKidneyCooks.com) offers the following information. The best desserts for the dialysis diet include:

Lower potassium fruit desserts made with apples, blueberries, cherries, cranberries, raspberries, peaches, or pineapple, for those who must limit potassium.

Lower phosphorus ingredients such as refined flour, nondairy milk substitutes, and nondairy dessert topping. Limit nuts, coconut, sour cream, and other dairy products.

Lower sodium content by reducing salt and using unsalted margarine in recipes. Baking soda and baking powder contribute sodium to baked goods. (Be aware that reducing these ingredients may alter the quality of the finished product.)

Helpful Hints: You can lower carbohydrates by reducing sugar, using artificial sweeteners, and serving smaller portions.

Cook-and-serve pudding mix is recommended over instant pudding mix because some nondairy products interfere with thickening of instant pudding. Also, instant pudding mix contains twice as much sodium as cook-and-serve pudding mix. Use of nondairy products instead of milk keeps the potassium and phosphorus content low.

### Graham Cracker Cake Serving size: 1/10 cake

#### Ingredients:

- 12 graham crackers (2-1/2 x 5-inch pieces)
- 2 cups nondairy milk substitute
- 1 small package sugar-free cook-and-serve vanilla pudding mix
- 2 cups nondairy whipped topping

#### Preparations:

1. Line the bottom of an oblong 8 x 12 inch pan with 6 whole graham crackers.
2. Mix nondairy milk substitute with pudding mix and cook over medium heat until thickened.
3. Spread half of the pudding mixture over the crackers. Add another layer of graham crackers and spread remaining pudding on top. Cool to room temperature.
4. Cover with nondairy whipped topping.
5. Cover the pan with plastic wrap and refrigerate for 24 hours.

Cut into 10 pieces and serve.

#### Nutrients per serving:

Calories 194; Protein 1g; Carbohydrates 25g  
Potassium 47mg; Phosphorus 78mg  
Cholesterol 0; Fat 9g; Sodium 196mg

## Dialysis

by Arthur DeBose: FMC Harrison Dialysis

The first time I arrived at dialysis, just about ready to be stuck,

When I yelled to the technician, "Hey man, wait a minute, hold up"

I need someone to explain to me what you're about to do,  
He said okay I understand, let me get someone for you,  
He yelled out and over came a nurse, I think his name was Jack,

Jack said okay, I will explain, just lay back and relax,

We are Fresenius Medical Care Dialysis,

One of the few in the city,

Here we do our best, to treat your failing kidneys,  
You must come here three times a week to rid excessive fluid,

We provide television and reading material to try to help you through it,

Our social worker will patiently listen to your problems,  
And do everything within her power to try to help you solve them,

Our dietitian will teach you how and what to eat,  
She'll break it down into categories, like veggies, fruits and meats,

Our financial coordinator's job is to take your burdens away,

He'll work directly with your insurance so you don't have to pay,

Here at Fresenius our motto is, "patient care comes first"

We do our very best, to try to ease your hurt,  
Now do you have any questions, is there anything you would like to say?

Well, what if I want to go on a cruise or simply just get away?

That shouldn't be a problem, dialysis centers are almost everywhere, offering the same great staff, giving the same great care,

Then Jack turned and walked away after he was through, and I said to the tech, "Okay man, what are you waiting for, do what you have to do!"



### Ten Things to Look Forward to in 2016

1. Sunny days
2. Quiet nights
3. Flowers in Spring
4. Warm days of Summer
5. Relationships with family and friends
6. Love and companionship from pets
7. Nourishing food
8. A warm bed to rest your tired body
9. A smile from the staff who care for us all
10. Happiness that we all have another day to live life to it's fullest!

### *Season's Greetings*

From all of the patients and family members on the Patient Advisory Committee (PAC), we wish you the happiest and safest of holiday seasons and the very best the New Year has to offer. May you be surrounded by family and friends as you share the joys of the season.

To File a Grievance Regarding your Dialysis Care please contact:

**QIRN3**  
Cranbury Gates Office Park  
109 South Main Street, Suite 21  
Cranbury, NJ 08512  
Phone: 888-877-8400 (toll-free)  
Fax: 609-490-0835  
Email: qirn3@nw3.esrd.net

[www.qirn3.org](http://www.qirn3.org)

**JOIN THE PAC TODAY!**

Happy  
HOLIDAYS

The Patient Advisory Committee (PAC) for QIRN3 consists of dialysis patients and those who have received transplants. The committee meets quarterly to discuss issues relevant to ESRD patients. The PAC members have a genuine concern for quality of care issues and encourage patients to be involved in their healthcare. They are willing to share skills and experience with others. Each facility is encouraged to have a PAC representative. Talk to your social worker to volunteer!

Call toll free 1-888-877-8400 to join the PAC.

*The analyses upon which this publication is based were performed under Contract Number HHSM-500-2013-NW003C, entitled "End Stage Renal Disease Network Organization Number 3", sponsored by the Centers for Medicare & Medicaid Services, Department of Health and Human Services. The conclusions and opinions expressed, and methods used herein are those of the author. They do not necessarily reflect CMS policy. The author assumes full responsibility for the accuracy and completeness of the ideas presented. This article is a direct result of the Health Care Quality Improvement Program initiated by CMS, which has encouraged identification of quality improvement projects derived from analysis of patterns of care, and therefore required no special funding on the part of this contractor. Ideas and contributions to the author concerning experience in engaging with issues presented are welcomed.*