



KIDNEYS R US

FROM THE
QIRN3 PATIENT ADVISORY

Holiday Eating: Desserts for the Sweet Tooth in all of Us

December 2012

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!

Culinary Kidney Cooks.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 196 mg

The Machine

by David Foster: Jane H. Booker Dialysis Center

I sit in this chair three days a week;
 Always leaving tired and weak.
 There are things in life we must do;
 To sustain life — machines and pills.
 They keep us alive to stretch the time before we die.
 I watch the blood leave and come back;
 How the heck do they do that?
 The look of hope and promise on our face;
 Every damn time we come to this place.
 We hope this treatment today, will give us one more
 day.
 We live life like we are supposed to wake every day;
 I wish it could be that way.
 When you're healthy, you don't think like this; but
 life is a GIFT, and can be taken away at any time.
 Sometimes we feel sorry for ourselves and want to
 quit; but if we do then that's it.
 So until I get better, here I sit.
 Damn this is a trip.

Just One

Author Unknown

One song can spark a moment,
 One flower can wake the dream
 One tree can start a forest,
 One bird can herald spring
 One smile begins a friendship,
 One handclasp lifts a soul
 One star can guide a ship at sea,
 One word can frame the goal
 One vote can change a nation,
 One sunbeam lights a room
 One candle wipes out darkness,
 One laugh will conquer gloom
 One step must start each journey,
 One word must start each prayer
 One hope will raise our spirits,
 One touch can show you care
 One voice can speak with wisdom,
 One heart can know what's true
 One life can make a difference,
 You see, it's up to you!

2013 Quality Incentive Program (QIP) What is This About?

Beginning in January 2012, a portion of each dialysis facility's Medicare payment was dependent on how well that facility met standards for specific measures of quality, based on measures and standards previously specified by law and in federal regulation. Dialysis facilities that did not meet or exceed the standards had their claims payments for 2012 reduced up to two percent. This practice will continue into 2013.

Also starting in 2012, each dialysis facility was required to post a Performance Score Certificate that documented the facility's performance on the ESRD Quality Incentive Program (QIP) including their Total Performance Score, scores on individual measures (anemia and dialysis adequacy) and comparisons to the national average.

Facilities must display their Performance Score Certificate within five business days of receiving notice from Medicare that the certificate is available.

The certificate must be posted for the entire year (January 1, 2013-December 31, 2013) in an area where it is easily visible to beneficiaries and their families or caregivers. Please look for your facility's new Performance Score Certificate during the first week of January to see how well your facility scored!

*Happy Holidays from the Patient Advisory
 Committee of Quality Insights Renal Network 3*

JOIN THE PAC TODAY!

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!

How to 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

We're on the
 Web!
www.qirn3.org

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