

the homeconnection

A Publication for Home Dialysis Patients

VOLUME 2 (NO.6) NOVEMBER/DECEMBER 2011

Special winter safety tips for home dialysis patients

HH The season for stormy weather is here. Before it hits hardest, refresh your emergency plans and remind yourself of winter safety tips.



Many safety guidelines for home dialysis patients are the same for everyone on dialysis. (*See the article, "When the weather outside gets frightful... Be prepared!" on page 4 of Output.*) There are also some extra tips that home patients need to keep in mind.

Even when winter weather isn't severe, you still have to stay alert. If temperatures are close to freezing, check your dialysis supply deliveries closely. Make sure they haven't frozen. If they don't look right, contact your nurse. If your Epogen freezes, don't use it. Call the pharmacy for a new supply, 206-343-4870.

All dialysis patients should:

- Have complete, updated contact lists for your dialysis unit and all other kidney care resources.
- Update the Home Unit with work, cell and emergency numbers.
- Talk with your dietitian about the emergency diet plan and have emergency food items in the kitchen.

- Have an emergency kit.
- Build up a week's worth of medications to have on hand.
- Have backup travel plans to get to appointments or treatments.

Home dialysis patients also need to:

- Pay attention to weather reports and dialyze early if there may be a power outage.
- Store an extra week of dialysis supplies in case of a delivery delay. Include a 7-day supply of dialysate bags, cartridges and 1-liter saline bags. Keep an eye on the expiration dates so the supplies don't go bad.
- Have a record of your current dialysis prescription.
- If you need a backup run, contact Northwest Kidney Centers Home Hemodialysis Department at 206-292-2558.

Your best defense in an emergency situation is to have a backup plan. Talk with your nurse about your plans early!

If you can't reach the Home Dialysis Department in an emergency, contact:

Northwest Kidney Centers information hotline, 206-292-3001.

Northwest Kidney Centers emergency dialysis scheduling line, 1-800-606-9174.

Key: **HH** Home Hemodialysis **PD** Peritoneal Dialysis

www.nwkidney.org



NORTHWEST
KIDNEYCENTERS

(continued on back)

How to reach your home dialysis nurse as soon as possible

HH Northwest Kidney Centers **PD** offers home dialysis trainings and clinics at a number of locations. That means our nurses often move around.



Still, it is important for you to be able to reach a nurse when you need to. The first step is to call your primary nurse:

Lake City patients: Call 206-720-8532.

Lake Washington patients: Call 425-454-5843, ext.1459 (or option 2).

Port Angeles patients: Call 360-457-2030.

SeaTac patients: Call 206-901-8736.

Seattle patients: Home hemo, call 206-292-2558. PD, call 206-292-2285.

If your primary nurse can't answer, your call will be forwarded right away to the central Home Unit at Seattle Kidney Center.

You will then have the choice to leave a message or talk with another nurse. Your nurse does not have voicemail. This is to prevent important voicemail messages from waiting too long.

The central home dialysis contact and toll-free telephone numbers are:

Home Hemodialysis Unit
206-292-2558 or 1-877-216-2558

Peritoneal Dialysis Unit
206-292-2285 or 1-877-292-2285

New home dialysis hub opens in Renton

We have a beautiful new center at 602 Oakesdale Ave. SW in Renton to train and hold clinics for South King County home dialysis patients.

This new location gives us much more space to serve you, and it has been designed thoughtfully for your needs. We have larger clinic rooms, first-floor access (no elevators!) and lots of easy parking. We look forward to welcoming you there.

Reminders about the upcoming changes:

HH **Home hemodialysis patients:** Home hemo clinics at Renton start with your December appointment. For many of you, this will be a much more convenient location. If you are a patient interested in moving your clinic appointments to Renton, we will schedule your visits at a regular time and day each month.

Home hemo training begins at the Renton center on Nov. 14.

PD **PD patients:** We will close PD services at SeaTac and begin clinics at Renton on Nov. 21. The PD nurse at SeaTac will also move to Renton. A second full-time PD nurse will start at Renton on Dec. 1.

The new location will allow us to offer Saturday clinics for PD patients. Stay tuned for more information!

If you have any questions, call:

Home Hemodialysis Unit
206-292-2558 or 1-877-216-2558

Peritoneal Dialysis Unit
206-292-2285 or 1-877-292-2285