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PATIENT NEWSLETTER | MAY / JUN 2018



CDC

Centers for Dialysis Care

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Centers for Dialysis Care Newsletter
May / June 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
Bird on His Perch, Acrylic
Tracy Abernathy, CDC Shaker



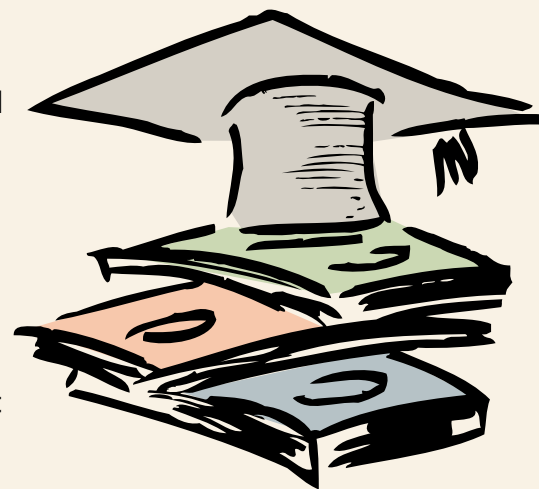
Centers for Dialysis Care (CDC) is a leader in providing patient-centered quality care to all individuals with kidney disease.

2018 Scholarship Award

The Kidney Foundation of Ohio is proud to offer the 2018 Scholarship Award, an opportunity designed to help a deserving kidney patient, or child of a patient, achieve his/her academic goals and complete a college or technical school education.

Financial support ranging between \$1000 - \$3000 will be provided to a patient or child of a patient who demonstrates financial need and resides in the Kidney Foundation of Ohio service area. Applications must be received by Friday, June 29, 2018.

For more information check out www.kfo.org or contact the Foundation at 216.771.2700.



Message from the CEO and President



Diane P. Wish



Gary Robinson

As we usher in the spring season, we are excited to share with you some of the activities CDC has planned for the coming months. At CDC, we continually try to improve upon the processes that we have in place.



Even though we have a multitude of projects and processes being worked on that affect our patients and employees, 2 areas of focus for 2018 is going to be hospitalizations and missed treatments. In 2017 we had a total of 24,214 missed treatments with 10,754 due to hospitalizations. When we see an empty chair, this is not just an empty spot rather it is someone's life that is going to be impacted in a negative manner because they are missing a treatment. Missing one treatment per month increases your chances of going to the hospital by 40%. Not only is your health impacted but missing dialysis treatments also affects your quality of life since you don't feel as well as you could. If you absolutely must miss your treatment, please call the unit as soon as possible so you can be rescheduled.

CDC cares about our patients and will be rolling out the "I Care" campaign. Coming soon, you will see employees wearing "I Care" buttons. This campaign is the result of a lot of hard work from the Missed Treatment workgroup with the focus on YOU! In addition, the campaign also focuses on your feedback from the patient survey or ICH-CAHPS. We thank you for completing this important survey of your patient experience here at CDC.

We also want to recognize our nurses during National Nurses Week (May 6th – May 12th). National Nurses Week recognizes nurses for the excellent, nurturing care they provide you at CDC.

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



I Care...

I care that you are a patient at CDC

I care that you come to all of your treatments

I care that you get every minute of your dialysis treatment

I care that you are healthy

I care about YOU!

Why Dialysis Matters?

It is important that you show up for your dialysis treatments – each and every time – it’s for your physical well-being.

What if I need to miss a hemodialysis treatment?

Generally, it is best not to miss treatments. If you absolutely must miss your treatment, please call the unit as soon as possible. We will work with you to reschedule your treatment.

What if I feel too sick to come to hemodialysis?

The reason for feeling sick may be related to your kidney disease, so coming for dialysis is very important. If you feel sick, call the dialysis unit and get instructions from them. If you have severe problems such as shortness of breath, chest pain, abdominal pain, unusual weakness, excessive bleeding, etc, call 911 or go to your nearest Emergency Room.

If you are admitted to hospital, please ask your nurse at that hospital to call the Hemodialysis Unit. We will arrange for you to receive your next hemodialysis treatment.

Why is it important that you receive your full dialysis treatment?

Hemodialysis treatments only replace a small part (less than 5 to 10%) of the normal work of your kidneys. If you don’t get enough dialysis, your blood will hold on to

more of the body’s waste products and increase the chances that you’ll feel sick.

If you don’t have enough dialysis, you may feel or have:

- Feeling weak and tired all the time
- Difficulty sleeping
- Poor appetite, nausea
- Itchy skin
- Bad taste in mouth
- Body odor
- Shortness of breath

You will also be at higher risk for infection and bleeding. Because extra fluid will need to be pulled off when you have your next dialysis treatment, you may have cramps or your blood pressure may be low.

Time Lost When You Shorten or Miss Your Dialysis Time

You can reduce your chances of having these problems by getting your full dialysis treatment time. Try to show up for your dialysis on time and stay for your full treatment. We can tell you how missing dialysis time is bad for your health and life, but in the end it is your decision. If you regularly miss or shorten your treatments, it adds up and can cause permanent harm to your body. By participating in your care you improve how your body responds to the dialysis treatment.

Shortened Treatments (assumes 3-4 hour dialysis treatments per week)	
Minutes Lost Each Treatment	Dialysis Hours Lost Each Year
10	26 hours
15	39 hours
20	52 hours
30	78 hours

Missed Treatments	
Treatments Missed Each Year	Dialysis Hours Lost Each Year
12 (1/month)	48 hours
24 (2/month)	96 hours
36 (3/month)	144 hours

What happens if I don’t show up for a hemodialysis treatment and I do not call the unit?

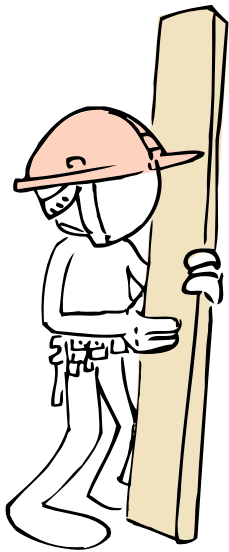
Your safety is important to us. In the event that you do not show up for a specific treatment, we will attempt to contact you to check how you are doing and reschedule your dialysis treatment.

Coming Soon New Dialysis Units



Coming Soon! CDC Middleburg Heights

CDC Middleburg Heights, located at 6749 Eastland Rd., is completed and is awaiting a licensure survey. This is a 20 station facility using B Braun dialysis equipment and a B Braun water system. The facility will serve the dialysis patients of CDC west side nephrologists. Once the Ohio Department of Health surveys the facility, it should be open this summer.



Construction Has Begun! CDC East Replacement Facility

A 2.5 acre site located at the corner of Carnegie, Stokes Blvd and Cedar is being cleared for the construction of a two-story, 46,000 square foot building that will become the new home of CDC East. The new East will be a 64 station facility with all dialysis being provided on the first floor. Featured on the second floor will be the Peter B. DeOreo, MD Education Center which will house new staff training facilities as well as space for larger conference and education programs. The facility is targeted for completion in the first quarter of 2019. Look for construction updates in future newsletters.



For the Fun of It

MOTTEP Word Search

MOTTEP's mission is to decrease the number and rate of people in need of organ and tissue transplants through prevention education and to increase the number of organ and tissue donors in the Greater Cleveland minority community.

See if you can find the words in the puzzle.

A B G E S C D E F C O M M U N I T Y
G H N T H T O U Y I J K I L M N O P
N Q I A R S N T U V W X N Y Z W A B
O C Z C D E F E G H I J O K J E K L
I M A U A H L O V Y F Z R F I L R U
T N M D B K M P S E L A I G Q L S C
N O A E U S S I T M O T T E P N T W
E P U Z L O C A L V G B Y O X E E L
V Q V C F I N Q T W C P L B I S K K
E R W D G O R G A N D H A G V S H Z
R S X E D J N R U X J E N Y F J M D
P T Y T R A N S P L A N T A T I O N



Words:

AMAZING	COMMUNITY	DONATE	EDUCATE	EVENTS	GOLF
LOCAL	MINORITY	MOTTEP	ORGAN	PREVENTION	
TISSUE	TRANSPLANTATION		WELLNESS	YOUTH	

2018 Kidney Walk

Save the date: June 3, 2018 at 10:00 am • Registration begins at 9:00 am

CDC is happy to be a proud sponsor the 2018 Kidney Walk. Parking will be available in the Great Lakes Science Center parking garage for a discounted rate of \$5. In order to redeem the discount, walkers must pick up a parking voucher from the information desk in the Science Center. There is no fee to walk. Kidney Walks are a vital source of support as the Foundation provides real-time assistance for those in need. 80 cents of every dollar donated goes to research, patient services, professional education, public health education and community services.



Kidney Walk

Need a Mentor?

You're Not Alone! Talk to someone who's been there. Speak with a trained peer mentor who can share their experiences about dialysis including peritoneal dialysis and home hemodialysis, transplant or living kidney donation with you.

Call 855.653.7337 (855.NKF.PEER). After you call, you will speak with a National Kidney Foundation's (NKF) staff member who will ask you questions in order to match you with a mentor who will be a good fit for you!

Your mentor will call you within one week through a toll-free automated telephone system. No one discloses their personal phone numbers, or incurs long-distance charges. Your mentor will only call you during the hours that you are available. The

NKF *Peers*[®]
855.NKF.PEERS

automated telephone system blocks calls at all other hours. Telephone services are provided free-of-charge by the NKF. If you prefer connecting online, you can join the online communities at www.kidney.org.

Thank You Nurses!

CDC wants to thank our nurses for all they do. National Nurses Week is celebrated from May 6th and ends on May 12th, Florence Nightingale's birthday.



NATIONAL NURSES WEEK 2018
AMERICAN NURSES ASSOCIATION

Got Options?

Based on the latest patient survey (Fall 2017), you wanted CDC to provide more information about different types of treatments for kidney failure.

- 21.6% of CDC patients felt the staff needed to talk more with them about the right dialysis treatment for them
- 15.9% of CDC patients felt they wanted to be more involved in choosing their treatment
- 46.3% of CDC patients felt the staff needed to talk more about peritoneal dialysis, a home treatment option
- 44.8% of CDC patients did not know why they were not eligible or unable to get a kidney transplant

The BEST way to learn about what ways your kidney failure can be treated is to talk to your doctor and/or dialysis team about how you feel and what treatments you are interested in.

If you are interested in finding out more information about treatments for kidney failure, talk with any member of your dialysis team. WE CARE and want to work with you to find the treatment that works best for YOU!

There are many ways to treat kidney failure, and more than one treatment might be right for you.

Can I do my dialysis at home?

Home Dialysis Options

Yes, there are several options to do dialysis at home. **Peritoneal dialysis** or (PD) is a daily dialysis treatment. Peritoneal dialysis removes wastes, chemicals and extra fluid from your body. This type of dialysis uses the thin, natural lining of your abdomen to filter your blood. The lining is called the peritoneal membrane. A special fluid called dialysate is put into the belly through a small tube. The fluid sits in the abdomen and “attracts” the waste products and extra water that has built up. After some time, the old fluid is drained out and new fluid is put in the belly. This is called an exchange.

	Peritoneal Dialysis
What is it?	Uses the thin, natural lining of your abdomen to filter your blood
Where is it done?	At home
Who is involved?	The patient does the treatment
How is it done?	Without needles! Dialysate fluid is put into and out of the belly through a special tube
When is it done?	Seven days per week

Home Hemodialysis is a form of self treatment where you can dialyze at home. During home hemodialysis, blood flows from the patient’s vascular access through a dialysis machine. The dialysis machine cleanses the blood of extra waste and fluids and sends the clean blood back into the body.

	Home Hemodialysis
What is it?	Uses a machine to clean the blood
Where is it done?	At home
Who is involved?	You and a partner do your treatment
How is it done?	With a machine that pumps blood in and out of the body through an access site
When is it done?	5-6 days per week

Dialysis Center Options

In-center Hemodialysis is similar to home hemodialysis. During dialysis, blood flows from the patient's vascular access through a dialysis machine. The dialysis machine cleanses the blood of extra waste and fluids and sends the clean blood back into the body.

Nocturnal dialysis is a slower, longer hemodialysis treatment that takes place at night while you sleep. This longer treatment lasts for six to eight hours, three times or more a week. You can do nocturnal dialysis at a dialysis center that has a nocturnal dialysis program.

	In Center Hemodialysis	Nocturnal Dialysis
What is it?	Uses a machine to clean the blood	Uses a machine to clean the blood
Where is it done?	In a dialysis center	In a dialysis center
Who is involved?	Dialysis staff does the treatment	Dialysis staff does the treatment
How is it done?	With a machine that pumps blood in and out of the body through an access site.	With a machine that pumps blood in and out of the body through an access site.
When is it done?	Usually 3 days per week for 4-5 hours	Usually 3 days a week for 6-8 hours overnight

Who can I ask if I don't know why I am not on the kidney transplant list?

Kidney Transplantation

Everyone is considered on an individual basis to decide if the benefits of a transplant outweigh the risks.

Transplant exclusion criteria vary at different transplant centers.

If you are not sure why you are not eligible for a kidney transplant speak to your social worker or kidney doctor. If you are interested in learning more about kidney transplantation, you can call one of the transplant centers below:

University Hospitals Transplant Institute: 216.844.3689
Cleveland Clinic Kidney Transplant Program: 216.444.6996

	Transplant
What is it?	A donor kidney is surgically placed into the abdomen
Where is it done?	At the hospital
Who is involved?	You and a donor
How is it done?	The kidney is placed in the front of abdomen and your bad kidneys are usually not taken out.
When is it done?	After you complete a successful workup and are either wait-listed for a deceased donor or have a suitable living donor available.

What if I am tired of doing dialysis and want to stop my treatments?

You have the right to not treat kidney disease with dialysis at any time. Without dialysis or a kidney transplant you will die. If you choose to stop treatment, the dialysis team will help you get the additional support you may need such as hospice care. Hospice can help with the physical, emotional and spiritual needs at the end of life.

Artist in Focus



Tracy Abernathy

Our cover artist, Tracy Abernathy, grew up in Cleveland and graduated from South High. She has one son, Jonathan Goodman, age 15 and a partner, Anthony. She worked in medical records at a plasmapheresis center and then went to work as a home health aide and worked as an S.T.N.A. for 5 years. She was in a research project at the Cleveland Clinic to help her maintain her kidney function. During the project, she was informed that she would have to go on dialysis because her creatinine levels were too high.

Tracy said that this news was very difficult for her because her son was 5 and she was worried that she would not be there to see him grow up. She says that Jonathan is a great kid and a sophomore at the Cleveland School of the Arts. He will be in the summer program at the Cleveland Institute of Art. He is now starting to think about college. Tracy is so proud of him.

Tracy did not see herself as an artist but was convinced by the other patients to try it. She says that it is a relief to do art on the machine and not think about dialysis. There is a nice painting group on Fridays that Ozzie Walters encouraged her to join. She enjoys the socialization with other patients and it helps her self esteem. Tracy had to cope with a great deal of pain before an amputation and is now feeling better and ready to start painting again.



Tracy is a very religious person and it has helped her deal with pain, worry and fear. Her partner, Anthony, takes loving care of her and does all the household chores when she is sick. She thinks of herself as an artist now, not just a patient. She is very excited to have her painting on the cover of the Access magazine.

Can't Live Without Pizza?

You can eat it, with moderations & portion control

Why pizza is not the best food to eat for renal patients?

Ingredients:	Nutrient content:
Cheese, tomato sauce, vegetable topping	High in potassium
Cheese, meat topping preservatives, dough additive	High in phosphorus
Sauce, toppings	High in sodium

Typical nutrient prescription for hemodialysis patient:
2000mg sodium, 2000mg potassium, <1000mg phosphorus



TOP 5 "Renal Friendly"

Frozen Pizza:

- Freschetta naturally rising Margherita
- Kashi mushroom trio/spinach
- Kashi roasted vegetable
- Kashi Margherita
- Kashi Mediterranean

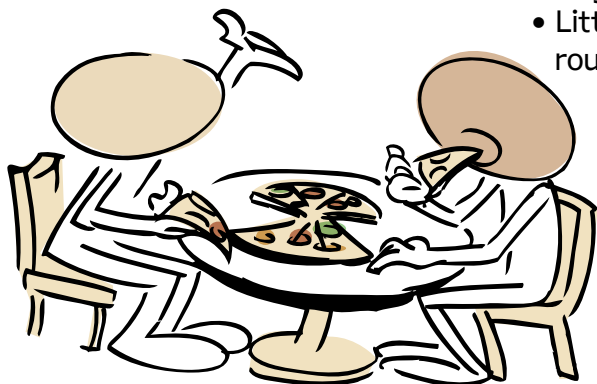
TOP 5 "Renal Friendly"

Restaurant Pizza:

- Little Caesar's 14" cheese, round regular crust
- Little Caesar's 14" cheese, large deep dish
- Little Caesar's 14" cheese, thin crust
- Little Caesar's 14" pepperoni, large deep dish
- Little Caesar's 14" pepperoni, round, regular crust

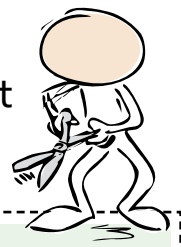
General Tips to select pizza:

- The sizes of pizza slices vary widely from brand to brand, **WATCH YOUR PORTION SIZE (no more than one slice)**
- A thicker crust generally results in **higher potassium, phosphorus, sodium**
- For phosphorus and potassium, look for values as close to 250mg or less as possible.
**Nutrient information could be found on USDA website.*
- For sodium, look for 700mg or less
- Select those with no added phosphorus



Healthy Eating

Recipes to Collect



Gourmet Hamburgers

Makes 5 servings

Ingredients

1 pound lean ground beef	2 tablespoons and 1 teaspoon margarine
½ cup red wine	1/8 teaspoon pepper
½ cup onions, minced	Dash of thyme

Preparation

1. In a pan, sauté onions in 2 tablespoons margarine until tender. In a large bowl, mix onions with ground beef, pepper, and thyme.
2. Divide into 5 patties and pan fry in same pan.
3. When cooked as desired remove hamburgers and place on platter.
4. Add wine to pan and cook with juices until reduced by half. Remove from heat. Add 1 teaspoon margarine, stir briefly, and pour over hamburgers.

341 Kcal, 17 g Protein, 3 g Carbohydrate, 154 mg Sodium, 322 mg Potassium

Parmesan Cheese Spread

Ingredients

3 ounces cream cheese	1 tablespoon dry white wine
4 tablespoons margarine, softened	1 tablespoon minced parsley
¼ teaspoon garlic powder	Dash of thyme
2 tablespoons grated parmesan cheese	Dash of marjoram

Preparation

1. Mix all ingredients until well blended.
2. Chill for at least 4 hours.
3. Serve with Melba toast, unsalted crackers, or celery.

109 Kcal, 2 g Protein, 1 g Carbohydrate, 11 g Fat, 115 mg Sodium, 24 mg Potassium, 25 mg Phosphorus



CDC

Centers for Dialysis Care

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