

April 2017

QUALITY INSIGHTS RENAL NETWORK 3



KIDNEYS R US

NEWSLETTER

Nocturnal Dialysis

Have you ever wondered if there was an option to the conventional hemodialysis that takes three to four hours, three times per week at a dialysis center? Home hemodialysis is an option for some people. Peritoneal dialysis is also available for appropriate patients. Another option that is now becoming available is **nocturnal or night time hemodialysis** in a center. This form of hemodialysis was first initiated in Canada in the 1990s. The success of that program is now being copied in other countries.

Nocturnal hemodialysis is a form of hemodialysis that is done either at **home or in-center** when the patient is sleeping at night. Most home patients dialyze three or four nights per week, anywhere from six to 12 hours, on average for eight hours. The home patient, in consultation with his/her nephrologist, may choose to dialyze more frequently. The in-center nocturnal hemodialysis patient will typically continue to dialyze three times per week for a longer period of time than is usually done during the day. This will allow the patient to attain better lab values and ultimately feel better. The night time treatments can help preserve a patient's normal schedule of work, school or family responsibilities.

Some of the advantages of nocturnal hemodialysis include: feeling better, more alert and more energetic; having more time for daytime activities; saving money due to fewer hospital visits and fewer medications such as phosphate binders; more liberal diet; decreased prevalence of sleep apnea; lower blood pressure; improved cardiac function and possible improved sexual performance.

Some of the concerns regarding dialyzing when you are sleeping include the noise of the machine and the possibility of needles disconnecting. The machine noise has not been shown to be a problem for patients currently on nocturnal dialysis. They are able to block it out and sleep

soundly. The needles need to be properly taped and anchored to ensure they will not be dislodged. Patients may consider creating a buttonhole for their fistula if they are concerned about cannulating at home as this needle "channel" can make cannulation easier. If interested, patients should speak with their nephrologists and home dialysis programs about this technique.

Patients who choose **home nocturnal hemodialysis** will need to arrange for training with a partner during business hours at a home training center. This option is not widely available so interested patients will need to discuss this with their nephrologist in the hopes of locating a home program in their area. New Jersey currently has several centers offering **in-center nocturnal dialysis** including FMC Englewood, FMC Liberty Berlin, DaVita Hackensack and DaVita Main Street in Lumberton. Puerto Rico and the U.S. Virgin Islands do not offer it at this time.

Nocturnal dialysis is an option that has the potential to benefit many patients. The dialysis companies need to hear from patients who are interested so they can make decisions about opening more out-patient nocturnal programs. If patients can't locate a nocturnal dialysis program near their home, advocating for this option is the best way for patients to have an impact on their treatment options. The more patients who contact the dialysis companies asking for nocturnal dialysis, the more likely this modality will become available to greater numbers of patients.

So, let your voice be heard! If you are interested in nocturnal dialysis speak with your provider and let them know. You have the power to make change if nocturnal dialysis is not currently available in your area. For more information please visit the websites used for this article: www.aakp.org and www.wikipedia.org



Patient Voices

Being a hemodialysis patient has allowed me to gain a new family;
 There are nurses who constantly take excellent care of me;
 They make certain I wash my access every day;
 And pull me up if my fluids happen to go astray;
 I've been on a fantastic beach picnic with them at a park named Cramer's;
 And we all attended a joyous, festive Christmas Party last year;
 A hemodialysis nurse is definitely one of a kind who professionally displays care;
 And exhibits a love for the profession that they chose to enter;
 Sometimes they work long hours without much of a break; and
 Now I have a chance to tell them what a difference they make!

HAPPY NURSES APPRECIATION WEEK MAY 6-12!

Written by Charlotte Morgan

I'm writing this letter as a word of encouragement. I know it gets hard and you may feel down sometimes. I want you to know that you can take it from me, I've been a dialysis patient for 22 years and if I can make it, you can too. Your life is not over.

Here are a few tips that I follow everyday:

1. Take care of yourself
2. Be compliant with your diet
3. Take your medications
4. Stay active
5. Think positive
6. Pray

I hope this lends some encouragement to you and have a blessed day.

Written by Lajan White



JOIN THE PAC

The Patient Advisory Committee (PAC) for QIRN3 consists of dialysis patients, transplant patients and family members of those patients. The committee meets once every two months 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.

To File a Grievance Regarding your Dialysis Care please contact:

QIRN3

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Cranbury, NJ 08512

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