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PATIENT NEWSLETTER | NOV / DEC 2016



## CDC

Centers for Dialysis Care

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Centers for Dialysis Care Newsletter  
November / December 2016

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## CDC

Centers for Dialysis Care

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



**On the Cover**  
*Fun, Acrylic*  
Jeanette Ranallo, CDC Euclid



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

## 2016 Holiday Schedule

**Thanksgiving Week Schedule**—Closed Thursday, November 24, 2016

### Mon/Wed/Fri Patients

Sunday, November 20, 2016  
Tuesday, November 22, 2016  
Friday, November 25, 2106

### Tues/Thurs/Sat Patients

Monday, November 21, 2016  
Wednesday, November 23, 2016  
Saturday, November 26, 2016

## Christmas Week Schedule

Since Christmas and New Year's Day are on Sunday, there is no change to the schedule.

### Mon/Wed/Fri Patients

Monday, December 26, 2016  
Wednesday, December 28, 2016  
Friday, December 30, 2106

### Tues/Thurs/Sat Patients

Tuesday, December 27, 2016  
Thursday, December 29, 2016  
Saturday, December 31, 2016

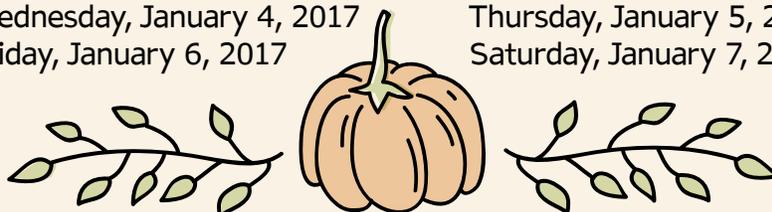
## New Year's Week Schedule

### Mon/Wed/Fri Patients

Monday, January 2, 2017  
Wednesday, January 4, 2017  
Friday, January 6, 2017

### Tues/Thurs/Sat Patients

Tuesday, January 3, 2017  
Thursday, January 5, 2017  
Saturday, January 7, 2017

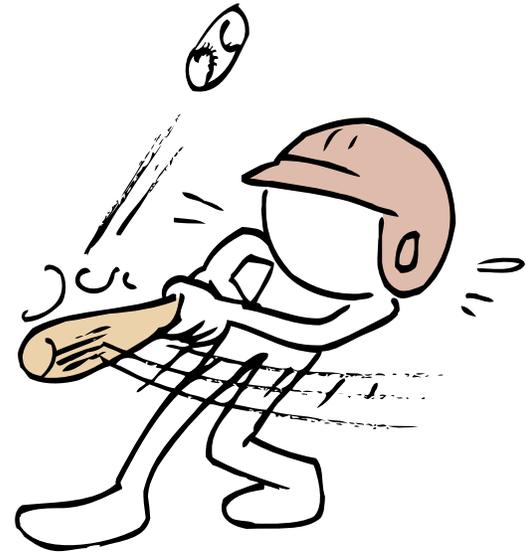


# Well Wishes



Diane P. Wish

Cleveland is Believeland! It is hard to believe the Cleveland Indians are headed to the World Series. Let's Go Tribe!!



The holiday season is quickly approaching. CDC will be closed on Thanksgiving Day and open on Sunday, November 20th. Since Christmas and New Year's Day fall on Sunday this year, there is no change to your treatment schedule for these holidays

I wanted to take a few moments to briefly discuss the ESRD Quality Incentive Program (QIP). The ESRD Quality Incentive Program (QIP) was created by Congress in a law called the Medicare Improvements for Patients and Providers Act of 2008. The ESRD QIP goal is to reduce healthcare costs while improving medical care.

Patient satisfaction is an integral part of the ESRD Quality Incentive Program (QIP). CDC recently received the results from the Spring 2016 Consumer Assessment of Healthcare Providers and Systems (CAHPS) survey. This survey asks patients to report their experiences with dialysis care. The survey

focuses on three core indicators including:

- Nephrologists' Communication and Caring
- Providing Information to Patients
- Quality of Dialysis Care and Operations

The results are compared against the prior results to see if the organization has made improvements. The survey is done twice per year to ask your opinion about your care at CDC. We know that the survey is long but it is very important and we really want to encourage you to complete the survey when you receive it in the mail. The number of people completing it each time it is offered has been decreasing. We want to encourage you to complete it and we appreciate receiving your perception of how well we are doing. We take the results very seriously and are making changes to improve your level of satisfaction. We are excited to report that the organizational score continues to improve in providing information to patients.

Based upon the results we recently received, the senior management team has identified 3 areas under quality of dialysis care and operations that need extra attention. One of these areas is staff professionalism. The staff is provided with on-going training to further improve staff professional manners and education. Another area identified for improvement is how the staff handles problems in the dialysis unit. Problems can vary from technical issues to medical problems that need immediate attention. Your patience is appreciated as the staff prioritizes issues in the unit. The staff is highly skilled to manage any problem that may develop during your dialysis treatment. Another area we will be working on is education regarding getting on the dialysis machine within 15 minutes of your scheduled time. We understand that getting on the dialysis machine at your scheduled time can be impacted by many reasons. Developing and

continued on page 4 >

## Well Wishes (continued from page 3)

maintaining the schedule is a very difficult process however this is a high priority for improvement.

The Fall 2016 patient experience survey is underway. You will be contacted towards the end of the year via mail or phone to complete the survey again. We appreciate you taking the time to complete both surveys and provide your valuable feedback. CDC is always looking for more ways to improve the quality of your care and your experience with us.

On behalf of the entire management team at CDC, I want to thank you for allowing CDC to serve and care for you in 2016 and we look forward to 2017. I hope everyone enjoys the seasonal festivities.

Diane P. Wish  
President & CEO



# The A, B, C's of Phosphorus

## Awsome Low Phosphorus Foods!

Eating foods low in phosphorus will help you achieve your desired phosphorus levels of 3.5-5.5. Focus on the foods you CAN eat.

Here is a list of some low phosphorus foods:

Grapes	Fish	Strawberries
Chicken	Apples	Eggs
Pineapple	Popcorn	Lettuce
Corn Flakes	Peppers	Pasta
Onion	Unsalted Pretzels	Green Beans
Cranberry Juice	White Bread	White Rice

## Beware of Hidden "Phos"

Phosphate additives get in the way of reaching your desired phosphorus levels. By checking ingredient lists for words containing "PHOS" you can identify HIGH phosphate foods allowing you to limit them in your diet.

Look for "PHOS" words such as:

PHOSphate  
HexametaPHOSphate  
PHOSphoric Acid  
PyroPHOSphate  
TripolyPHOSphate

## Complications from High Phosphorus

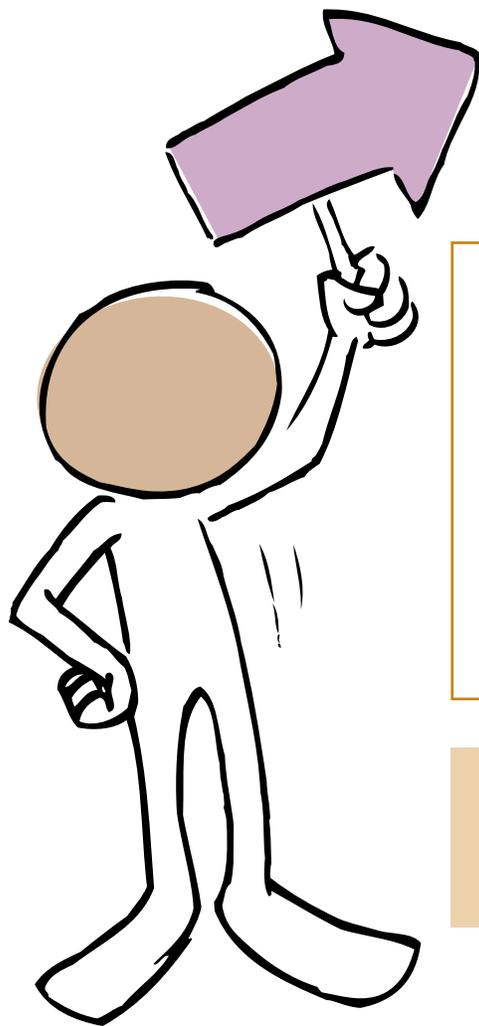
Kidney nutrition and phosphorus levels are important since high levels of phosphorus in the blood can result in poor health such as:

Itchy skin	Weak, brittle bones
Red eyes	Hardened arteries, veins, and organs
Painful joints	Heart attack
Death	Black wounds (calciophylaxis)
Amputations	

Do the right thing; keep your phosphorus between 3.5 – 5.5.

# Conversation Starter: Preventing Infections in Dialysis Patients

It is no secret that dialysis catheters are tied to a higher infection risk. Recently Sharon Thomas, Director of Clinical Operations and Kathy Altier, Director of Quality and Risk Management attended a national conference on Making Dialysis Safer for Patients to further improve care at CDC. The Making Dialysis Safer for Patients Coalition aims to prevent bloodstream infections in hemodialysis patients. A bloodstream infection is caused by bacteria entering the bloodstream from the skin insertion site of a catheter or a dialysis needle or through the hub of a dialysis catheter. The risk of bloodstream infection is 7 times higher in patients with a catheter than in those with fistulas.



## What you can do to decrease your risk of a bloodstream infection?

1. Get your catheter out as soon as possible
2. Wear a mask over your nose and mouth when starting and stopping your dialysis treatment
3. Keep appointments to have your vascular accessed placed

## What we do to decrease your risk of a bloodstream infection?

1. Train staff on catheter care
2. Wear a mask over our nose and mouth when starting and stopping your dialysis treatment
3. Schedule appointments to have your vascular accessed placed

The best way to prevent a bloodstream infection is by **washing your fistula or graft** and **getting your catheter removed**. Let's continue this important conversation and work together to reduce infections.

# Health Benefits of Adult Coloring Books

Adult coloring books are the latest craze to hit the market. It might seem crazy that something as simple as a coloring book could actually be beneficial, but research continually supports this idea.

Here are five reasons why the whole family should get out their crayons and markers!

## Stress Relief

Other than choosing colors and staying inside the lines (which is entirely optional) the repetitive motions of coloring a design require no special skills. Selecting and applying different colors can reflect and boost your current state of mind.

## Stimulates Creativity

Many people who feel that they "don't have a creative bone in their body" will discover that they can make beautiful and unique pieces of art by coloring a pre-printed design. This can help them feel more confident and creative in other ways.

## Help Wind Down

A lot of people use television to wind down after a stressful day. This actually may have the opposite effect from what is intended since it can overstimulate and make it more difficult to get to sleep. Coloring a design can help you "unplug" from the worries of the day which may lead to a more restful night

## Take It Anywhere –

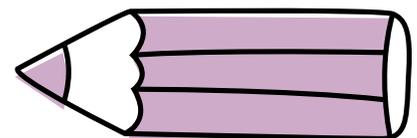
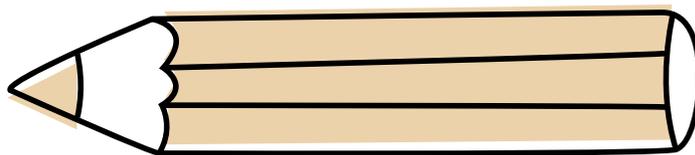
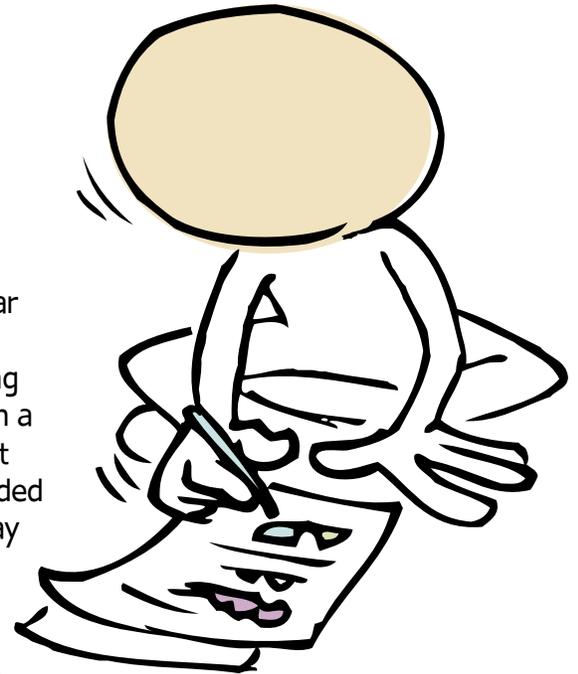
### No Batteries Required

A coloring book and crayons are a great way to keep busy on long car rides, at the doctor's office; you don't need to worry about bringing extra batteries or where to plug in a charger. The same applies to adult coloring books – no batteries needed and it's a wonderfully soothing way to pass the time.

## Fine Motor Skills

Coloring is a great activity since it helps maintain and strengthen the fine motor skills.

In summary, coloring is a fun and relaxing activity and an inexpensive way to relax, de-stress and spend some time with friends or your kids. Grab markers or crayons and start coloring this inspirational coloring page downloaded from the following site: <http://intheplayroom.co.uk/wp-content/uploads/2015/01/Creative-Coloring-Inspirations-p63.pdf>.





# Rain Sticks: Sound Healing Therapy

The rain stick is a musical instrument that native North Americans or South Americans made for ceremonies representing rain or to bring rain in times of drought. Traditionally, rain sticks are made from the wood skeleton of a cactus. First, the thorns are pulled off and pushed back through the soft flesh of the cactus. Then the cactus is left in the sun to dry—with the thorns on the inside. Later, the hollow cactus is filled with small pebbles, and the ends are sealed with pieces of wood.



Earlier this year, patients at CDC Eliza Bryant Village made decorative rain sticks. J. Blanch, A. Downing, M. Harris, M. Johnson, R. Martin, A. Owens, O. Reyes, D. Thomas made rain sticks from cardboard tubes with a spiraled wire or pipe cleaner inside. They covered the tube with patterned fabric, and decorated them with such things as shells, twine, ribbon, netting, sequins, stickers, rhinestones and twigs. Patients first selected their favorite colors and patterns which were calming, or reflected something in their life. They also chose sounds they liked from rice and/or popcorn.

Anthony Owens said that he had an audio image of rain so he chose sounds to mimic rain.

Anthony Downing said “It was a fun project. I could listen to it all night. I chose purple in honor of Prince” (who had died a few days earlier). He chose and laid out the decorations carefully before gluing them. Others added decorations as they worked.

Mistie Harris chose a floral pattern and placed a sequin at the center of each flower to reflect light. She said “It is a project that is nurturing to me because I like to see the different

things I can make and the different sounds it can make. I have one that I made a few years ago that I turn up and down for 30 minutes. It sounds like the ocean sounds. It takes me to away places where you can hear the water crashing against the rock. It gives me a peace of mind and makes me relax and think about things. It helps release a lot of stuff from dialysis and what I’m going through.”

Some of the patients are using the rain sticks as decoration, and some are using the sounds to help them relax. Some have started making them at home.



To make your own rain stick, look for “making a rain stick” on the Internet, or contact the CDC music therapist.

# Artist in Focus

Jeanette Ranallo of CDC Euclid



Jeanette Ranallo

The featured cover art for this newsletter was created by Jeanette Ranallo, a CDC Euclid patient. Barb Greenwood MA, ATR-BC sat down with Jeanette Ranallo to discuss her experience with art therapy.

## Have you always done art making?

No I have not always done art making. I have spent my life hand and machine knitting though. I use to make afghans, mittens, hats, scarfs and sweaters. One of the most important things I made by hand was Christmas stockings. I made one for each of my 9 kids. On each stocking I knitted Santa and each child's name. Having nine kids kept me very busy.

## What has changed about the work you do?

In the last couple of years I have begun to loose my eye sight. I no longer can count stitches for knitting. I can make dish rags because the needles are big and the yarn is easy to use. My hands know how from memory. I miss knitting a lot.

## What materials do you enjoy working with in Art Therapy?

I paint with acrylic paints and draw with help from the Art Therapist.

## What inspired you to make art?

Stories of animals on the TV inspire. The panda bear was on PBS and he was having so much fun I wanted to paint him. I use stories from my family. My son has ducks and I did a painting of them in his backyard. Many of my paintings are about the places I have lived. I just finished a painting of the garden connected to the assisted living facility I was at. Another painting was the backyard of my home during the winter. My memory is not so good anymore and I don't want to forget. I make art to remember. It is also nice to be able to share my art with others. My grandson has one of the pieces.

## What other artist or piece of art work has inspired you?

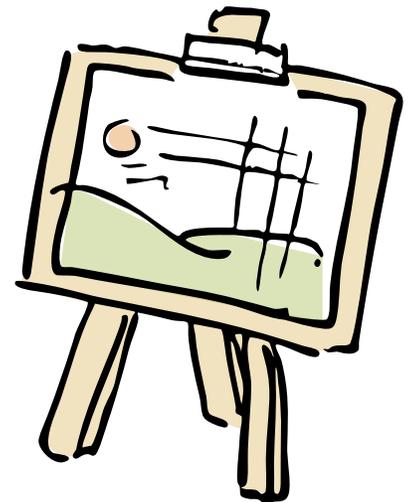
I like looking at the art work that the other patients do in the lobby. Their work gives me ideas.

## What advice would you give someone who is just starting out or is thinking about creative work?

Try it you will like it.

## What does art making do for you as a dialysis patient?

I am able to remember places and things and tell stories. They are places that give me peace.



# Caring Conversations

Today's treatments for kidney disease allow you to participate in life and enjoy your family and friends. Dialysis is a life-saving treatment that can add years to your life, but it is not a cure. Many people with kidney failure have other diseases or conditions that can change over time. At some point, you could face failing health and - as all people do, regardless of their health - the end of life.

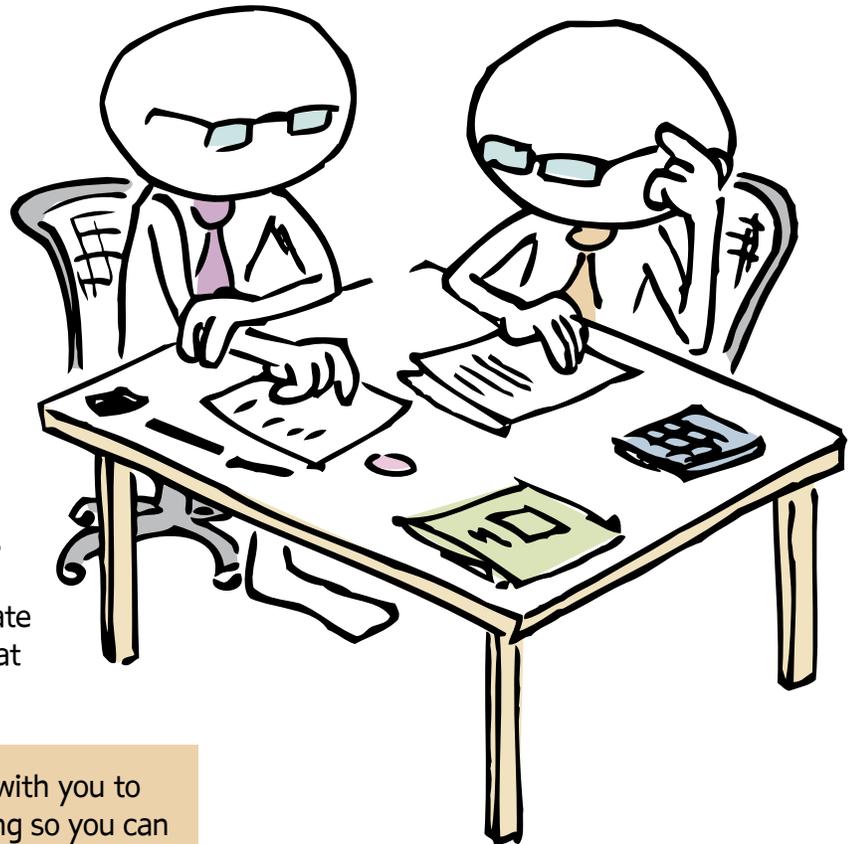
Looking ahead can be overwhelming and scary. But, it helps to take control of your care by telling your healthcare providers and your family about your wishes and the type of care you want as your disease progresses. This will also make it easier for them to make decisions for you if you become too sick to make them yourself.

Many people on dialysis say they feel better knowing that they talked with their family or social worker about their wishes for the future.

They say that they:

- Feel a sense of control over their future
- Have peace of mind
- Know they have made sure that they will be taken care of with dignity, through pain relief and other treatments that they have chosen
- Feel they will be less of a burden to their family, who will not have to make difficult decisions on their behalf because they have made the difficult decisions themselves

All of these decisions are called "advance care planning," which is simply planning for your care before you need it. When making plans, it is helpful to have an understanding of the progression of your illness, anticipated outcomes, and treatment options which include not doing dialysis. Your kidney doctor should participate with you in determining appropriate care for you and helping you to fully understand what your journey may be.



Your social worker is ready to work with you to put some of these decisions in writing so you can have peace of mind about your future. You can always change any of your decisions later; they are not set in stone.

# Healthy Eating



Nutrients Per Serving  
Calories 335; Protein: 4 g  
Carbohydrates: 48 g; Fat: 15 g  
Sodium: 198 mg; Potassium: 236 mg  
Phosphorus: 81 mg

## I Can't Believe It's Not Pumpkin Pie

Portions: 8    Serving size: 1 slice, 1/8 pie

### Ingredients

#### Crust:

1¼ cups graham cracker crumbs  
3 Tbsp. sugar  
⅓ cup unsalted margarine

#### Pie Filling:

3 cups cooked carrots  
2 eggs or ½ cup egg substitute  
¾ cup sugar  
1 tsp. ground cinnamon  
½ tsp. ground ginger  
¼ tsp. ground cloves  
1 ⅔ cups non-dairy creamer  
Whipped cream



## Apple Crumble

(Serves 12)

### Ingredients

1 cup brown sugar  
1 tsp. cinnamon  
1 cup sugar  
1 cup flour  
1 egg  
1 tsp. baking powder  
8 apples, peeled & sliced  
½ cup margarine, melted

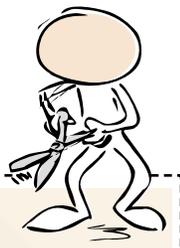
### Preparation

Heat oven to 350 degrees F. In small bowl, combine brown sugar and cinnamon; set aside. In separate bowl, mix sugar, flour, egg and baking powder. Grease 9 x 13-inch pan. Put apples in pan. Sprinkle most of brown sugar mixture over apples. Spread crumbly flour mixture over brown sugar layer. Top with remaining brown sugar. Pour melted margarine on top. Bake, uncovered for 40 minutes.

Nutrients Per Serving  
Calories: 295; Protein: 2.5 g  
Carbohydrates: 55 g; Fat: 8g;  
Sodium: 72 mg; Potassium: 195 mg;  
Phosphorus: 29 mg

# Healthy Eating

Recipes to Collect



## Preparation

1. Combine crumbs and sugar in a medium-sized bowl.
2. Stir in melted margarine until thoroughly blended.
3. Pack mixture into 9 inch pie pan and press firmly to bottom and sides of pan, bringing crumbs evenly up to rim.
4. Bake 350° in oven for 8 minutes then chill.
5. In a blender container or large mixing bowl, cover and blend or beat cooked carrots, eggs, sugar, cinnamon, ginger, cloves, and cream until well blended.
6. Pour mixture into baked crust.
7. Bake in preheated oven at 375° for 55-60 minutes, or until knife inserted near center of pie comes out clean.



## Tips for Holiday Eating

The holiday season is almost upon us, bringing a host of temptations. From family dinners to holiday parties, treats are everywhere, and it is hard not to indulge. Start your menu planning now to ensure that you have healthy options available. Eat a variety of foods and practice portion control.

- Read labels – Aim to purchase foods lower in sodium and phosphorus. Look for ingredients that include “phos” in the word, indicating the product contains phosphate additives which should be avoided if possible.
- Choose cooked seafood, unsalted

crackers, allowed fruits and raw vegetables. These items make quick appetizers.

- Skip the packaged pies, cakes and cookies. Making baking part of the festivities by having friends and family join in. By doing it yourself, you can eliminate added salt and higher potassium and phosphorus ingredients. Use whipped cream instead of ice cream on desserts
- Stuffing is a holiday classic, but can be high in sodium. Make your own version by using low sodium broth and mixing in dried cranberries, celery or chopped onions.

- Instead of bottled and prepackaged gravy mixes, make your own with low sodium broth.
- Roasting or grilling meat, seafood and allowed vegetables is easy and brings out the natural flavors in the foods. Roast meats to the correct internal temperature. Poultry is 165F.
- Check with your doctor before drinking alcohol. If permitted, choose a less potent drink and keep it to 4 ounces.
- Remember that jello and gravy count as fluids.

Remember...**MODERATION** is the key!

**CDC**

Centers for Dialysis Care

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