

Q4 Network NOTES

Quality Insights Renal Network 4 Patient Newsletter

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May 5 is Hand Hygiene Day

"Save Lives: Clean Your Hands" is the theme of Hand Hygiene Day on May 5. Hand Hygiene Day is the World Health Organization's call to action for healthcare workers, recognizing that hand hygiene is a highly effective way to reduce healthcare-associated infection and promote patient safety. Find the Centers for Disease Control and Prevention (CDC) Hand Hygiene Guidelines and other tools at <http://www.cdc.gov/handhygiene/providers/guideline.html>. The Centers for Medicare & Medicaid Services (CMS) Medicare Learning Network also offers a web-based continuing-education training course on *Infection Control: Hand Hygiene* available at <https://www.cms.gov/outreach-and-education/medicare-learning-network-mln/mlngeninfo/index.html>.



KFCP Encourages Participation in Highmark's Walk for a Healthy Community

The Kidney Foundation of Central Pennsylvania (KFCP) is taking part in the annual Highmark Walk for a Healthy Community on Saturday, May 21 at the main campus of the Harrisburg Area Community College. Highmark underwrites the cost of the walk, so each participating nonprofit organization keeps 100 percent of the funds raised by its walkers. Proceeds from this important event help strengthen the KFCP's Patient Programs and Services. One important KFCP program in need of support this year is the Patient Emergency Assistance Fund. KFCP works closely with dialysis social workers who identify those patients in dire need of financial assistance, and temporary emergency funds are made available to help with prescription co-pays, nutritional supplements, or transportation costs to dialysis treatments. Due to fundraisers like the Highmark Walk, last year KFCP was able to assist over 350 patients when they needed it the most.

Please use the link below to make a donation or sign up to walk with the KFCP on May 21. Call (800) 762-6202 with any questions. Learn more by visiting: http://hcf.convio.net/site/TR/Harrisburg/HighmarkWalk?pg=entry&fr_id=1806.



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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>.

Do You Have a Smart Phone?

Do you have a smart phone? There are some handy apps to help you monitor your fluid gain as well as other bio markers. Check them out at the links below.

National Kidney Foundation:

<https://www.kidney.org/apps/patients/h2overload-fluid-control-heart-kidney-health>

KidneyBuzz.com:

<http://www.kidneybuzz.com/dialysis-patient-developed-dialysis-app-that-tracks-your-bp-and-weight-during-treatment/2013/7/22/dialysis-patient-developed-dialysis-app-that-tracks-your-bp-and-weight-during-treatment>

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



How to Access and Use the Dialysis Facility Compare Website

Ever wonder how your dialysis facility compares to others? There's a website for that! Use the Medicare.gov Dialysis Facility Compare website to learn about star ratings for each facility, facility descriptions and services they provide as well as detailed quality scores that tell you about the facility's hospitalizations, deaths and the use of best treatment practices. Learn more at:

<https://www.medicare.gov/Dialysisfacilitycompare/#about/what-is-dfc>.

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.



Featured Tool: My Life, My Dialysis Choice

If your kidneys fail, dialysis can save your life. But dialysis is not just a medical treatment. It can also affect every aspect of your lifestyle. This tool will help you choose the right treatment for you so you can feel your best and live the way you want to live. Visit <http://mydialysischoice.org/> to learn more.

One Minute Access Check: Look, Listen and Feel

A healthy vascular access is important for successful dialysis treatments. Do the "One Minute Access Check" every day, so you can find any potential problems, get the help you need, and potentially save your lifeline. Remember to *Look, Listen and Feel*.

<p>It only takes a minute to save your lifeline.</p> <p>Look Listen Feel</p>   		<p>Look</p> <p>The skin over your access is all one color and looks like the skin around it.</p>  <p>There is redness, swelling or drainage. There are skin bulges with shiny, bleeding, or peeling skin.</p> <p>GO</p> <p>Looking good!</p> <p>STOP</p> <p>Contact your dialysis care team if you notice any "stop" signs!</p>
<p>Listen</p> <p>When you place your access next to your ear, you hear a sound. And it sounds the same as the last time you checked it.</p>  <p>You place your access next to your ear and hear no sound. Or it sounds different than it did the last time you checked it.</p> <p>GO</p> <p>Sounding good!</p> <p>STOP</p> <p>Contact your dialysis care team if you notice any "stop" signs!</p>		<p>Feel</p> <p>Thrill: a vibration or buzz in the full length of the access. Pulse: slight beating like a heartbeat. Fingers placed lightly on the access should move slightly.</p>  <p>Pulsatile: The beat is stronger than a normal pulse. Fingers placed lightly on the access will rise and fall with each beat.</p> <p>GO</p> <p>Good to go!</p> <p>STOP</p> <p>Contact your dialysis care team if you notice any "stop" signs!</p>

www.esrdncc.org

This material was prepared by the End-Stage Renal Disease Network Coordinating Center (NCC), under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. CMS Contract Number: HHSM-500-2013-NW002C.

arteriovenous FISTULA FIRST
AVF – The first choice for hemodialysis

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