

# Q4 Network NOTES

Quality Insights Renal Network 4 Patient Newsletter

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## Patient Advisory Committee Update

The next Patient Advisory Committee (PAC) meeting will take place on the following dates. The meeting will be repeated three different times. **Call in to the meeting by dialing 1-866-951-1151 followed by 35-24-922#.**

- **Tuesday March 8 at 2:00 p.m.**
  - You may also view a webinar at the following website: <https://qualitynet.webex.com>. Look for the meeting and follow the registration steps. **Password is QIRN4.**
- **Tuesday March 8 at 7:00 p.m.**
- **Wednesday March 9 at 2:00 p.m.**
  - You may also view a webinar at the following website: <https://qualitynet.webex.com>. Look for the meeting and follow the registration steps. **Password is QIRN4.**

### Topics of Discussion

- New Contract Quality Improvement Projects and Patient Involvement Reports
- Report on number of Patient Representatives – PAC members in Network 4
- Open forum: Work Groups and Support Groups

## 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>.



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

(800) 548-9205  
(Patients Only)

[www.qirn4.org](http://www.qirn4.org)

Stay connected by  
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"ESRDNetwork4" on:



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## The Role of the Network

**Quality Insights Renal Network 4 (QIRN4)** is an End-Stage Renal Disease (ESRD) Network. ESRD Networks help dialysis and kidney transplant facilities improve the quality of care at dialysis units and transplant facilities. Network 4 is one of 18 Networks contracted by the Centers for Medicare & Medicaid Services (CMS) to track patient data and improve the quality of treatment.

Network 4’s service area includes Pennsylvania and Delaware. There are approximately 300 dialysis facilities and 19 kidney transplant programs providing service in the Network 4 region. **Network services include:**

- Helping patients navigate care for chronic kidney disease by providing education and facilitating resolution of grievances
- Partnering with patients, providers and other renal stakeholders to improve the quality of renal care
- Working with Patient Subject Matter Experts and providers to facilitate patient, family and caregiver engagement at the facility and Network levels
- Improving the collection, reliability, timeliness, and use of data to measure the processes of care, outcomes and support the ESRD program
- Improving the quality and safety of health care services provided in dialysis and transplant facilities for patients with chronic kidney disease
- Providing support for CMS’ Quality Incentive Program (QIP)
- Working with the ESRD National Coordinating Center (NCC) to establish and promote emergency management best practices
- Achieving and measuring changes in health care practices to improve quality of life for people with chronic kidney disease

## 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](http://www.qirn4.org)



## Monthly Tidbits



### Tip of the Month

Happy St. Patrick’s Day! Get your leprechaun on with something besides corned beef and Sauerkraut.

**Remember:** cured meat such as ham bacon make you thirsty and make it hard to control your fluid intake.

### Food for Thought

“Life isn’t about waiting for the storm to pass. It’s about learning to dance in the rain.”

*(Vivian Greene)*

### The Jokester

Q: How do you catch a unique rabbit?

**A: Unique up on it.**

Q: How do you catch a tame rabbit?

**A: Same way, unique up on it.**

Q: Why do we drive on a parkway and park on a driveway?

### Random Trivia

Contact lenses were made of glass when invented in the late 1800s.



## **ESRD and Hyperphosphatemia**

Did you know that chronic kidney disease (CKD) comes in five stages? End-stage renal disease (ESRD) is the term used to describe people with Stage 5 CKD who require dialysis or kidney transplantation to survive. In this stage, the kidneys have lost nearly all of their ability to work and clean the blood. ESRD represents the most severe stage of chronic kidney disease, as many metabolic factors, such as phosphorus, are out of balance.

Hyperphosphatemia is an electrolyte disturbance in which there is an abnormally elevated level of phosphate in the blood. When your kidneys are healthy, they remove extra phosphorus from your body. When kidneys stop working, phosphorus can build up, causing hyperphosphatemia.

A majority of ESRD patients require chronic treatment with phosphate-binding medicines to lower and maintain safe phosphorus levels in the blood to control hyperphosphatemia.

## **Monthly Patient Education Feature: Hemodialysis**

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 methods that can be used to access the bloodstream for hemodialysis.

### **Hemodialysis Vascular Access**

Hemodialysis cleans your blood through a fistula, graft or catheter. If you have kidney failure, one of these will be your LIFELINE. Talk with your doctor to decide which type of vascular access is best for you.

#### **Fistula**

A fistula directly connects an artery to a vein. The vein stretches over time, allowing needles to be placed there. ***Fistulas are the gold standard for hemodialysis.***

#### **Graft**

A graft is a tube (usually made of plastic) that connects an artery to a vein, allowing needles to be placed there. Grafts are the second best way to get access to the bloodstream for hemodialysis.

#### **Catheter**

A catheter is a tube inserted into a vein in the neck or chest to provide vascular access for hemodialysis. The tip of the catheter rests in your heart. It is usually a ***temporary*** access. It is the third choice for getting access to the bloodstream for hemodialysis.

For additional information, please view ***Fistula or Catheter: The Patient's Perspective***. This resource is provided on the ESRD National Coordinating Center website at: [http://esrdncc.org/wp-content/uploads/2014/07/Fistula\\_Catheter\\_Patient\\_Perspective.pdf](http://esrdncc.org/wp-content/uploads/2014/07/Fistula_Catheter_Patient_Perspective.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>. 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](mailto:plawson@nw4.esrd.net).



## Featured Recipes

### Braised Beef Brisket

Yield: 8 servings  
Serving size: 3 ounces

#### Ingredients

½ medium onion  
1 stalk celery  
1 medium carrot  
1 tablespoon fresh parsley  
2 ½ pounds beef brisket (3 ½ pounds untrimmed)  
2 teaspoons black pepper  
2 tablespoons canola oil  
3 bay leaves  
2 cups reduced-sodium beef broth  
3 cups water  
2 tablespoons balsamic vinegar

#### Directions

1. Preheat oven to 350F.
2. Dice onion, celery, carrot and parsley.
3. Trim fat from beef brisket and sprinkle with black pepper.
4. Using a heavy pot or Dutch oven, heat oil over medium-high heat and brown meat 5 minutes on each side.
5. Remove meat and add onion, celery and carrots. Cook and stir 4 minutes to deglaze the pot.
6. Add crumbled bay leaves and parsley to vegetable mixture, and place meat on top of vegetables.
7. Pour broth, water and balsamic vinegar over meat to cover and heat until liquid boils.
8. Cover pot and cook in the oven for 1 ½ hours. Turn meat over and cook an additional 1 ½ hours until meat is tender enough to cut with a fork.
9. Remove meat from pot. Add one cup water to pan juices and stir. Strain liquid from solids. Discard vegetables
10. Slice brisket and serve with Cauliflower with Garlic Sauce.

#### Nutrients per Serving

Calories: 230  
Protein: 29 g  
Carbohydrates: 4 g  
Fat: 11 g  
Cholesterol: 84 mg  
Sodium: 178 mg  
Potassium: 346 mg  
Phosphorus: 193 mg  
Calcium: 30 mg  
Fiber: 0.8 g

### Cauliflower with Garlic Sauce

Yield: 8 servings  
Serving size: ½ cup

#### Ingredients

4 cups cauliflower florets  
2 garlic cloves  
1 tablespoon olive oil  
4 teaspoons honey  
3 tablespoons apple cider vinegar  
1 tablespoon fresh parsley

#### Directions

1. In a large saucepan with steamer rack, steam cauliflower over boiling water 8 to 10 minutes or until crisp-tender (cover with lid while steaming).
2. In a small saucepan, cook minced garlic in olive oil for 30 seconds then remove pan from heat.
3. Stir in honey, apple cider vinegar and chopped parsley. Return saucepan to heat until sauce is heated.
4. Transfer steamed cauliflower to a serving dish.
5. Pour sauce over hot cauliflower and toss to coat.

#### Nutrients per Serving

Calories: 46  
Protein: 1 g  
Carbohydrates: 6 g  
Fat: 2 g  
Cholesterol: 0 mg  
Sodium: 16 mg  
Potassium: 165 mg  
Phosphorus: 24 mg  
Calcium: 14 mg  
Fiber: 1.2 g

\*Both of these recipes are provided by DaVita and can be found on the DaVita website.

<https://www.davita.com/recipes/beef-lamb-and-pork/braised-beef-brisket/r/5392>

<https://www.davita.com/recipes/vegetables/cauliflower-with-garlic-sauce/r/5018>