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PATIENT NEWSLETTER | JUL / AUG 2018



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CDC

Centers for Dialysis Care

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Centers for Dialysis Care Newsletter
July / August 2018

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CDC

Centers for Dialysis Care

Centers for Dialysis Care (CDC) has provided the information in this newsletter to inform you and your loved ones.



On the Cover
Daisies, Watercolor
Barbara Pollard, CDC Mentor



Centers for Dialysis Care (CDC) is a leader in providing patient-centered quality care to all individuals with kidney disease.

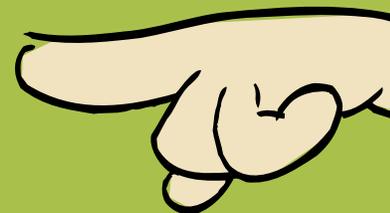
Hands Please!



Infection prevention is another way we at Centers for Dialysis Care are keeping our patients safe.

In order to ensure that we do not miss an opportunity to wash or sanitize our hands, our caregivers will remind each other to do so by politely saying "HANDS PLEASE" to a coworker who may have inadvertently forgotten to do so.

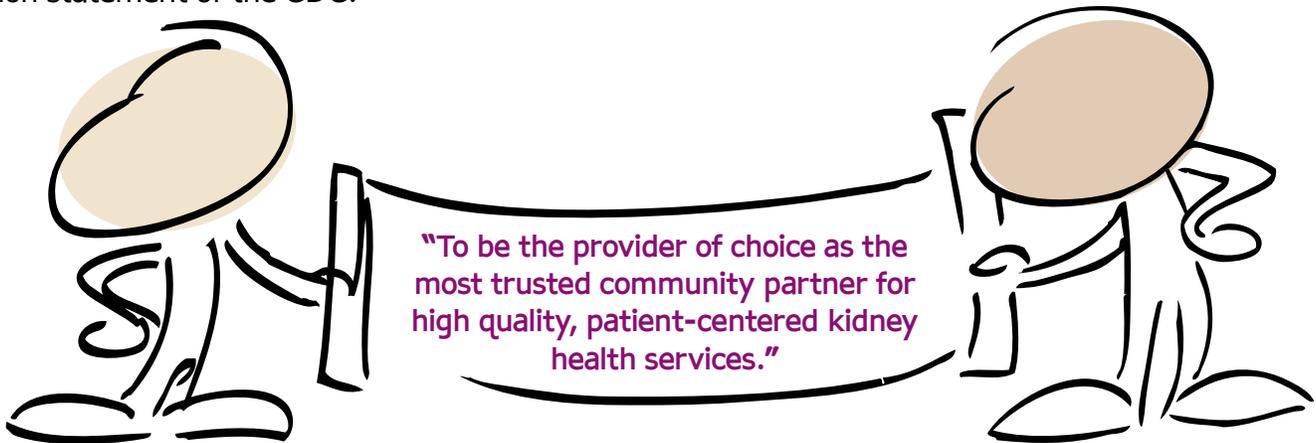
Please join us in this effort!



Message from the CEO and President

As always, our eyes are focused on exceptional patient care and the quest to move our institution forward. Through our 3-year strategic plan, we set out to develop a new vision for CDC. Our dedicated employees and board members provided invaluable insight that we have used to better define where the Centers for Dialysis Care stands in the industry today...and where we will be in the future.

Our vision is to provide care that is patient-centered, high quality and community focused. We desire to be the provider of choice in northeast Ohio. After several rounds of development, we are excited to unveil the official new vision statement of the CDC.



By design, our vision – our plan for the future – comprises four key elements:

First, we seek to be The provider of choice. CDC is and will continue to be the first and preferred selection for patients seeking care, physicians placing patients, employees seeking employment and for hospitals and nursing homes seeking a reliable partner.

Second, we will be the Most trusted community partner. CDC decisions are made by community advocates that live in the same neighborhoods as patients, physicians, employees and other partner decision makers.

Third, we will continue to focus on the delivery of care that is High quality, patient-centered. Patients have and always will be at the center of our exceptional care and a critical part of our bright future. As an independent, not-for-profit organization, all of CDC's "profits" are reinvested into patient care, facility improvements, technology advancements and employee salaries.

Lastly, we will remain dedicated to kidney health services. CDC services include a full continuum of kidney care, from the prevention to the treatment of ESRD.

We are confident CDC's future is brighter than ever.

With Kindest Regards,
Diane P. Wish, CEO
Gary Robinson, President



Diane P. Wish



Gary Robinson

The Ohio Health Information Partnership

We're excited to announce that we participate in the CliniSync Health Information Exchange.

Your doctors and healthcare providers can use this electronic network to securely provide access to your health records for a better picture of your health needs.

We and other healthcare professionals may allow access to your health information through the CliniSync Health Information Exchange for treatment, payment or other healthcare operations.

If you have questions or do not wish to have your records shared electronically, please talk to our staff.

The Ohio Health Information Partnership is a nonprofit organization that shares information about people's health electronically using the CliniSync Health Information Exchange.

What is the CliniSync Health Information Exchange?

The CliniSync Health Information Exchange (HIE) is technology that allows healthcare information to pass electronically across organizations across the state. Clear and strict state and federal guidelines govern how the information can be exchanged, viewed, and used. The goal of the HIE is to make the information available when and where it is needed.

How can sharing my information improve my care?

More Coordinated Care: Today, most doctors and hospitals use electronic health records rather than paper health records. Your doctor may search for and get your test results, lab results, x-rays, medication list or any other health information that has been electronically collected from other providers who are part of the CliniSync community network.



For example, information that could help save your life in a medical emergency would be available to the doctors in the emergency room (ER) if something happens that you did not expect. They would know what medications you are taking and what conditions you have. Another example would be that your cardiologist orders a special test and wants to share it with your primary care doctor. This could be done electronically, rather than on paper or through a dictated letter.

Less Unnecessary Testing: You may have had a lab test done recently at a hospital or doctor's office. When you go someplace else, they can use the exchange to see your prior lab test results, That may prevent the need to do the test again.

Is my information kept private?

Yes it is. The CliniSync Health Information Exchange follows U.S. and Ohio provacy laws. Only people providing care to you may view your medical records on the exchange. Anyone who is not involved in your care is not allowed to view your medical records on the exchange.

If you have questions, please contact CliniSync:

- Call 614.664.2600
- You also can visit our website at www.clinisync.org and search for Patient Choice



My Choice:

Choosing a treatment for Kidney Disease

It is always your choice to decide the treatment option to manage your kidney disease. It is okay to try different treatment options as your feelings, needs, and wants change over time. Learning about your treatment choices will help you decide which one is right for you. There are 5 treatment options to replace kidney function. No single treatment is right for every person. Which one you choose will depend on your body, lifestyle and health.

In-Center Hemodialysis

- Treatments are 3 times per week for 3-5 hours in a dialysis facility
- Uses a dialyzer (filter) and a dialysis machine to clean your blood
- Need an access to your blood stream
- Your blood is carried from your body to the dialysis machine (where it is cleaned) and returned to your body
- Trained facility staff are responsible for your care
- Must stick to a schedule & follow facility policies

Home Hemodialysis

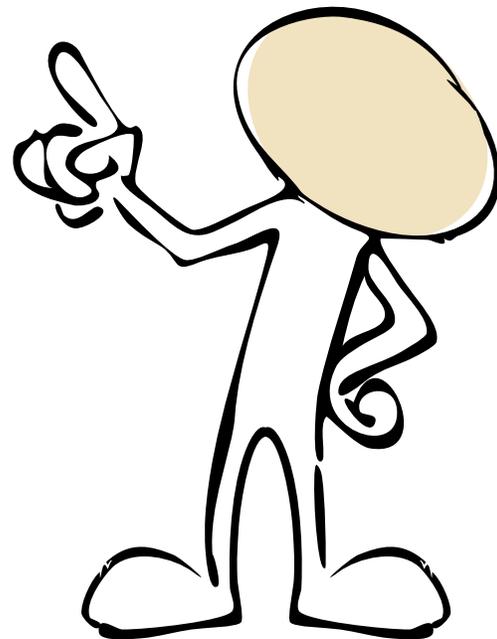
- Treatments are usually 5-6 times per week for 3 hours
- Same process as in-center hemodialysis
- Need an access to your blood stream
- It is done by you and a partner at home
- You will learn how to place your dialysis needles for treatment
- Trained by a dialysis nurse
- Allows for more independence
- Need space for machine and supplies

Peritoneal Dialysis

- Done at home every day, seven days a week
- A peritoneal catheter is placed in your belly or abdominal cavity
- The lining of your belly is the filter used for dialysis
- Your blood is cleaned inside your body
- Trained by a dialysis nurse
- Dialysis can be done by hand (manually), or using a machine (cycler) or a combination
- Must be done under very clean conditions
- More independence
- Need clean area and space for supplies

Transplant

- Kidney transplants use a deceased donor or a living related or unrelated donor kidney
- Must go through testing prior to being listed for a transplant
- Not a cure – requires taking medications every day for life
- Medications may have side effects
- Waiting list for deceased donor kidney may take a long time



Medical Management without dialysis

- Some people choose to stop dialysis
- Other serious medical conditions in addition to kidney disease are a reason people may decide to stop dialysis
- Without dialysis you may live for several days to several weeks
- The healthcare team will do everything possible to keep you comfortable

Please contact your social worker if you would like more information about any of these treatment options.

Artist in Focus



Barbara Pollard

Art therapist Dawn Knez talked with Barbara Pollard of CDC-Mentor, recently inquiring about her artwork that was chosen for the cover of the Access Newsletter. A lot was learned about the artist and her creativity.

Your “Daisies” are done in watercolor. Do you work with other media? Yes, I work with oil and acrylic paints, and I also enjoy colored pencils and crafts.

Can you tell me about your experience with dialysis?

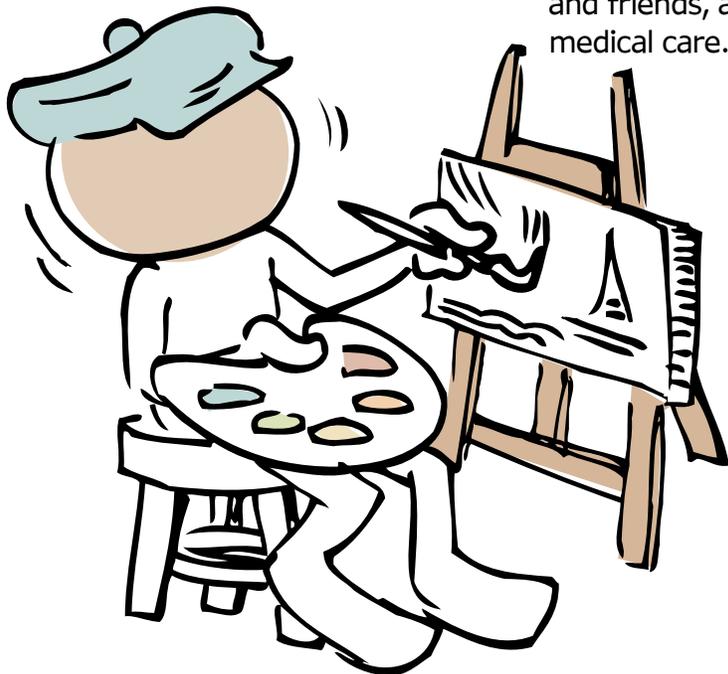
I was on peritoneal dialysis for a while, then I started hemodialysis last November. All things considered, I am lucky and blessed. I have a good support system with family and friends, and I have excellent medical care.

What are some of your other interests?

I enjoy traveling, and I have been to all 50 states, 5 Canadian provinces, and have gone on Caribbean cruises. I lived for 2 years in Hawaii. I also like music a great deal, especially singing—anything from Gospel at a local church to karaoke at community centers! Song is another form of art.

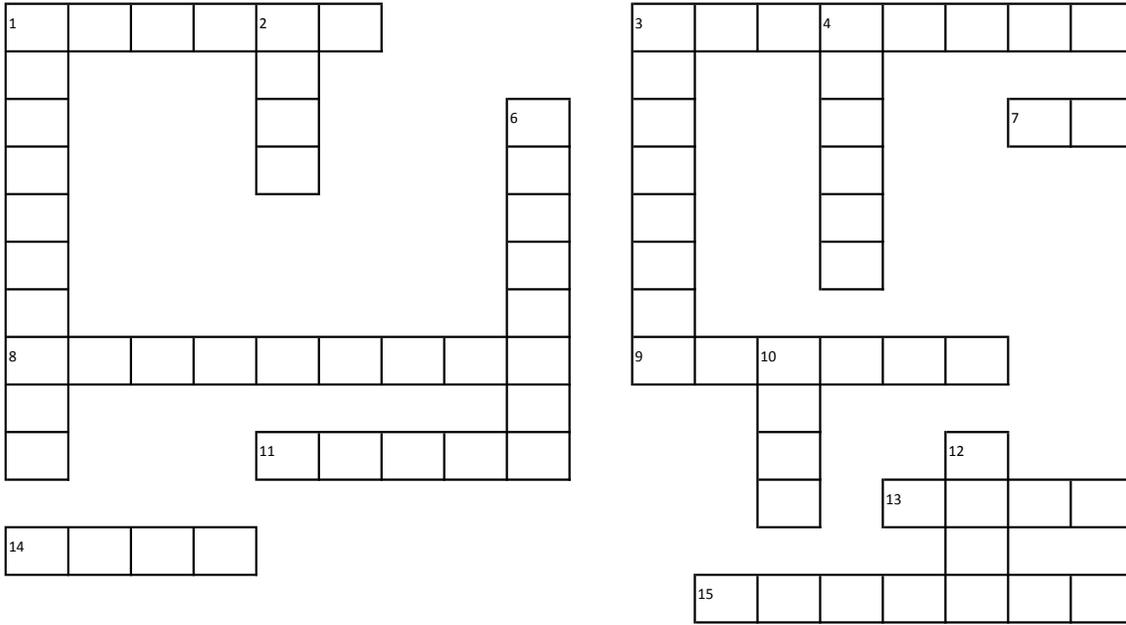
Do you consider art as therapy?

Art is good for people—I enjoy it and so do viewers! I have many images that I look forward to sharing in various displays, maybe even selling some. We are planning a “feature display” of some of my artwork for the CDC-Mentor lobby in July. From colorful florals to landscapes, to animals and abstracts, I like trying new things. I have a happy outlook on life!



For the Fun of It

Hands Please Crossword Puzzle



Clues:

- CAREGIVERS
- COWORKER
- DON'T
- EFFORT
- FORGET
- HANDS
- INFECTION
- JOIN
- MISS
- PATIENTS
- PLEASE
- POLITELY
- PREVENTION
- REMIND
- SAFE
- SANITIZE

Across

1. "HANDS _____"
3. Politely remind _____ "HANDS PLEASE"
7. Please _____ us in this effort
8. _____ prevention is another way we at CDC keep our patients safe
9. _____ your coworker "HANDS PLEASE"
11. "_____ PLEASE"
13. Don't _____ to wash your hands
14. You can never say please _____ your hands too many times
15. _____ remind caregivers "HANDS PLEASE"

Down

1. Infection _____ is another way we at CDC keep our patients safe
2. We at CDC are keeping our patients _____
3. Remind your _____ "HANDS PLEASE"
4. Please join us in this _____
5. Do not miss an opportunity to wash or _____ our hands
6. Ensure our _____ have a safe environment "HANDS PLEASE"
10. Don't _____ an opportunity to say "HANDS PLEASE"
12. _____ forget to wash your hands with clean running water



Zone Tool Fluid Control

Every day you should:



- ✓ Know your dry weight or target weight
- ✓ Eat low salt/low sodium foods
- ✓ Limit fluid intake to four 8-ounce glasses of beverages
- ✓ Check for swelling in your feet, legs, and around your eyes
- ✓ Take your blood pressure medicine the way you should take it

Green Zone...This is the **safe zone** if you have:



- ✓ No shortness of breath
- ✓ Weights between dialysis treatments within goal
- ✓ No swelling in your feet, legs, and around your eyes
- ✓ No chest pain

Good job! Keep doing what you are doing

Yellow Zone...This is a **caution zone** if you have:



- ✓ Increased weight gains
- ✓ More shortness of breath
- ✓ More swelling in your feet, legs, and around your eyes
- ✓ Muscles may cramp
- ✓ Increased blood pressure due to extra fluid in your blood stream

Caution: need to decrease your intake of salt and fluid

Red Zone...This is a **warning zone** if you have:



- ✓ Excessive weight gains
- ✓ Not able to achieve dry weight
- ✓ Difficulty breathing when lying down
- ✓ Swelling in your feet, legs, and around your eyes
- ✓ Headaches and may feel nausea

Stop: Talk to your dialysis team

- Overloading your body with fluid makes your heart work harder and may lead to heart problems.
- Find out what works for you to prevent fluid overload.

Are you getting enough vitamins and minerals?

People on dialysis are encouraged to take a daily renal multi-vitamin. These vitamins and minerals help our bodies use the food we eat, provide us with energy, help our body grow and repair tissue, and help maintain life.

Not just *any* multi-vitamin from the store is safe for you when you are receiving dialysis.

Why are your needs as a person on dialysis different?

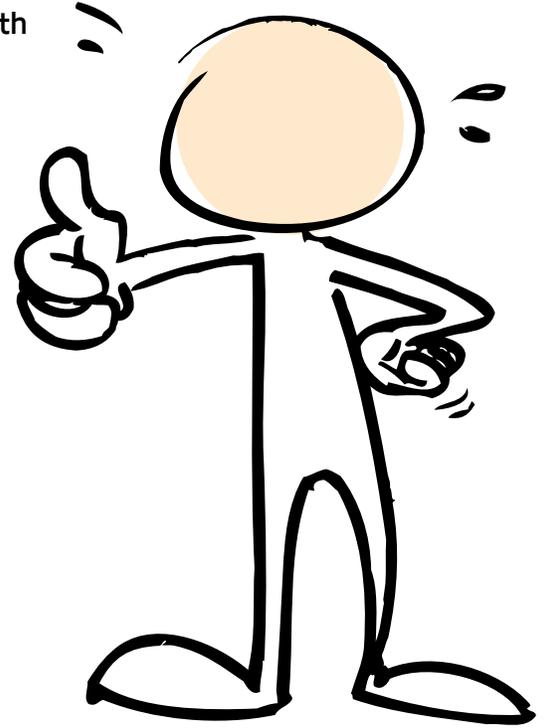
- Water-soluble B vitamins are removed during dialysis and need to be replaced daily.
- Fat-soluble vitamins A, E and K are not removed during dialysis and build up in the body.
- Being on a special diet can mean you miss certain vitamins and minerals from some food groups.
- Sometimes you may not feel well enough to eat regular meals and may not get enough vitamins and minerals.
- Some of the medication you take can change how vitamins are absorbed or can increase the daily needs of vitamins and minerals.

Renal multi-vitamin supplements provide extra water-soluble B vitamins, folic acid, biotin and a small dose of Vitamin C (too much Vitamin C can lead to kidney stones). They may also provide zinc, selenium and vitamin D.

Remember:

- Take your renal multi-vitamin **AFTER** dialysis to replace the important nutrients.
- Take your renal multi-vitamin **EVERY** day.
- One suggestion is to take them every day before going to bed to make it a habit!

Prescription and non-prescription renal multi-vitamins are available. A variety of supplements are available under several different brand names including but not limited to Dialyvite, Nephro-vite, Nephrocaps, Renaltab, Renaplex and Triphrocaps.



Always speak with your doctor and dietitian before beginning any supplement or herbal remedy.

If your co-pay for a 3 month supply is more than \$20.00, mail order options are available.

Contact information for mail-order renal vitamin companies:

Nephro-Tech. Inc
www.nephrotech.com
800.879.4755

Hillestad Pharmaceuticals
www.dialyvite.net
866.358.9773

Healthy Eating



Yummy Chicken Kabobs

Yields 4 servings

Prep time: 15 minutes (does not include marinade time)

Cook time: 15 minutes

Ingredients

¼ cup vegetable oil

1/3 cup honey

1/3 cup low sodium soy sauce

¼ teaspoon ground black pepper

4 skinless, boneless chicken breast halves – cut into

1 inch cubes

2 cloves garlic

5 small red onions, cut into 2 inch pieces

1 red bell peppers, cut into 2 inch pieces

1 zucchini, cut into 2 inch pieces

1 yellow summer squash, cut into 2 inch pieces

Peach Cobbler

Yields 4 servings, about ½ cup each

Each serving equals: 1 fruit, 1 starch, 1 fats

Ingredients

6 Tablespoons margarine or butter

¾ cup all-purpose flour

2 cups sugar (divided)

2 teaspoons baking powder

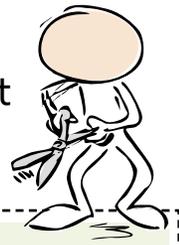
¾ cup Coffee Rich non-dairy creamer

2 cups sliced fresh or frozen peaches



Healthy Eating

Recipes to Collect



Preparation

1. In a large bowl, whisk together oil, honey, low sodium soy sauce and pepper. Before adding chicken, save a small amount of marinade to brush onto kabobs while cooking. Place the chicken, garlic, onions, peppers, zucchini and yellow squash in the bowl, and marinate in the refrigerator at least 2 hours (overnight is better).
2. Preheat the grill for high heat.
3. Drain the marinade from the chicken and vegetables, and discard marinade. Thread chicken and vegetables alternately onto the skewers.
4. Lightly oil the grill grate. Place the skewers on the grill. Cook for 12 to 15 minutes, until chicken juices run clear. Turn and brush with reserved marinade frequently. (If using wooden skewers, soak before using).

Preparation

- Preheat oven to 350 degrees.
- Melt margarine (butter) in deep 1 1/2 quart casserole.
- In bowl combine flour, 1 cup sugar, baking powder and non-dairy creamer; mix well.
- Pour batter evenly onto melted margarine without stirring.
- Combine peaches with 1 cup sugar. Pour into middle of batter without stirring.
- Bake 30 minutes until browned.



CDC

Centers for Dialysis Care

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