

Q4 Network NOTES

Quality Insights Renal Network 4 Patient Newsletter

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Dialysis Clinic Report Cards Are Available

Did you know that your clinic's performance is rated, and you can review how they are doing? Each year the Centers for Medicare & Medicaid Services (CMS) sets performance standards. The measures used on your facility's score card include:

- **Clinical Measures** (focus is on medical treatment provided)
 - **Hypercalcemia** – How many patients have an uncorrected serum calcium greater than 10.2 mg/dl for three rolling months
 - **Dialysis Adequacy** – How well the clinic cleans patients' blood during dialysis
 - **Vascular Access Type** – Percentage of patients with Arteriovenous Fistulas (or AVFs) and percentage of patients who have catheters
 - **NHSN Bloodstream Infection** – The number of in-center hemodialysis patients with positive blood cultures per 100 patient months
 - **Standardized Readmission** – Risk adjusted standardized hospital readmission ratio of the number of observed unplanned readmissions to the number of expected and planned readmissions
- **Reporting Measures** (focus is on reporting CMS required information)
 - Monthly reporting of **erythropoietin stimulating agents and dosages**
 - ICH-CAHPS information (**patient experience of care survey**)
 - Monthly reporting of serum calcium and serum phosphorus levels

The Performance Score Report (PSR) is on display at your clinic, posted where patients can easily read it. The PSR for payment year 2016 was released December 30, 2015. You can also view your clinic outcomes at Dialysis Facility Compare: www.medicare.gov/dialysis.

Catheter Corner: Did you know?

Did you know that on average, patients who dialyze with a catheter are 15 times more likely to get a vascular access related infection than patients using a fistula for dialysis?*

- **Myth:** "Infection is a risk, but if I keep my catheter clean I won't get an infection; I can control it."
- **Reality Check:** "With a catheter, my wife cared for me at home. Even her nursing skills could not keep me free from infections. I don't have to worry about that now with my fistula."

*U.S. Renal Data System, USRDS 2008 Annual Data Report: Atlas of Chronic Kidney Disease and End-Stage Renal Disease in the United States, National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases, Bethesda, MD, 2008.



AAKP National Patient Meeting

The 2016 American Association of Kidney Patients (AAKP) National Patient Meeting will be held September 23-25 in Nashville, TN. Registration is scheduled to open in early spring. When it opens, you will have until June 30 to get the early registration discount. Room reservations are available now at a rate of \$145/night. The deadline for this group rate is August 31.

Convention Hotel
Nashville Airport Marriott
600 Marriott Drive
Nashville, TN 37214

For details as they develop, visit <https://www.aakp.org/community/programs-events/aakp-national-patient-meeting.html>.

New Manual Available for Starting Home Hemodialysis

The International Society for Hemodialysis (ISHD) is offering the 282-page online practical manual, *Implementing Hemodialysis in the Home*, free on its website (<http://www.ishd.org/bulk-printing-of-home-hd-manual/>) The manual can also be purchased from Amazon for \$36.

UIC Publishes Inspirational Kidney Transplant Story

The University of Illinois at Chicago recently published an inspirational story about kidney transplant, written by Sharon Parmet. Visit <https://news.uic.edu/with-little-hope-for-life-saving-transplant-woman-gets-kidney-in-unique-procedure> to read the story.

ESRD Support Group for Spouses

Due to an expressed interest, a support group for spouses and significant others of ESRD patients is being formed. The location for this group will be in the Lancaster/Ephrata area of Pennsylvania. If you are interested in joining this spousal support group **OR** would like to form a different support group, let us know at the Network office by calling (800) 548-9205.

Filing Grievances

To file a grievance, please contact QIRN4 by using the following contact information.

Quality Insights Renal Network 4
610 Freedom Business Center, Suite 102
King of Prussia, PA 19406
Patient Toll-Free Number: (800) 548-9205
www.qirn4.org



Monthly Tidbits



Tip of the Month

Never miss a treatment. This is your life – nothing in the world is more important.

Food for Thought

“Courage is not in the towering oak tree that sees the storms come and go, but rather it is the fragile blossom that opens in the snow.”

(Alice Mackenzie Swaim)

“The past is the only thing you can’t change.”

(Allen Nelson)

The Jokester

Q: What do you get when you cross a banana peel with a banana peel?

A: A pair of slippers.

Random Trivia

Q: Who invented the gasoline-powered automobile?

A: Either Benz or Daimler. Take your pick.



NKF Offers Support through Help Line

The National Kidney Foundation (NKF)'s Patient Information Help Line, *NKF Cares*, offers support for anyone affected by kidney disease, organ donation or transplantation. *NKF Cares* is designed for patients, family members and caregivers. Speak with a trained professional who will answer your questions and listen to your concerns, in English or Español. For details see <https://www.kidney.org/patients>.

Monthly Patient Education Feature: Treatment Options for Kidney Failure

Each month we bring you information that we hope will be valuable to you or a loved one in the journey to better kidney health. This month's feature focuses on the different treatment options for kidney disease.

When you learned you had kidney failure and needed to choose a treatment, did you know all of your options? Maybe the treatment you chose didn't let you stay active and productive, and you want to try something else. In most cases, you can change treatments. Treatments options for kidney failure may include:

- **Peritoneal dialysis (PD):** performed manually or by using a cyclor machine
- **Transplant:** kidney transplant from a living or deceased donor, or a kidney-pancreas transplant from a deceased donor
- **Hemodialysis:** performed in a center, or at home either A) three times a week, B) as daily short treatments,* or C) as long treatments at night*(nocturnal)

*Medicare only pays for three hemodialysis treatments per week, so these new treatments may not be offered in your area.

If you want to change treatment:

- Ask questions and read all you can about treatment options.
- Ask your doctor if your health or other factors prevent you from doing any treatment.
- Find out what your insurance covers for dialysis doctors and services.
- Make a list of the pros and cons of each treatment.
- Change clinics or doctors if you can't get the treatment you want where you are. Visit or read www.wheredialysis.com, www.dialysisfinder.com, or www.medicare.gov/Dialysis/Home.asp to find other clinics.
- Visit module 2 of Kidney School™: *Treatment Options for Kidney Disease* at www.kidneyschool.org to learn about dialysis treatments and transplant.
- Visit Home Dialysis Central at www.homedialysis.org to learn more about home treatment options.

Patient Representative Inspires New Logo

Check out the new *Dialysis Means Life* logo inspired by one of our Patient Representatives, Allen Nelson. Allen is actively involved as a Patient Representative at his clinic as well as being involved with the network activities as a Patient Subject Matter Expert (SME). T-shirts and pins with the logo will soon be available for purchase. Thank you, Allen!





Featured Recipe

Apple Rice Salad

Yield: 4-6 servings

Ingredients

- 2 cups cooked rice (any kind), chilled
- 2 cups (about 2 medium) apple, chopped
- ½ cup celery, thinly sliced
- 2 tablespoons unsalted sunflower seeds, shelled
- 2 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- 2 teaspoons honey
- 2 teaspoons brown or dijon mustard
- 2 teaspoons orange peel, finely shredded
- 1 clove garlic, minced



Directions

1. Combine chilled rice, apple, celery, and sunflower seeds in a large bowl.
2. In a small bowl, stir together remaining ingredients.
3. Pour over the rice mixture and toss gently to coat.
4. Serve immediately, or cover and refrigerate for up to 24 hours.

Nutrients per Serving

Calories: 299

Carbohydrates: 59 g

Sodium: 31 mg

Phosphorus: 100 mg

Protein: 5 g

Fat: 2 g

Potassium: 180 mg

***Recipe provided by Northwest Kidney Centers:**

<http://www.nwkidney.org/recipe/apple-rice-salad/>

Notes from Northwest Kidney Centers:

Sodium: Sodium is hard on kidneys and raises blood pressure. Most people should limit sodium to 1,500 milligrams per day.

Potassium: If you are on hemodialysis, limit potassium too, to 2,000 milligrams per day. If you are on peritoneal dialysis or short daily dialysis, limit potassium to 3,500 milligrams per day.

Phosphorus: If you are on dialysis, limit phosphorus to about 1,000 milligrams per day.

Protein: If you are not on dialysis but have kidney disease, you might benefit from a diet lower in protein. Check with a kidney doctor or dietitian for guidelines.

***Do you have ideas for this newsletter?
We want your feedback!***

Do you find this newsletter helpful? Are there things you'd like to see changed? Please leave us feedback by taking this short survey: <https://www.surveymonkey.com/r/QCMBN87>. We are always excited to hear about the things that interest you as an ESRD patient, family member or caregiver. Please submit items of interest for the QIRN4 Patient Newsletter to Tish Lawson at plawson@nw4.esrd.net.