

# Home Connection

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## Winter is here



Be prepared in case of emergency

**Watch the weather report.** Dialyze early if the power may go out.

**Stock up on dialysis supplies.** Have extras. Your nurse can help you decide what you need.

**Stock up on medications.** Always keep a week's supply on hand.

**Keep a list of current contacts.** List Northwest Kidney Centers, other health care providers, friends and relatives. Make sure your home dialysis unit has three different ways to reach you.

**Keep emergency diet food at home.** The emergency diet will help you survive for up to five days without a treatment. Talk to your dietitian for foods to shop for.

**Have backup travel plans** to get to appointments or treatments in case of a power outage.

**Build an emergency supply kit.** See column at right.



Dave Skelton does peritoneal dialysis at home.

## Emergency supply kit for home

- ✓ Paper or plastic plates, cups, bowls, eating utensils
- ✓ Non-electric can opener
- ✓ Aluminum foil
- ✓ Battery-operated radio
- ✓ Flashlight
- ✓ Extra batteries
- ✓ Candles and matches in waterproof container
- ✓ First aid kit
- ✓ Sharp knife and scissors
- ✓ Paper towels
- ✓ Baby or sanitary wipes
- ✓ Garbage bags
- ✓ Gallon jugs of distilled water (one gallon per person)
- ✓ Bleach and eyedropper to purify water (16 drops per gallon of water)



## Tick tock, watch your stock!



**Rotate stock** on your dialysis supplies and keep an eye on expiration dates. Don't use outdated supplies.

**Stay alert** during winter months – if your dialysis supplies arrive frozen or don't look right, contact your dialysis nurse.

If your Epogen is frozen, don't use it. Call the Northwest Kidney Centers pharmacy at **206-343-4870** for a fresh supply.

Akemi Jia chose peritoneal dialysis because it allows her to spend more time with her 10-year-old daughter.

## Order supplies on time



Each month, you are notified of the delivery schedule for supplies. If you do not place your order by the specified date, supplies will automatically be sent to Northwest Kidney Centers distribution center at 9700 Martin Luther King Jr. Way S. in Seattle. If that happens, you will need to make arrangements to pick them up from there.

Doug Nevins delivers home hemodialysis supplies each month.



## Give your PD caregiver a break



Our intermittent peritoneal dialysis program offers respite for caregivers of PD patients. Qualifying patients can receive care at Northwest Kidney Centers' Renton or Seattle clinic while their caregivers are away.

### The IPD program offers:

- Periodic, scheduled care for PD patients who are unable to complete exchanges on their own while their caregivers are away
- Transportation support for patients to and from the clinic

### To use the program, you must:

- Get approval from your nephrologist
- Schedule needed care in advance with the PD team

### For more information, contact:

Alice Chamberlin at 206-720-3976 or [alice.chamberlin@nwkidney.org](mailto:alice.chamberlin@nwkidney.org)



## High potassium?

### You might need Kayexalate

When you miss dialysis treatments, potassium can build up in your body, causing irregular heartbeat. In an emergency when you are unable to dialyze, the medication Kayexalate may help your body get rid of the extra potassium.

Check with your nephrologist to see if you need a prescription for Kayexalate at home.



## Dialysis-friendly eating



### Pack on the potassium

by Katy Wilkens, MS, RD

Nutrition and fitness manager

People on frequent dialysis, whether peritoneal dialysis or home hemodialysis, often struggle to get enough potassium.

It's important to keep your potassium level within a range of 3.9 to 5.5 mg/dl so that your body's muscles and nerves keep working properly.

Many fall and winter fruits and vegetables will add potassium to your diet and other good vitamins and minerals as well. Try some of the ideas below to keep your body's potassium in balance!

- Pomegranate seeds sprinkled on a green salad or fruit salad
- Pomegranate juice (½ cup) added to a fruit smoothie with banana
- Sliced persimmon in a salad
- Dried fruit like apricots, raisins, prunes (½ cup) as a snack
- Brussels sprouts roasted with pecans or walnuts
- Broccoli in a vegetable stir-fry
- Beets served cold in a salad with vinegar and oil
- Carrots glazed or added to soups or stews
- Greens like beet, collard, mustard, spinach, Swiss chard and kale, sauteed or used in hearty fall soups
- Mushrooms (½ cup) sauteed or in mushroom pate
- Diced pears in a salad, or served for dessert with soft cheeses that are lower in phosphorus
- Potatoes that are baked, mashed, scalloped, roasted or in soups and stews
- Pumpkin in pies, soups, muffins or sweet breads
- Winter squash in soups or baked
- Yams or sweet potatoes in pies or soups or baked, roasted or mashed.

See more ideas for healthy eating at [www.nwkidney.org](http://www.nwkidney.org).



[www.nwkidney.org](http://www.nwkidney.org)  
pr@nwkidney.org  
206-292-2771



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**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.

## Mark your calendar!



### PD and home hemodialysis support group

**Next meeting:**  
**Wednesday, Feb. 5**  
**1-2 p.m.**

R.C. Houlahan  
Conference Room  
Northwest Kidney Centers  
Haviland Pavilion  
700 Broadway, Seattle



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## Thinking about a kidney transplant?



### Learn more about it at a free class

Our Next Step Transplant class will describe the evaluation process, the difference between living donor and deceased donor transplants, the transplant waitlist and how to live well with a transplant.

**Next class is Tuesday, Jan. 14, 9:30-11 a.m.**  
Haviland Pavilion  
700 Broadway, Seattle

Classes are held monthly, alternating between Northwest Kidney Centers Haviland Pavilion and SeaTac Pavilion.

To sign up or for more information, call **206-292-2771, ext. 1082.**

Visit [www.nwkidney.org](http://www.nwkidney.org) for all our class listings.



Richard Allen Durden was a home hemodialysis patient until he received his kidney transplant in December 2010.