

Home Connection

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Happy trails start with a plan

If you're thinking about your next adventure, get started about 60 days before you want to leave:

- Get a copy of the travel checklist from your care team so you don't forget anything.
- Order any supplies you'll need.
- Confirm your coverage for travel supplies. Some insurers don't cover out-of-state, international or cruise ship travel.
- Let us know how to contact you wherever you will stay.
- Carry a list of your medications, allergies and emergency contacts.
- Keep medications with you, not in checked bags.



Tracy Berry and his wife, Sherry, do his hemodialysis treatments in the RV when they are on the road.



Will you need supplies?

NxStage and Baxter both ship within the United States and to U.S. territories; you may pay extra if out of the country.



Take your machine with you or schedule treatment at a dialysis center at your destination.

Northwest Kidney Centers has a travel case for loan, first-come, first-served. NxStage can ship cartridges, dialysate bags and warmer bags. You bring all other supplies.

NxStage: 866-697-8243

To find a dialysis center, go to www.medicare.gov/dialysisfacilitycompare or ask your care team. Make appointments as soon as you know your travel dates and let your care team know.



Talk to your nurse care manager about supplies you'll need. Call Baxter to place your travel order; they will want to know your travel dates, where you'll stay and which supplies you need. Don't order too much – you can't return extras.

**Baxter HomeCare Services:
800-284-4060**



Exercise can boost your mood! Jackie Brown (right) walks with her daughter Myraven at Gene Coulon Beach Park in Renton. Jackie did home hemodialysis prior to getting a transplant in 2014.

Get ready for your Next Step

Are you thinking about a different form of treatment? Free classes at Northwest Kidney Centers can help you determine the best fit. Our Next Step classes cover transplants, home hemodialysis and peritoneal dialysis. Go to www.nwkidney.org/classes for topics, locations and times.



Larry Epley of Vashon Island used peritoneal dialysis until a kidney became available for transplant.

Stop germs in their tracks

Washing your hands is the best way to prevent infections.

- Scrub for at least 30 seconds with soap.
- Clean your fingers, between your fingers and around your nails.
- Dry with paper towels.



Don't take depression lying down

Everyone gets sad now and again, but about a third of dialysis patients experience depression – a down mood that lasts longer than a few days and impacts sleep, energy and concentration.

When you have depression, you are less likely to follow your treatment plan, take your medications and go to scheduled appointments. You can fight it with:

- Medications and counseling.
- Sticking to normal routines as much as possible.
- Spending time with supportive, caring people.
- Avoiding alcohol and avoiding overeating.
- Getting an appropriate amount of sleep. Lack of sleep can make depression worse.
- Staying active; exercise can boost your mood and energy level; it also helps your heart and blood vessels work better. If you haven't been active for a while, talk to your care team about the best way to get started.

If you think depression is affecting you, don't hesitate to reach out to your care team.

Are you sleeping?

A study in the December 2017 issue of the *Journal of the American Society of Nephrology* noted a potential link between poor sleep, loss of kidney function, and heart and circulation problems. Roughly half of dialysis patients report trouble sleeping.



Fatima Valentine of Kent sets up her cyclor for a night of peritoneal dialysis.

If you don't get 7 to 9 hours of good sleep every night, try these tips



- Create a routine with regular sleep and wake times.
- Turn off phones, computers and TV one hour before bed.
- Avoid stimulating liquids and food for two hours before bed.
- Limit daytime naps to 30 minutes.
- At bedtime, try aromatherapy, soft music, a white noise machine, eye shades or blackout curtains.
- If you can't fall asleep, try getting out of bed and making a to-do list for the next day or two and then returning to bed.

Nocturnal hemodialysis may improve sleep. Nocturnal home treatments bring levels of the sleep hormone melatonin back to normal. For PD patients, a PD belt can make the catheter more comfortable when you sleep. Talk with your care team if you need help with sleep.



Get on board to advance science

Become part of kidney research. Learn more or register at the Kidney Research Institute: <http://kri.washington.edu/communityconnection>.

PD

PD Conference in May

Patient-centered care will be the theme for the Congress of the International Society of Peritoneal Dialysis held May 5-8 in Vancouver, BC. PD patients are invited to attend and participate. Registration is free to patients and family.

Register at

<http://ispdvancouver2018.org/>.

Contact Paul Taylor at

taylorpauldoc@gmail.com to learn more.



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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.



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Healthy recipes are a click away

Use our website to get easy, delicious recipes that fit your kidney diet and your family's tastes. If you are on PD or home hemodialysis, about half of each meal should be protein. The website recipe filter will help you find high-protein dishes. Or filter for recipes with more potassium but less phosphorus.

Your dietitian can make personal recommendations at your monthly check-in, but the website is available 24/7.

Visit www.nwkidney.org/recipes.