

Home Connection

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Plan ahead for smooth travels (HH) (PD)

If you'll be on the move this summer, be sure to plan ahead to ensure a smooth trip. Let us know 60 days in advance of your travel plans so we can help you prepare.

(PD) Check insurance coverage for supplies away from home. Some insurers may not cover out-of-state, international or cruise ship travel. If you're not covered, you must pay for supplies before your trip.

Order supplies. Baxter and NxStage will ship supplies for trips within the United States. You may have to pay extra shipping charges if you travel out of the country.

Pack your equipment and supplies. Talk with your nurse about a checklist. We have travel cases you can borrow, first come, first served.

(HH) Make dialysis arrangements if you choose to run in-center during your trip. Contact the clinic where you want to dialyze and let them know, then share the details with us.



Photo by David Huff.

Home hemodialysis patient Bill Peckham dialyzed in the Grand Canyon on an 8-day river rafting tour on the Colorado River last summer.

Gather paperwork for your travels (HH) (PD)

Take along emergency contacts and your medication information when you travel.

- List of medications
- List of allergies
- Copy of your last lab report
- Copy of your dialysis prescription
- Emergency contact information, including the phone number of your home program:
PD: 206-292-2285 or 1-877-292-2285
HH: 206-292-2558 or 1-877-216-2558
- Provide us with contact numbers where we can reach you during your travel, such as your hotel or people you will be visiting

Be part of
groundbreaking
research



Marcia Wold is such an enthusiastic participant in research that she agreed to represent Northwest Kidney Centers patients to legislators in Washington, D.C. this spring. She told of her experience on dialysis and in a study of dietary supplements, and requested continued federal research funding. She also recently received a kidney transplant.

Join the Kidney Research Institute patient registry

As a patient at Northwest Kidney Centers you have the opportunity to join the Kidney Research Institute's registry. The registry is a list of people and health histories that researchers consult first when they need subjects for an upcoming study on kidney problems, dialysis and related conditions. Having a registry helps recruit participants for studies more quickly and keeps groundbreaking research moving.

A total of 467 Northwest Kidney Centers patients have already agreed to be part of the registry. Won't you join them? Ask your nursing care manager about enrolling in the registry.

The Kidney Research Institute, a collaboration between Northwest Kidney Centers and UW Medicine, is dedicated to improving the lives of people with kidney disease. Since it opened in 2008, the Kidney Research Institute has worked with more than 2,000 people with kidney disease in 53 clinical studies and produced 500 scientific publications.

Win \$500 with your story: Renal Support Network essay contest

Enter the 2014 Renal Support Network essay contest and you could win \$500 and have your essay featured on the organization's website. Write a maximum of 750 words, and get your entry postmarked by Aug. 1. Anyone diagnosed with chronic kidney disease can enter.

The theme is: *Explain a choice you've made to improve your health and how it could benefit others.*

Details at www.rsnhope.org/essay-contest

Prevent peritonitis



Peritonitis is an infection inside the belly that can enter through the access during a PD connection.

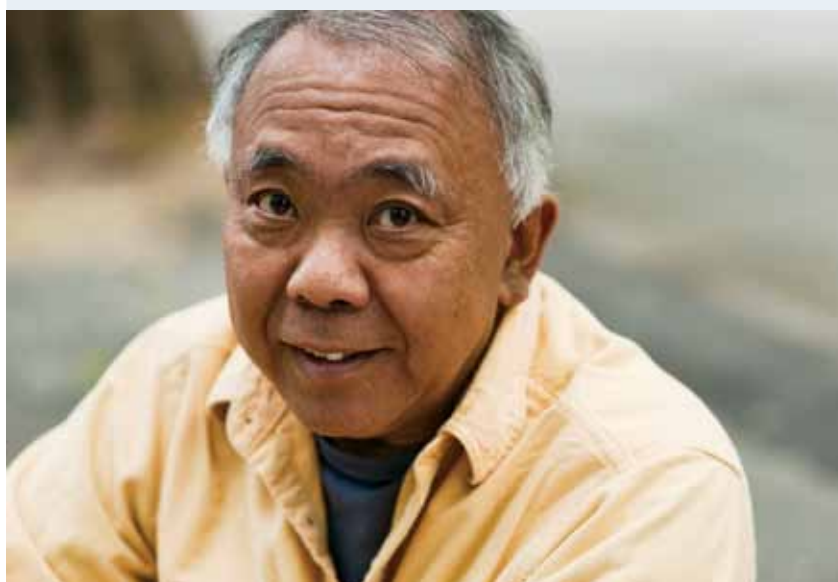
Signs of peritonitis include:

- Cloudy fluid
- Belly pain
- Fever and/or chills
- Nausea and/or vomiting and diarrhea
- Fibrin in the drain bags

Take steps to prevent peritonitis:

- Get organized before starting your dialysis procedure
- Wear a mask over your mouth and nose
- Wash your hands properly, as you were taught
- Use hand sanitizer
- Never swim in fresh water (lakes, rivers, hot tubs, spas). Wear a special bag over your access to protect it any time you swim in salt water
- Do exit site care daily, especially after swimming in salt water. If you get hot or sweat a lot, do exit care more often to keep your access dry
- Call your PD nurse when there is a problem
- Call your PD nurse if you make a mistake that could cause an infection

Is your next step a kidney transplant?



Stan Iwata did peritoneal dialysis at home until his kidney transplant in October 2013.

Do you dream of life without dialysis?

Find out if a kidney transplant is right for you. Our free Next Step Transplant class will tell you all about the transplant process:

- The transplant evaluation process and waitlist
- Living donor and deceased donor transplants
- Transplant surgery
- How to live well after transplant

Upcoming classes: June 6, July 11, July 16, Aug.12

Visit www.nwkidney.org for full class information, or call 202-292-2771, ext. 1082.



www.nwkidney.org
pr@nwkidney.org
 206-292-2771



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Pharmacy: 206-343-4870 or 1-800-947-8902



Home hemodialysis unit: 206-292-2558 or 1-877-216-2558



Peritoneal dialysis unit: 206-292-2285 or 1-877-292-2285

Northwest Kidney Centers promotes the optimal health, quality of life and independence of people with kidney disease through patient care, education and research.

Get all your prescriptions at our pharmacy

Take advantage of expert consultation, easy ordering and free delivery.

Phone: 206-343-4870
Toll-free: 800-947-8902
pharmacy@nwkidney.org



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Beat the heat: watch your fluid gains this summer



Warmer days can cause dehydration and make you very thirsty. But drinking too much can push you over your recommended daily fluid allowance and cause complications. Excess fluid that builds up in your body between dialysis treatments can:

- Cause swelling, which will increase your blood pressure and stress your heart
- Collect in your lungs, making it hard to breathe

The amount of liquid that is good for you depends on your urine output, dry weight and how long and how often you dialyze.

- Check your fluid status daily to make sure you're on track.

PD • If you feel dehydrated, adjust your dialysate solution strength.

HH • If you feel dehydrated, target less fluid.

- If you're unsure about your fluid allowance, ask your dietitian or nurse.

- Avoid salt, which makes you feel thirsty and can contribute to fluid weight gains.

Watch your fluid intake to stay comfortable and healthy.



PD patient Bub Dennis and his wife, Midge, cool off together. Drinking cold beverages will help slow your intake of liquids.