

August 2014



Quality Insights Renal Network 3

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



## Kidneys R Us

FROM THE  
QIRN3 PATIENT ADVISORY  
COMMITTEE

### Disaster Preparedness: What Do I Need in Case of an Emergency?

Disaster preparedness is something everyone needs to think about. Disasters can occur as the result of a flood, a hurricane or even a tornado, earthquake or terrorism. In worst case scenarios, the electrical power will fail, telephones will not work, roads to the dialysis center will be blocked, or your center will not be operational either because of damage, a lack of water and power, or a lack of staff. If a disaster occurs, you might have to miss dialysis. As a result, diet and fluid restrictions will be stricter than the meal plan you ordinarily follow.

Also, it is important to know where an alternate dialysis unit is in case the roads are flooded. Your unit should have made arrangements with sister facilities for these circumstances.

The following information can help you prepare for any type of disaster that could strike your area at any time.

**Emergency kit:** Use a waterproof box with the following supplies

- Manual can opener
- Cooking pot and utensil
- Bottled water
- Paper plates/cups/napkins
- Plastic knives/forks/spoons
- Flashlight with extra batteries (check batteries for expiration)
- Candles
- Waterproof matches
- Alcohol hand washing solution
- Small bottle of bleach for sanitizing
- At least one weeks' worth of medication in a water proof container (Check for expiration)
- Lantern
- Firewood or other source of heat

#### **Food:**

- Small cans of tuna fish or chicken
- Box of dry powdered egg whites
- Cans of cranberry sauce, bottles of cranberry juice
- Cans of soda (except dark colas)
- Individual packages of mayonnaise
- Small bottle of vegetable oil
- Salt-free crackers
- Bags of rice, pasta, cream of wheat
- Bag of sugar, jelly, honey, hard candy, syrup
- Containers of powdered, sweetened lemonade
- Coffee, tea
- Six-pack of liquid nutritional supplement approved by your dietitian.

#### **Summary of Important Recommendations for Eating During a Disaster**

1. Lower your protein intake to one-half (1/2) your normal intake.
2. Fluid should be limited to one-half (1/2) your normal intake.
3. Foods high in water should be limited, (Cooked cereals/pastas, fruits, vegetables, pudding, gelatin, ice cream, sherbet and ice.)
4. Salt free foods should be used, but NOT salt substitute.
5. Foods high in potassium should be avoided.
6. Plan ahead for medications. Always have at least one week supply available in a water-proof container.
7. An extra copy of your disaster meal plan should be kept in your emergency food box.
8. Persons with diabetes should have foods on hand for low blood sugar (honey, sugar, candy).

<http://nephron.org/nephsites/adp/disaster.htm>

## Home Dialysis Options

Home dialysis is a treatment option that can have a great impact on a dialysis patient's quality of life. Making the choice to become a home dialysis patient can be difficult. It means taking more responsibility for your own care. It can provide a patient who is willing to assume that responsibility with a greater sense of control, freedom and independence as he continues life's journey with kidney disease.

Continuous Cycling Peritoneal Dialysis (CCPD) is an option that can allow a patient to perform dialysis treatment at night while sleeping. This form of PD utilizes a cycler (automated machine) to run the fluid bags (dialysate) through the patient's peritoneal cavity. The patient sets up the machine and connects his/her PD catheter to the cycler before bed. The cycler will complete the treatment by morning.

The PD patient can also choose to perform Continuous Ambulatory Peritoneal Dialysis (CAPD). This type of PD requires several manual fluid exchanges throughout the day. There is no cycler involved. Both forms of PD offer the patient the opportunity to arrange their schedules to meet their work, family, travel needs and fit dialysis into their daily routine.

Home hemodialysis is another option that offers patients to opportunity to gain more control of their treatments. This option for home dialysis generally requires a partner who is trained with the patient to conduct hemodialysis in the home. The patient and the partner need to train with a home dialysis program for several weeks/months to ensure they can safely conduct hemodialysis in the patient's home. The home dialysis team from the facility will be a back-up to provide support to the home dialysis patient.

### What should a patient consider before choosing a home dialysis modality?

When a patient is first diagnosed with Stage 5 CKD and told they need dialysis, they are often overwhelmed and don't know what questions to ask their nephrologist.

They may be placed on hemodialysis on an emergency basis as they had not known about their kidney disease before they got sick. These patients will often face the changes brought on by dialysis after they are discharged from the hospital. It's at that time that the dialysis team at their out-patient facility will provide education about home dialysis.

The newly diagnosed Stage 5 CKD patient will need to evaluate their life and determine whether they are willing to make the changes necessary to implement home dialysis. Can you take the time to train for home dialysis at a home training facility? Do you have the room in your house for PD supplies? Do you have a room available to set up your hemodialysis machine? Do you have a partner who can be committed to a home dialysis treatment schedule?

Each of these questions needs to be answered before you can commit to home dialysis. Once the decision is made, the home dialysis facility that will train you can go over all the particulars you will need to address to be a successful home dialysis patient. The benefits can often outweigh the challenges. Increased freedom to schedule your treatments, no need to go to an out-patient hemodialysis facility three times per week are just two of the benefits of the home dialysis option. Talk to your nephrologist and current treatment team if you are interested; remember, there's no place like home!

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

We're on the  
Web!  
[www.qirn3.org](http://www.qirn3.org)

### JOIN THE PAC



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!

*The analyses upon which this publication is based were performed under Contract Number HHS-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.*