

The Renal Network, Inc.
ESRD Networks 4, 9 & 10

Emergency Preparedness Resource

For

Pennsylvania and Delaware

Dialysis Patients



Fourth Edition

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The contents of the manual were developed by the Network 4 staff, renal community volunteers, and through collaboration with other ESRD Networks.

**Emergency Preparedness Resource for
Pennsylvania and Delaware Dialysis Patients
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INTRODUCTION

The following information has been developed to help you in the event of an emergency that might cause a delay in your dialysis treatment or is a threat to your environment. As you read this guide you will think of additional ideas or questions about what you would do in an emergency. We encourage you to speak with your dialysis unit staff about any ideas you may want to share or any questions you have. While none of us like to think about something bad happening, taking the time to review this information and prepare for emergencies now, will not only save you time and worry later, but also may save your life.

Emergencies can take many different forms. They can include a delay in your treatment or a need to travel to another dialysis center for your next treatment. We, in Northeastern United States, historically do not face as many natural disasters as our friends in other parts of the country. Yet, we have seen an increased number of snowstorms, floods, fires or most recently tornados. You cannot control where or when a disaster may strike, but you can control how you react and what you do should a disaster occur.

Included in the following information are suggested diets you can follow if you are unable to dialyze in your dialysis unit for a period of time. We have also provided a list of foods for use in an emergency situation if you cannot get to the market for an extended period of time.

In the case of an emergency, if you are unable to be dialyzed at your unit, you may be scheduled to dialyze in another unit. The more you know and understand about your treatment, the more information you can share. You will find a Dialysis Patient Information Form, Treatment Information Form, and a Medication List at the end of this booklet. It is very important that you complete them and update any treatment or medication changes. During an emergency your unit will share as much information as possible about your treatment needs. Please understand there may be that rare emergency when little information is available. If you are sent to another unit, the dialyzer or number of hours of treatment may be different. It is most important that you are aware of any allergies you may have, including medications and dialyzers, so you can share this information with the unit where you will receive your treatment. The emergency diet in this manual will help you control your fluid and food intake.

Remember: communication and teamwork are most important in an emergency situation.

FROM "THE SOCIAL WORKER"

In case of an emergency (fire, flood, snowstorm, tornado), you may not be able to have your next scheduled dialysis treatment at the same place or time. Please be flexible if changes must be made due to the emergency.

Shelter

Please have a list of places where you may stay in case you are evacuated from your home, such as a friend, relative, or Red Cross shelter. Obtain phone numbers for all those places and provide them to the dialysis unit.

Transportation

Please have alternative transportation available if your usual "ride" is not available. This can also be friends, relatives, or another patient. This is a good time "to buddy up" with a patient, if you have not already done so. You can share lodging, transportation, and not feel "so alone" if you have someone "to check up" on and vice versa.

Again, please provide the dialysis unit with as many phone numbers as possible. They will need to contact you about any change in your treatment schedule.

Also, please do not be shy about asking for help. People will not feel "imposed" upon in a time of crisis. In fact, in a time of crisis, people want to help. It makes them feel good about themselves!

Stress Reactions

It is very normal to feel anxious and upset when you are involved in a disaster or crisis situation. The dialysis patient may feel the symptoms more intensely than another individual who does not have to plan for life-sustaining treatments daily/weekly.

The following signs and symptoms are very common in crisis situations. You may experience just one or several at a time. Do not be too alarmed; these symptoms are very normal. If however, they last longer than 2 to 4 weeks and are affecting your health, please talk to a member of the dialysis team (doctor, nurse, social worker).

COMMON SYMPTOMS OF STRESS

Anxiety	Crying Spells
Irritability	Memory Problems
Nightmares	Anger
Sleeplessness	Panic Attacks
Appetite Loss	Difficulty Making Decisions
Inability to Concentrate	Feeling Overwhelmed

Remember in most cases, you are reacting very normally to an abnormal situation. Some things you can do for yourself and your family during this time are the following:

- Recognize your own feelings
- Talk to others; it will help relieve your stress
- Accept help from others
- Get enough rest
- Get as much physical activity as possible
- Eat as healthy a diet as possible

EMERGENCY PREPAREDNESS PLAN FOR THE DIALYSIS PATIENT

- Know the Emergency Preparedness Plan of your dialysis unit.
- Provide unit with current telephone numbers: personal, relative, and friend.
- Maintain a week's supply of your current medications at all times. Ask your nurse about instructions for Kayexalate administration.
- Know how to care for your access.
- Maintain emergency supplies. EXAMPLE: Flashlight or battery powered lantern with extra batteries and important personal items, manual can-opener, paper goods, and plasticware.
- Remain at home and listen for public service broadcasts on local radio or TV stations. Your dialysis unit staff will attempt to contact you.
- If you must seek shelter take your week's supply of medications, your emergency supplies, personal items, blanket, and Medic Alert ID information.
- Know your dietary guidelines for emergency preparedness.
- Maintain dietary supplies.

ABOUT YOUR DIET

If you are unable to receive your scheduled dialysis treatment due to extreme weather or any other disaster, remember:

Follow the suggested Emergency Diet in this booklet and/or changes which you have discussed with your dietitian. **Be sure to choose the correct diet version and grocery list. Included are diets and grocery lists for adults (diabetic and non-diabetic) and one for pediatric patients.** This diet is intended to limit the sodium, potassium, protein, and fluid load on your body in the event that your time between treatments is extended beyond your control. Following this diet will lessen the risk of high blood pressure, shortness of breath, or increased potassium levels that could cause your heart to stop. You should follow this diet **only** for the period of time that is necessary until your dialysis services can be resumed.

FLUIDS:

IT IS NECESSARY TO RESTRICT FLUIDS EVEN MORE THAN BEFORE!

- * Take your phosphate binder with the fluid specified in your meal plan.
- * Your 2 cup daily limit allows for 4 ounces or 1/2 cup of fluid in addition to the 1 1/2 cups in your meal plan. Canned or bottled carbonated beverages will provide more calories than bottled water and often is a better choice for non-diabetics.
- * Chew gum or suck on hard candies to quench thirst.

SODIUM:

- * Avoid table salt and salt substitutes.
- * Flavor with herbed seasoning, garlic powder, and lemon juice.
- * One egg or one ounce of meat (cooked) that has been stored at a safe temperature can be substituted for 1/4 cup of low sodium canned meat.

FOOD SAFETY:

- * If foods that normally require refrigeration cannot be kept cold enough, they should not be consumed after 4 hours.
- * Use ice or snow to keep foods chilled when refrigeration is not available.

FOOD STORAGE:

- * Keep foods stored in a sturdy box on the floor in a closet, service porch or garage (away from water or animals).
- * Rotate bottled water every six months.
- * Breads should be stored in your freezer. Crackers and cereals should be stored in a tin or sealed container and rotated monthly.
- * Powdered drinks such as Tang, Kool-Aid or Crystal Lite can be kept on hand, but require water. Avoid sports drinks such as Gatorade.
- * Store sugar, candies and dry milk in a sealed container to protect from insects.

SUPPLEMENT OPTION:

- * If purchasing emergency food supplies keeps falling to the bottom of your "to do" list, you may consider purchasing a convenient specialized liquid nutrition product to drink instead of following the suggested meal plan. Your dietitian can advise you of the commercially prepared product that will provide lower amounts of protein, sodium, potassium, and fluid. This option reduces concerns for storage, space, and preparation. Your dietitian can help you to determine the correct amount to consume and how to adjust your other fluid intake.

Adult Diets

Adult Non-Diabetic

THREE DAY MEAL PLAN FOR EMERGENCIES

The sample meal plan given contains approximately 42 grams of protein, 1200 mgs. sodium, 1200 mgs. potassium, 630 mgs. phosphorus, and 1925 calories.

Day 1

Breakfast	Lunch	Dinner
1/2 cup non-dairy creamer	2 slices white bread	2 slices white bread
3/4 cup dry cereal	2 ounces unsalted tuna fish*	2 ounces unsalted chicken*
1 tablespoon sugar	1 tablespoon margarine, oil, or mayonnaise*	2 tablespoons margarine, oil, or mayonnaise*
1/2 cup drained pineapple	1/2 cup low sodium green beans	1/2 cup drained pears
	1/2 cup cranberry juice or drink from powdered mix	1/2 cup cranberry juice or drink from powdered mix
Morning Snack	Afternoon Snack	Evening Snack
10 candies (See grocery list)	10 marshmallows	5 vanilla wafers or 5 sugar wafers or 3 graham cracker squares or 6 unsalted crackers
	1/2 cup applesauce	2 tablespoons honey or jelly as desired on wafers
	10 candies	10 candies

*If unable to keep food chilled in refrigerator, after opening, keep packed in cooler with ice or snow and discard at the end of the day.

Adult Non-Diabetic

THREE DAY MEAL PLAN FOR EMERGENCIES (Continued)

The sample meal plan given contains approximately 42 grams of protein, 1200 mgs. sodium, 1200 mgs. potassium, 630 mgs. phosphorus, and 1925 calories.

Day 2

Breakfast	Lunch	Dinner
1/2 cup non-dairy creamer	2 slices white bread	2 slices white bread
3/4 cup dry cereal	2 ounces unsalted turkey*	2 ounces unsalted chicken*
1 tablespoon sugar	1 tablespoon margarine, oil, or mayonnaise*	2 tablespoons margarine, oil, or mayonnaise*
1/2 cup drained peaches	4 spears low sodium asparagus	1/2 cup drained pineapple
	1/2 cup cranberry juice or drink from powdered mix	1/2 cup cranberry juice or drink from powdered mix
Morning Snack	Afternoon Snack	Evening Snack
1/2 cup applesauce	10 marshmallows	5 vanilla wafers or 5 sugar wafers or 3 graham cracker squares or 6 unsalted crackers
10 candies	10 candies	2 tablespoons honey or jelly as desired on wafers
		10 candies

*If unable to keep food chilled in refrigerator, after opening, keep packed in cooler with ice or snow and discard at the end of the day.

Adult Non-Diabetic THREE DAY MEAL PLAN FOR EMERGENCIES (Continued)

The sample meal plan given contains approximately 42 grams of protein, 1200 mgs. sodium, 1200 mgs. potassium, 630 mgs. phosphorus, and 1925 calories.

Day 3

Breakfast	Lunch	Dinner
1/2 cup non-dairy creamer	2 slices white bread	2 slices white bread
3/4 cup dry cereal	2 ounces unsalted tuna fish*	2 ounces unsalted turkey*
1 tablespoon sugar	1 tablespoon margarine, oil, or mayonnaise*	2 tablespoons margarine, oil, or mayonnaise*
1/2 cup drained pears	1/2 cup low sodium carrots	1/2 cup drained cherries
	1/2 cup cranberry juice or drink from powdered mix	1/2 cup cranberry juice or drink from powdered mix
Morning Snack	Afternoon Snack	Evening Snack
10 marshmallows	10 candies	5 vanilla wafers or 5 sugar wafers or 3 graham cracker squares or 6 unsalted crackers
1/2 cup applesauce		2 tablespoons honey or jelly as desired on wafers
10 candies (See grocery list)		10 candies

*If unable to keep food chilled in refrigerator, after opening, keep packed in cooler with ice or snow and discard at the end of the day.

SUGGESTED GROCERY LIST FOR EMERGENCIES

ADULT RENAL NON-DIABETIC DIET

BREAD/CEREAL (Choose 5-6 servings per day)

White bread	Dry Cereal (sweetened preferred)
Graham Crackers	Puffed Wheat
Unsalted Crackers (plain)	Puffed Rice
Vanilla Wafers or Sugar Wafers	Crisped Rice

FRUITS/JUICES (Choose 2-4 servings per day)

Canned applesauce, pears, peaches, cherries, or pineapple

FISH/MEAT (4 oz. per day) Choose from:

Canned tuna, Chicken, Turkey in water

FROZEN OR SHELF STABLE NON-DAIRY CREAMER (4 oz. per day)

SWEETS

Choose from: Marshmallows Honey
 Sugar Jelly
 Assorted candies (jelly beans, sourballs, mints, hard
 candies)

VEGETABLES (1/2 cup/day)

Choose from canned: low sodium green beans, asparagus, or carrots

FATS (Choose 6 or more servings per day)

Margarine* Oil (olive or vegetable)
Mayonnaise (perishable after opening)*

OTHER BEVERAGES (Limit to 1/2 cup/day in addition to meal plan)

1 gallon of Spring Water	Gingerale or Lemon-Lime Soda
Cranberry Juice	Powdered Juice Mix (Kool-Aid, Tang)

OTHER

Herbal Seasoning	Garlic Powder
Breath Spray	Chewing Gum
Fresh or Reconstituted Lemon Juice	

*Individual mayonnaise or margarine packets are recommended to avoid spoilage

Adult Diabetic THREE DAY MEAL PLAN FOR EMERGENCIES

The sample meal plan given contains approximately 43 grams of protein, 1200 mgs. sodium, 1300 mgs. potassium, 675 mgs. phosphorus, 190 grams carbohydrate, and 1700 calories. You can adjust menus to fit your individual taste with the help of your dietitian. These meal plans are more strict than your normal renal-diabetic diet to keep poisons from building up in your blood.

Day 1

Breakfast	Lunch	Dinner
1/2 cup non-dairy creamer	2 slices white bread	2 slices white bread
3/4 cup dry cereal	2 ounces unsalted tuna fish*	2 ounces unsalted chicken*
1/2 cup drained pineapple (canned in juice)	1 1/2 tablespoons margarine, oil, or mayonnaise*	1 1/2 tablespoons margarine, oil, or mayonnaise*
	1/2 cup low sodium green beans	1/2 cup drained peaches (canned in juice)
	1/2 cup cranberry juice **	1/4 cup cranberry juice **
	Afternoon Snack	Evening Snack
	1/2 cup applesauce (sugar-free)	1/4 cup cranberry juice **
		5 vanilla wafers or 3 graham cracker squares or 6 unsalted crackers
		1 teaspoon margarine and 1 1/2 teaspoons jelly

*If unable to keep food chilled in refrigerator, after opening, keep packed in cooler with ice or snow and discard at the end of the day.

**Low calorie Cranberry Juice

Adult Diabetic THREE DAY MEAL PLAN FOR EMERGENCIES (Continued)

The sample meal plan given contains approximately 43 grams of protein, 1200 mgs. sodium, 1300 mgs. potassium, 675 mgs. phosphorus, 190 grams carbohydrate, and 1700 calories. You can adjust menus to fit your individual taste with the help of your dietitian. These meal plans are more strict than your normal renal-diabetic diet to keep poisons from building up in your blood.

Day 2

Breakfast	Lunch	Dinner
1/2 cup non-dairy creamer	2 slices white bread	2 slices white bread
3/4 cup dry cereal	2 ounces unsalted turkey*	2 ounces unsalted chicken*
1/2 cup drained peaches (canned in juice)	1 1/2 tablespoons margarine, oil, or mayonnaise*	1 1/2 tablespoons margarine, oil, or mayonnaise*
	4 spears low sodium asparagus	1/2 cup drained pears (canned in juice)
	1/2 cup cranberry juice **	1/4 cup cranberry juice **
	Afternoon Snack	Evening Snack
	1/2 cup applesauce (sugar-free)	1/4 cup cranberry juice **
		5 vanilla wafers or 3 graham cracker squares or 6 unsalted crackers
		1 teaspoon margarine and 1 1/2 teaspoons jelly

*If unable to keep food chilled in refrigerator, after opening, keep packed in cooler with ice or snow and discard at the end of the day.

**Low calorie Cranberry Juice

Adult Diabetic THREE DAY MEAL PLAN FOR EMERGENCIES

(Continued)

The sample meal plan given contains approximately 43 grams of protein, 1200 mgs. sodium, 1300 mgs. potassium, 675 mgs. phosphorus, 190 grams carbohydrate, and 1700 calories. You can adjust menus to fit your individual taste with the help of your dietitian. These Meal Plans are more strict than your normal renal-diabetic diet to keep poisons from building up in your blood.

Day 3

Breakfast	Lunch	Dinner
1/2 cup non-dairy creamer	2 slices white bread	2 slices white bread
3/4 cup dry cereal	2 ounces unsalted tuna fish*	2 ounces unsalted turkey*
1/2 cup drained pears (canned in juice)	1 1/2 tablespoons margarine, oil, or mayonnaise*	1 1/2 tablespoons margarine, oil, or mayonnaise*
	1/2 cup low sodium carrots	1/2 cup drained cherries (canned in juice)
	1/2 cup cranberry juice **	1/4 cup cranberry juice **
	Afternoon Snack	Evening Snack
	1/2 cup applesauce (sugar-free)	1/4 cup cranberry juice **
		5 vanilla wafers or 3 graham cracker squares or 6 unsalted crackers
		1 teaspoon margarine and 1 1/2 teaspoons jelly

*If unable to keep food chilled in refrigerator, after opening, keep packed in cooler with ice or snow and discard at the end of the day.
 **Low calorie Cranberry Juice

SUGGESTED GROCERY LIST FOR EMERGENCIES

ADULT RENAL DIABETIC DIET

BREAD/CEREAL (Choose 5 servings per day)

White Bread	Dry Cereal
Vanilla Wafers	Puffed Wheat
Graham Crackers	Puffed Rice
Unsalted Crackers (plain)	Crisped Rice

FRUITS (Choose 3 servings per day canned in own juices)

Applesauce	Pears
Peaches	Pineapple
Cherries	

FISH/MEAT (Choose 4 ounces per day)

Canned Tuna in water
Canned Chicken in water
Canned Turkey in water

VEGETABLES (1 serving per day)

Choose from canned: low sodium asparagus, green beans, or carrots

FROZEN OR SHELF STABLE NON-DAIRY CREAMER (4 ounces per day)

FATS (10 servings per day)

Margarine**	Oil (olive or vegetable)
Mayonnaise (perishable after opening)**	

HIGH CALORIC FOODS (Choose 3 servings per day and if needed 1 serving to raise blood sugar)

Honey (1 Tablespoon=1 serving)	Jelly (1 Tablespoon=1 serving)
Sugar (4 teaspoons=1 serving)	Low calorie Cranberry Juice (1/2 cup)
Powdered Drink Mix (1/2 cup, mixed)	Carbonated Beverages (1/2 cup)

OTHER BEVERAGES (Limit to 1/2 cup/day in addition to meal plan)

1 gallon of Spring Water
Diet lemon-lime carbonated beverage or Diet ginger ale

OTHER (seasoning and fluid control aids)

Breath spray	Fresh or reconstituted lemon juice
Herbal seasoning or garlic powder	Sugarless gum

SUGAR FREE HARD CANDIES, as desired

**Individual mayonnaise or margarine packets are recommended to avoid spoilage

ADULT DIABETIC MENU PATTERN

<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
1 milk substitute (1/2 cup)	2 starches	2 starches
1 starch	2 meats	2 meats
1 fruit	4 1/2 fat	4 1/2 fat
	1 vegetable	1 fruit
	1 high calorie	1/2 high calorie
	<i>Afternoon Snack</i>	<i>Evening Snack</i>
	1 fruit	1 starch
		1 fat
		1 high calorie

*Diet information revised by Debbie Alexandrowicz, MA, RD, CSR, and the Council on Renal Nutrition Network 4 Disaster Diet Subcommittee. Original guidelines were contributed by the ESRD Network of New England, Inc. and the Transpacific Renal Network.

Pediatric Diet

Pediatric Three Day Meal Plan For Emergencies

Serving sizes vary according to the age of the child. As always, food consistency and choking hazards need to be considered on an individual basis.

For children who still drink formula, the meal plan should be adjusted for the child to drink formula instead of the other beverages listed. Formula should be prepared one bottle at a time as needed.

You are encouraged to discuss portion sizes as well as food preferences and substitutions with your renal nutritionist.

It is necessary to limit fluids even more than before.

Pediatric

THREE DAY MEAL PLAN FOR EMERGENCIES

Adjust the amount of food according to the age of the child. For children who are still on formula, give formula instead of juices.

Day 1:

Breakfast non-dairy creamer
 dry cereal
 sugar
 drained canned pineapple

Mid morning snack candy (see Sweets List)

Lunch white bread
 unsalted canned tuna*
 low sodium mayonnaise or margarine
 low sodium canned green beans
 Kool-Aid® or Tang®

Afternoon snack applesauce and marshmallows

Dinner white bread
 unsalted chicken*
 low sodium mayonnaise or margarine
 canned pears
 cranberry juice

Bedtime snack graham crackers with jelly
 candy (see Sweets List)

* If unable to keep food chilled in refrigerator after opening, keep packed in cooler with ice or snow and discard at the end of the day.

Pediatric

THREE DAY MEAL PLAN FOR EMERGENCIES

(Continued)

Day 2:

Breakfast non-dairy creamer
 Cream of Wheat®
 sugar
 canned drained peaches

Mid morning snack sugar wafers
 ginger ale

Lunch unsalted turkey sandwich*
 low sodium mayonnaise or margarine
 low sodium canned carrots
 Kool-Aid® or Tang®

Afternoon snack unsalted pretzels
 candy (see Sweets list)

Dinner white bread
 unsalted chicken*
 low sodium mayonnaise or margarine
 canned cherries
 cranberry juice

Bedtime snack vanilla wafers
 candy (see Sweets List)

* If unable to keep food chilled in refrigerator after opening, keep packed in cooler with ice or snow and discard at the end of the day.

Pediatric

THREE DAY MEAL PLAN FOR EMERGENCIES

(continued)

Day 3:

Breakfast non-dairy creamer
dry cereal
sugar
white bread with jelly

Mid morning snack applesauce
candy (see Sweets List)

Lunch unsalted tuna sandwich*
low sodium mayonnaise or margarine
canned pineapple
ginger ale

Afternoon snack unsalted pretzels
Kool-Aid® or Tang®

Dinner unsalted turkey sandwich*
low sodium mayonnaise or margarine
low sodium canned corn
cranberry juice

Bedtime snack canned drained peaches
graham crackers

* If unable to keep food chilled in refrigerator after opening, keep packed in cooler with ice or snow and discard at the end of the day.

Pediatric

Suggested Grocery List for Emergencies

Bread/cereal/starches

<ul style="list-style-type: none">• Sliced white bread (May substitute white rice, noodles, spaghetti, macaroni, or unsalted crackers for white bread)• Puffed rice / Crisped rice (Cream of Wheat®, Cream of Rice®, and Farina can be substituted)	<ul style="list-style-type: none">• Dry cereal (sweetened preferred)• Sugar wafers (or sugar cookies)• Vanilla wafers• Graham crackers• Unsalted pretzels
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Fruits/juices

Canned (sweetened or in syrup) applesauce, pears, peaches, pineapple, or cherries

Fish/meat/poultry

Canned unsalted tuna, chicken, turkey (preferably small cans)

Frozen or shelf stable liquid non-dairy creamer

Sweets

Marshmallows, sugar, jelly, honey, hard candy, gum drops, jelly beans, sourballs, mints, etc.

Vegetables

Canned low sodium green beans, carrots, corn
(Canned mushrooms or asparagus can be substituted if preferred)

Fats

Low sodium mayonnaise and margarine (preferably individual packets or very small jars to avoid spoilage), and oil

Other beverages

Spring water
Ginger ale
Lemon lime soda (no cola drinks)
Cranberry juice
Kool-Aid® (not grape flavor)
Tang®

Other

Herbal seasonings
Garlic powder
Onion powder
Breath spray
Chewing gum
Fresh or reconstituted lemon juice

Formula

Powdered formula (prepare one bottle at a time as needed)

IMPORTANT EMERGENCY PATIENT INFORMATION

COMPLETE AND UPDATE AS NEEDED

IMPORTANT!

In the event of an emergency, attach the following and keep this resource with you:

- **ADVANCE DIRECTIVE**
- **TREATMENT RECORD FROM YOUR LAST 3 DIALYSIS TREATMENTS (Hemo or Peritoneal)**
- **MOST RECENT LABS**
- **COPY OF SUPPLY ORDER (Peritoneal Only)**
- **MEDICATION LIST**

Dialysis Patient Information

Date ___/___/___

Patient Name: _____ DOB ___/___/___

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Social Security # ___ ___ ___/___ ___/___ ___ ___

Neighbor or Emergency Contact:

Name: _____

Relationship to you: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Medicare Number: _____

Other Insurance: _____

Policy Number: _____

Your Dialysis Center: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Head Nurse: _____

Nephrologist: _____ Phone: _____

Usual Source of Transportation/Needs: _____

Updated: _____

Treatment Information Form

Name: _____ Date Completed: _____

Primary ESRD Diagnosis: _____

Drug/Food Allergies: _____

Dialyzer Allergies: _____

Pertinent Past Medical History: _____

Hepatitis B Status: _____ Hepatitis C Status: _____

Blood type: _____

Special Treatment or Medication _____

Hemodialysis Prescription: Dialyzer: _____ Blood Flow Rate: _____

Dialysate: Bicarb _____ Acetate _____ K _____ Na _____ Ca _____

Dialysis Flow Rate _____ Treatment Hours _____ Days/Week _____

Dry Weight lb/kg _____ Access Type and Location: _____

Heparin Dose: _____ Method: _____

Re-Use: Yes _____ No _____ Lidocaine: Yes _____ No _____

Peritoneal Prescription: CAPD ___ CCPD ___ NPD ___ System _____

Prescription: _____

Special Dialysis Orders/Comments: _____

Updated: _____

Notes:

DISTRIBUTED BY:

**THE RENAL NETWORK, INC.: ESRD NETWORK 4
40 24TH STREET, SUITE 410
PITTSBURGH, PA 15222**

**MAIN TELEPHONE NUMBER: 412-325-2250
PATIENT-ONLY TOLL-FREE TELEPHONE NUMBER: 800/548-9205**

We would like to introduce you to Network 4! Network 4 is one of the 18 End Stage Renal Disease (ESRD) Networks in the United States. We have a goal to make sure that you are receiving the best possible care at your dialysis facility and/or transplant center. We do this by:

- Providing leadership to the renal health professionals who will be caring for you;
- Providing information and assistance with ESRD issues to you and your renal health care providers;
- Working with dialysis facilities on projects that will improve the quality of care you receive and ultimately your quality of life; and
- Providing assistance, when needed, to address concerns you may have about your care.

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