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PATIENT NEWSLETTER | JUL / AUG 2017



CDC

Centers for Dialysis Care

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Centers for Dialysis Care Newsletter
July / August 2017

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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
Content, Acrylic
Betty Johnson, CDC Mentor



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

To All CDC Patients,

CDC recently became aware of a recent change ordered by the Centers for Medicare and Medicaid services (CMS) impacting your dialysis treatment. The CMS order states that a dialysis station needs to be not in use before the staff can begin cleaning the dialysis station and setting up for the next patient.

What does this mean for you? Your patient care technician (PCT) or nurse will not be able to clean the machine or start testing the machine while a patient is still at dialysis station. Once the patient has left the station, the PCT or nurse will begin getting the station ready for you. This will add up to 35 minutes between patients. As a result of this change, every dialysis unit is in the process of updating the patients' schedule. All schedule changes will be communicated to you over the next few weeks.

We realize what an inconvenience it is to have to change your schedule. However we feel this change is an important step to further prevent you from getting an infection. The dialysis center staff will assist you with making this change. Please reach out to any of the care team to voice concerns or questions.

Well Wishes



Diane P. Wish

I'm sure that we are all glad that summer is finally here. Hopefully everyone can find time to enjoy the weather, spend time and have fun with family and friends. I know we were all hoping for another championship but the Golden Warriors were tough to beat. Maybe this will be the year for the Cleveland Indians.

I recently attended the National Renal Administrator's Association (NRAA) meeting in Washington, D.C. Every year the conference sponsors a Day on the Hill, where attendees and patient representatives can visit with elected officials. This annual meeting was held on May 24th and May 25th where administrators and patients had the opportunity to meet with their Representatives about issues impacting dialysis care.

It is important for dialysis providers to have a relationship with their legislators on a national and state level. Ideally, the elected officials need to know about the issues that impact dialysis patients and providers before there is a crisis or important issue. The most effective way to educate the legislators is to have them or a member of their staff tour a dialysis facility. No one has ever left a tour without gaining a whole new appreciation for the

value of dialysis to patients. A number of legislators have toured CDC facilities in the past, and my hope is that this practice continues in the future.

For the past several years, I have been taking a patient with me to DC for our Day on the Hill. This year, Jon Alexander from CDC Euclid joined us in DC. Jon has been on dialysis for 7 years. It was a pleasure for me to accompany Jon to DC. He is an excellent advocate and a great example of how beneficial it is to use taxpayer money to finance end-stage renal disease (ESRD). Jon said, "It was enlightening to see the dialysis perspective from administrators and legislators points of view. Diane's passion for ESRD is in incredible as well as her vision for the future."

Diane P. Wish
CEO

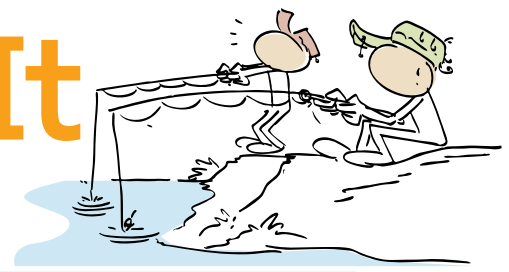
The Robinson Report

Patient-centered care is something that we consider as a high priority at CDC. The Institute of Medicine defines patient-centered care as "providing care that is respectful of and responsive to, individual patient preferences, needs and values, and ensuring that patient values guide clinical decisions." In the last issue of this newsletter, we highlighted some of the actions taken to improve the care provided to you. Those actions were a direct result of the feedback received from surveys and comments from our patients. Thank you for your continued engagement and please keep the feedback coming.

What you may not realize is that not only does your engagement help us provide services to meet your needs better, but it is also a way to improve your outcomes. There is evidence suggesting that patients who are engaged in their own care leads to improved healthcare outcomes. Engaged patients are more likely to improve things under their control, such as: adherence, wellness behaviors, attendance at specialty appointments, reduced missed treatments, etc. In the end, your engagement with the caregivers provides you more control over your care. I hope you continue to stay engaged in making your health a priority.

Gary Robinson
President

For the Fun of It



Summer Word Search

See if you can find the words in the puzzle.

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

Words:

ANTS	AUGUST	BASEBALL	BOATING	COOKOUT	DROUGHT
FISHING	FUN	GROWTH	HAZY	HEAT	HIKING
INSECTS	JULY	JUNE	LEMONADE	OUTDOOR	PARK
PICNIC	PLAY	RECREATION	SOCCER	SOLSTICE	SPORTS
SUMMER	SUNSHINE	TRAVEL	VACATION		

Artist in Focus



The featured cover art for this newsletter was created by Bettie Johnson, a CDC Mentor patient/artist. Dawn Knez MA, ATR sat down with Bettie to discuss her painting.



Bettie completed the cover art that she titled "Content" on April 8, 2017, having worked on it diligently for several weeks. According to Bettie, this picture has come a long way. She likes choosing and completing challenging things... doing so confirms that she can do all things through God. "Art strengthens me. Content taught me a lesson — patience works out for the good. If you don't have patience, ask for it, and get ready! It's a virtue." Bettie intends to give the painting to her Mother as a

beautiful birthday gift. "My Mother is going to love this — these are her ladies", the artist stated. "They remind me of her — she's a hat lady! They've come to life," said Bettie, "They're beaming with joy."

The artist also added that she started to participate in art therapy here at CDC Mentor in January of 2004. According to her, the art therapy program brings out the best in everyone. She hopes that the program, celebrating its 25th year at CDC, always continues to flourish.

"Seeing this creation come to life renewed my faith."

ExactCare Program Helps Manage Medications

Managing medication can be confusing, especially if you are taking multiple prescriptions. CDC invites you to participate in a program that provides a simpler, safer way to manage your medications. This program is offered through a partnership with ExactCare Pharmacy, a local full-service pharmacy.

ExactCare provides medication adherence packaging called the ExactPack that is customized for you each month. The ExactPack sorts your medication doses based on the day and time they should be taken. This helps make it easier and safer to take your medication.

ExactCare delivers your medications to your home every month at no cost to you. This

includes solutions, injectable, inhalers, topicals, eye drops and over-the-counter (OTC) products.

Benefits to You

- A simpler, safer way to manage your medications.
- Easy-to-use packaging, customized to you.
- No more counting pills or filling pill containers.
- Refills managed for you.
- Your own pharmacy care team.

- Your medications delivered to your home each month.
- Increased understanding of your medication's purpose and potential side effects.

Your ExactCare pharmacist is immediately available to help you with your medications. To learn more, please contact ExactCare Pharmacy at (216) 369-2200, x5610, Monday-Friday 9 a.m.–5:30 p.m.

What You Need to Know About Medication Adherence

Catherine Oby, PharmD Candidate 2017, ExactCare Pharmacy APPE Student

In addition to healthy life choices such as diet and exercise, your healthcare provider may prescribe medicine to help you reach your goals. Taking your medicine as directed is known as “medication adherence” and keeps you safe. There are a lot of reasons why it is hard for some people to take their medicine the right way. Be open and honest with your pharmacist and doctor about any problems you have taking your medicines. They want to help you and keep you healthy.

Keep a regularly updated Medication List.

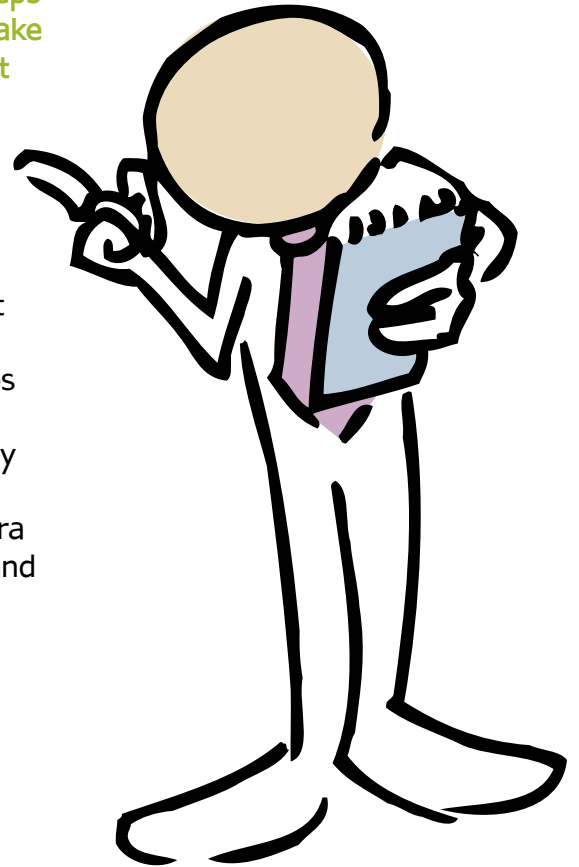
Include prescriptions, over-the-counter products, vitamins, and herbal supplements. Always keep a copy with you (purse, wallet) in case of emergency. Give a copy to family members and caregivers.

Keep a medication list with:

- Your name and date of birth
- A list of your allergies, including the reaction (hives, rash, swelling, etc.)
- Medication name
- Dose/strength and dosage form (for example: 20mg tablet, 5% ointment)
- Directions, including how much or how many and when you take it
- Why you take it (high blood pressure, cholesterol, diabetes, etc.)
- The name of the doctor who prescribes it for you
- Your pharmacy with the phone number

People who are adherent to their medicine:

- Are more knowledgeable about their treatment
- Have better, closer relationships with their healthcare providers
- Feel more relaxed knowing they are in control of their health
- Save money from avoiding extra appointments, hospital stays, and additional prescriptions
- Have fewer symptoms and an increased quality of life
- Have decreased risk of disease progression, complications, or death



Most importantly, DO NOT stop taking any of your medicines on your own. Always speak with your doctor or pharmacist about ANY problem you're having. Together, you can make sure that your medicines are the best for you.



Why are some people non-adherent? How can medication adherence be improved?

They are forgetful about taking their medicine or have busy schedules.

Link taking your medicine with something else you do around the same time each day, such as brushing your teeth. Place a reminder note in a place you will see it each day, such as next to the coffee pot. Set an alarm on your computer or cell. Ask about pill boxes, compliance packaging, and automatic refills. Use one pharmacy for all of your prescriptions, and get refills on time.

They don't want to be dependent on medicine or don't like taking medicine.

Most people do not like taking medicine but still do because they know the medicine will help them get better. Most medications do not cause dependence. If you ever feel the medicine is not working or needed, talk with your provider or pharmacist.

They have no symptoms, don't see the need to take the medicine, or are confused with the goals of treatment.

Even if you don't feel sick, continue to take your medicine unless your provider tells you to stop. As you learn more about your medical condition, you will understand why the medicine was prescribed and why you should keep taking it. Always talk to your healthcare provider or pharmacist if you have any questions.

They have had medication side effects or are afraid of having side effects.

Always tell your doctor if you think you are having side effects. If you have an allergic reaction or very bad side effect, **seek medical attention right away**. Ask what you can do to prevent side effects or make them easier to deal with. Ask if there is a similar medicine that won't have the side effect you don't like.

They miss appointments regularly or don't like their healthcare provider.

It is extremely important to find a healthcare provider you trust and follow up with them regularly. You should be able to talk to your provider about any problems you are having.

They can't afford the cost of the medicine or copay.

Ask if there are any medicines that cost less, such as generics. Ask if there are programs or discount cards that will help you pay for the medicine.

The medicine doesn't taste good. They don't like how they are supposed to take the medicine (shots).

Ask if there is a different dosage form of the medicine you have trouble taking. Many medicines come in different forms to accommodate different patient's preferences.

The schedule for taking their medicine is complicated.

Ask if there are medicines you can take fewer times a day. Ask if there are any pills that combine two or more of your medicines. ExactCare Pharmacy has options to help keep your medications organized.

Exploring Other Treatments for Dialysis

If you do your dialysis three days a week in a clinic, you are receiving in-center hemodialysis. But there are many different treatments for kidney failure. Some may be better suited to your lifestyle. Here is a quick look at all of the options and how they can affect your life:



Treatment Options Compared:

	Transplant	Home Peritoneal Dialysis	Home Hemodialysis	In-center Dialysis	In-center Dialysis: Nocturnal
You are in charge of treatments		✓	✓		
Dialysis staff are in charge of your treatments				✓	✓
Less diet and fluid limitations	✓	✓	✓		✓
Work friendly	✓	✓	✓		✓
May be able to have more dialysis and feel better		✓	✓		✓
May have fewer ups and downs between treatments		✓	✓		✓
Flexible schedule	✓	✓	✓		
Can dialyze while you sleep		✓			
Days off between dialysis treatments				✓	✓
Needle free treatments		✓			
Can socialize with other patients				✓	✓
Storage space needed		✓	✓		
Partner is needed			✓		
Training required		✓	✓		
Need to travel to the dialysis unit three times a week		✓		✓	✓
Easiest to travel	✓	✓			
More expensive medications	✓	✓			
May take long to happen	✓	✓			

Tips to Protect Your Skin This Summer

Ultraviolet (UV) rays from the sun can cause skin damage in as little as 15 minutes. Prolonged exposure and damage can lead to various forms of skin cancer, many of which are preventable. Unhealthy lifestyle choices can also have ill effects on your body's outer layer.

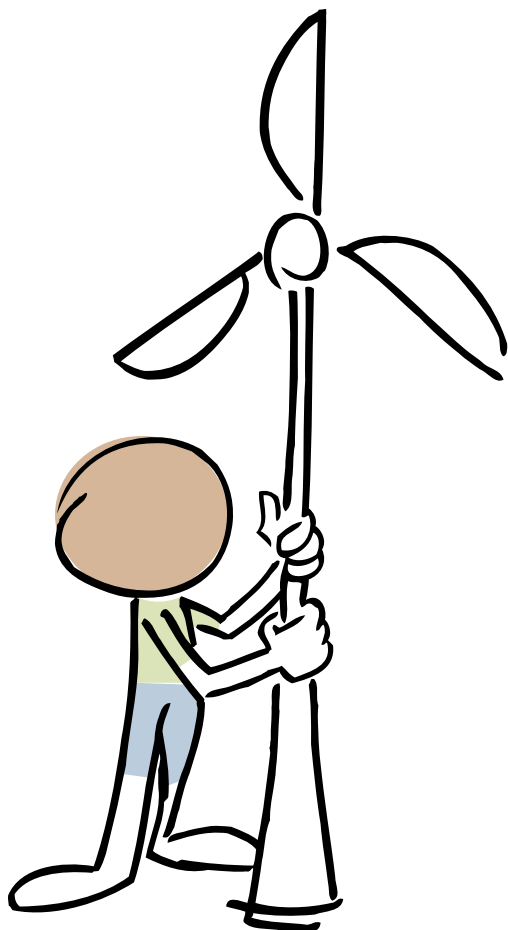
The key is to be sun savvy and know how to keep your skin healthy.

1. **Avoid the sun between 10 a.m. and 2 p.m.** This is when the sun is most intense and produces the greatest chance of sunburn. If you must be outside during these hours, seek shade by using an umbrella, a tree or other type of shelter. Use protective clothing and sunscreen even when in the shade.
2. **Use sunscreen when outdoors.** Higher SPF numbers indicate increased protection. The American Academy of Dermatology recommends using at least SPF 30. Use sunscreen even on cloudy or cool days as damage from the sun's rays can still occur. Re-apply every two hours or after swimming or when sweating. Also, check the expiration date — shelf life is typically three years, less if it has been stored in high temperatures.
3. **Wear sunglasses with UVA and UVB protection.** Proper, protective sunglasses help prevent damage to the sensitive skin around your eyes, as well as cataracts.
4. **Wear the right head gear.** A wide-brimmed hat can protect your face, ears and neck. If wearing a baseball cap, don't forget to apply sunscreen to your neck and ears. Wear protective clothing that covers exposed areas.
5. **Be aware of medications that increase your sensitivity to the sun.** Some antibiotics and over-the-counter medications can make you more sensitive to sunlight. Check with your pharmacist regarding your medication side effects.
6. **Perform regular skin checks.** Look for any changes to moles, freckles or birthmarks. Additionally, monitor any new skin changes that have occurred. Use a mirror to evaluate hard-to-see areas, and have regular skin evaluations by your health care provider or dermatologist.
7. **Make healthy lifestyle choices.** Maintain healthy skin by not smoking. Smoking damages collagen and elastin in your skin. Treat your skin gently by using mild soaps and daily moisturizers. Limit hot showers as this can strip essential oils from your skin. Pat dry after bathing to retain moisture in your skin.



Tips for Summer Fluid Control

Most people on dialysis need to limit their daily fluid intake. This can become more difficult when the weather heats up. Drinking cold beverages or water is often our first thought of how to cool off in the heat. Your fluid intake can add up quickly. Limit yourself to your daily fluid allowance or one quart, 32 ounces, each day. Be extra cautious on the weekends. The extra day between your treatments makes it easier to gain more fluid weight.



The following suggestions will help you keep cool this summer.

- Remember: It is best to cool yourself from the outside in when possible.
- Use a spray bottle to mist yourself with water. As the water evaporates you will feel a coolness.
- Wet a washcloth and wipe your face and neck throughout the day.
- You may also wet a bandana and wrap it around your neck
- Place a fan in the room you are in
- Stay indoors in air conditioning when possible
- Wear light weight loose clothes
- Freeze low potassium fruit for a snack, such as berries and grapes.
- Cool off in a shower
- Fill your ice cube tray with lemonade. Each cube is 1 ounce.
- Stay in the shade when outdoors if possible.

Make Sour Cubes

Dissolve a packet of Crystal Light into 1 1/3 cups water. Pour into an ice cube tray and freeze. Add these cubes to water or iced tea and enjoy. Be sure to count these in your fluid allowance.

Healthy Eating



Gourmet Hamburgers

Yield: 4 servings

Ingredients

½ cup chopped onion
2 tablespoons margarine or butter
1 pound ground beef or ground turkey
4 hamburger buns or 8 slices of bread

Mexican Style

¼ teaspoon cayenne pepper
¼ teaspoon garlic powder
1 teaspoon marjoram

Italian Style

1½ teaspoon Italian seasoning
¾ teaspoon black pepper
¼ teaspoon garlic powder

Southern Cole Slaw

Portions: 9

Serving size: 1 cup

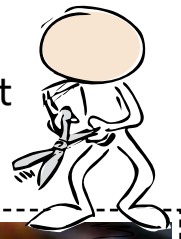
Ingredients

2 small green onions minced
½ dill pickle spear minced
1 cup shredded carrots
½ head cabbage
¼ head red cabbage
⅔ cups mayonnaise
2 tablespoons dill pickle brine
2 tablespoons distilled white vinegar
1 tablespoon horseradish shredded
2 tablespoons white sugar
1 teaspoon salt
½ teaspoon celery seeds
½ teaspoon black pepper



Healthy Eating

Recipes to Collect



Preparation

1. Sauté onions in 1 tablespoon of margarine or butter until onions are tender.
2. Mix onions with ground meat and add additional seasonings for either Mexican or Italian style.
3. Divide into 4 patties and pan fry in 1 tablespoon margarine or butter until well done, or grill the patties.
4. Serve each patty on a hamburger bun.



Preparation

1. Mince the green onions and pickle spear.
2. In a food processor, shred on high speed the carrots, cabbage and red cabbage and set aside.
3. In a separate large bowl, mix green onions, pickle spear and remaining ingredients.
4. Add the cabbages and carrots to the ingredients and mix until all colors are blended.
5. Chill in refrigerator for one hour.

Nutrients Per Serving

Calories: 150; Protein: 1 g;
Carbohydrates: 9 g;
Fat: 12 g; Cholesterol: 7 mg;
Sodium: 176 mg; Potassium: 198 mg;
Phosphorus: 30 mg; Calcium: 42 mg;
Fiber: 2.2 g



CDC

Centers for Dialysis Care

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