

Q4 Network NOTES

Quality Insights Renal Network 4 Patient Newsletter

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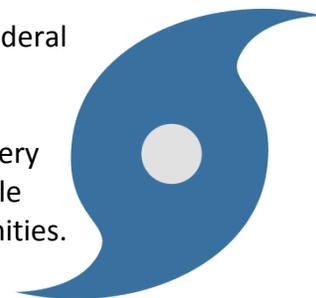
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Hurricane Season Approaches

As the 2016 **Atlantic** hurricane season approaches, the Federal Emergency Management Agency (FEMA) continues to proactively work with its state, local, and federal partners to increase preparedness, coordinate response and recovery capabilities, and empower individuals to take an active role in preparing themselves, their families, and their communities.

Please use this link to learn more:

<https://community.fema.gov/hazard/hurricane/be-smart>.



Patient Talks about Artificial Kidney Experience

Chuck Lee, 73, is the first U.S. patient to use a wearable artificial kidney in the United States. In a recent issue of Nephrology News & Issues, he discusses his trial experience. Read about his experience by visiting

<http://www.nephrologynews.com/1st-u-s-patient-discusses-wearable-artificial-kidney-trial/>.

Baseball Game Night is in July

On Saturday, July 16, the Frontier League's Washington Wild Things baseball team will be hosting **Kidney Disease Awareness Night** at CONSOL Energy Park. Tickets are \$10 and 50% of the ticket proceeds will benefit the Western PA Kidney Support Groups. You can purchase tickets online. Learn more by visiting www.washingtonwildthings.com.

Featured Resources

National Alliance on Mental Health (NAMI) - www.nami.org

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Pennsylvania Health Department Health Alerts Website

The Pennsylvania Health Department has a health alert, advisories and updates website available at: <https://www.aakp.org/community/support-groups.html>.



Quality
Insights
Renal Network 4

610 Freedom Business
Center, Suite 102
King of Prussia, PA 19406
(610) 265-2418

(800) 548-9205
(Patients Only)

www.qirn4.org

Follow
"ESRDNetwork4" on:



This material was prepared by Quality Insights Renal Network 4 under contract with the Centers for Medicare & Medicaid Services (CMS). The contents do not necessarily reflect CMS policy.
Publication No. ESRD4-051616



Dialysis Facilities to Assess and Improve Infection Control Practices

The Centers for Disease Control and Prevention (CDC) is urging dialysis providers and facilities to assess and improve infection control practices to stop Hepatitis C virus transmission in patients undergoing hemodialysis.

Patients

- If you do not know if you have or might have hepatitis C, ask your healthcare provider.
- Ask your healthcare providers questions about your dialysis care, such as:
 - Do you follow CDC recommendations?
 - Do I need to be tested for hepatitis C virus?
 - What can be done to prevent me from getting an infection during my dialysis treatment?
- Review educational resources for patients (<http://www.cdc.gov/dialysis/patient/index.html>) on dialysis safety and hepatitis C10, 11(<http://www.cdc.gov/hepatitis/hcv/cfaq.htm>) provided by CDC and other partners.

For a full PA Department of Health Alert, see http://www.health.pa.gov/Your-Department-of-Health/Offices%20and%20Bureaus/epidemiology/Documents/PA%20HAN/2016/2016-PAHAN-325-01-28-ADV_Hepatitis%20C%20Virus.pdf.

ESRD Support Groups

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.

AAKP Patient Support Groups

Visit the American Association of Kidney Patients (AAKP) national listing of patient support groups: <https://www.aakp.org/community/support-groups.html>.

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



Everyone with Diabetes Counts

Do you have diabetes or know someone that does?

The Everyone with Diabetes Counts (EDC) program offers free diabetes education classes in communities near you. To find a class, visit <http://www.qualityinsights-qin.org/Initiatives/Diabetes-Care/Diabetes-Classes.aspx>.

Don't hesitate. Vaccinate.

Each year, approximately 2-4,000 people die in the U.S. from cirrhosis or liver cancer caused by Hepatitis B. Learn about the Hepatitis B Vaccine: <http://www.cdc.gov/vaccines/hcp/vis/vis-statements/hep-b.pdf>

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>. Please submit items of interest for the QIRN4 Patient Newsletter to Deborah Knight at dknight@nw4.esrd.net.



What do you do if you hear community alert sirens?

The following information regarding the **Community Alert Siren System** is intended for residents and businesses in South and Southwest Philadelphia nearest the refinery to advise everyone what to do when the sirens sound.



The sirens are tested on the first Saturday of each month at noon for 30 seconds. In the event of a real emergency, the siren sounds continuously for **three minutes**. **Residents are advised to follow Shelter-in-Place advisories whenever the sirens sound.**

The **Shelter-in-Place** information below will guide you and your family about what precautions to take in the unlikely event of a release from the refining complex or from a rail or truck accident anywhere in the community. We hope that you will find the information useful, and that you will share it with your family, friends and neighbors.

1. Do not panic, but go inside immediately.
2. Close all doors and windows.
3. Turn off the ventilation system.
4. Go to an easily sealed room and stay there.
5. Tune the radio to KYW 1060 (AM) for instructions.
6. Wait for the "All Clear" broadcast.

There are currently 11 sirens located throughout South and Southwest Philadelphia. These include:

Pepper Middle School, 82nd and Lyons
Eastwick Library, Island Ave. & Lindbergh
Finnegan's Playground, 70th and Grovers
Connell Park, 65th & Grays
Bartram's Village, 56th and Lindbergh
Recreation Center, 48th & Woodland
Fire House, 32nd and Grays Ferry
JFK Annex, 25th & Morris
Passyunk Library, 20th and Shunk
FDR Park, 20th and Pattison
PES Refining Complex, 28th & Passyunk

If you **see, hear, or smell** something you think is coming from the refining complex, contact the PES Communications Center at (215) 339-2286. Want to get alerts on your smart phone from ReadyPhiladelphia? Go to <https://member.everbridge.net/index/453003085612339#/login> to sign up or login. For questions, e-mail warning@phila.gov.



Western PA Kidney Support Group Events

Check out upcoming events and support group dates from Western PA Kidney Support Groups.

2016 Transplant Games (Bowling): June 10-15 in Cleveland OH

General Information: www.lifebanc.org/news-and-events/transplant-games

Schedule: www.transplantgamesofamerica.org/index.php?module=cms&page=44

Upcoming Support Group Meeting Dates

Please RSVP for the meetings by contacting your support group leader.

PITTSBURGH EAST

Meeting Dates

July 24, Sept. 11, Nov. 13

Contact Info

Robb Wilson, (412) 823-5630

robbw81@yahoo.com

PITTSBURGH SOUTH

Note: For the Pittsburgh South Hills, there will be no scheduled group support sessions. Instead, please contact Diana Bell with any questions at all or if you'd like to meet 1-on-1.

Contact Info

Diana Bell, (724) 292-9318

dkbell1981@yahoo.com

KITTANNING

Meeting Dates

June 12, Aug. 21, Oct. 16, Dec. 11

Contact Info

Joe Mores, (724) 548-7550

jmnandjm@comcast.net

JOHNSTOWN KIDNEY PALS

Meeting Dates

June 15, July 20, Aug. 17, Sept. 21, Oct. 19, Nov. 16

Contact Info

Tina Freiwald, (814) 243-5123

teddiebears@comcast.net

PARIS, PA / STEUBENVILLE, OH / Weirton, WV

Note: For our friends in the Paris / Steubenville / Weirton area, please contact Thomas Anderson for info on when and where support group meetings will be held.

Contact Info

Thomas Anderson, (740) 543-4352

letsfighttogether58@gmail.com

PITTSBURGH WEST

Meeting Dates

Aug. 14, Sept. 11, Oct. 9, Nov. 13

Contact Info

Mike Currin, (724) 796-1603

WESTMORELAND

Meeting Dates

June 26, Aug. 28, Oct. 30, Dec. 18

Contact Info

Jack Silverstein, (412) 427-2969

silverjacki@yahoo.com

NATRONA HEIGHTS

Meeting Dates

July 17, Sept. 18, Nov. 20

Contact Info

Joe Mores, (724) 548-7550

jmnandjm@comcast.net

WASHINGTON, PA

Meeting Dates

July 31, Sept. 25, Nov. 20

Contact Info

Mike Currin, (724) 796-1603

or

Diana Bell, (724) 292-9318

dkbell1981@yahoo.com



Know the Facts About Home Dialysis Choices

Why should you consider home hemodialysis? Home hemodialysis can give you more control over your treatment schedule and can reduce the number of trips you have to make to and from the dialysis center. However, it's not always a good fit for everyone. Consider these important questions:

- Do you have a working vascular access for hemodialysis?
- Do you want to take full responsibility for your treatment?
- Is a reliable friend or family member willing to help you?
- Is there a dialysis center you can work with for a home hemodialysis program?
- Can you (and your care partner) undergo several weeks or possibly months of training?
- Do you have a proper space at home to perform treatments and enough room to store equipment and supplies?
- Are you willing to make any necessary plumbing or wiring changes to your home?

For more information, check out the *Know the Facts About Home Dialysis Choices* resource from the ESRD National Coordinating Center found on this page: <http://esrdncc.org/patients/educational-materials/>.

Catheter Check: Look and Feel

If you have a catheter, it's important to check it every day. Take one minute each day to check your catheter, so you can find any potential problems, get the help you need, and potentially save your lifeline. Remember to *Look and Feel*.

It only takes a minute to check your catheter.

Check your catheter every day.

Look **Feel**




Did you notice anything different when you checked your catheter today?

No change. **Yes, a change.**

Great! Keep checking each day. At your next treatment, tell your Dialysis Care Team that there was no change.

Call the contact given to you by your Dialysis Care Team. Share what you found. They will tell you what to do next.

A Bridge to Your Lifeline



www.esrdncc.org



This publication was developed under Contract Number HHSM-500-2013-NW002C, titled "End Stage Renal Disease Network Coordinating Center (ESRD NCC)," sponsored by the Centers for Medicare & Medicaid Services (CMS), Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy.



arteriovenous **FISTULA FIRST**
AVF — The first choice for hemodialysis

It only takes a minute to check your catheter.

A Bridge to Your Lifeline



Look

Look at your catheter dressing in the mirror.

It is clean and dry, and it covers the exit site (the place where the catheter comes out of your skin)



GO

The dressing does not cover the exit site, it is wet or dirty, there is blood or pus on the dressing.



Feel

Feel over the catheter dressing. Do not remove the dressing!

The dressing is dry and there is no pain in the area under the dressing.



GO

The dressing is wet, you have pain in the area under the dressing, something feels different, or you think you may have a fever.



STOP

If you notice any of the red "stop" signs during your daily catheter check, follow these instructions IMMEDIATELY:

Contact: _____

During regular facility hours _____

After hours _____

www.esrdncc.org



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