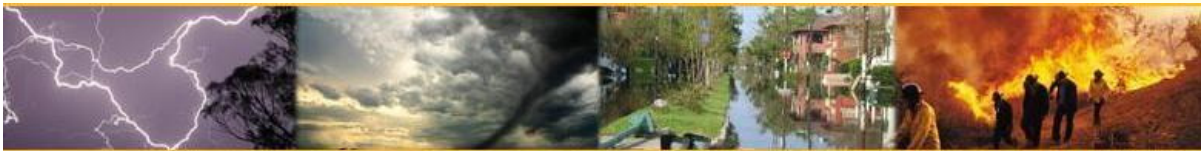


Preparing for Emergencies for Dialysis Patients



KCER: Kidney Community Response Coalition
1-888-33-KIDNEY
www.kcercoalition.com

Preparing for Emergencies for Dialysis Patients

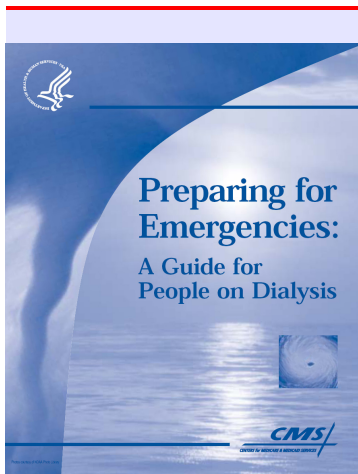
Emergencies caused by weather, earthquakes, fire or terrorist attacks can happen with or without warning. It is important to be prepared so you can feel better and stay healthier.

Tips for Preparing for an Emergency:

- ⇒ **Gather and Carry Important Medical Information** — If you must go to a different dialysis center or hospital for treatment during an emergency, or if you need emergency health care, the medical staff needs to know your medical status so you can get the right treatment. Therefore, keep your medical information and a list of your medications with you at all times, and give a copy to a caregiver or family member.
- ⇒ **Wear a Medical Emblem** — Order a bracelet that indicates that you require dialysis. Ask your nurse or social worker for information about ordering medical emblems.
- ⇒ **Make Alternative Arrangements** — For receiving hemodialysis:
- ◆ Make sure your dialysis center has your current street address and phone number, and emergency contact information.
 - ◆ Make arrangements for backup transportation to your dialysis facility.
 - ◆ Ask your facility staff about other dialysis facilities in your area to see if they provide the type of treatment you would need.
 - ◆ If you receive home hemodialysis or utilize Chronic Ambulatory Peritoneal Dialysis (CAPD) or use Continuous Cyclic Peritoneal Dialysis (CCPD), then be sure to plan for an emergency with your facility's staff.
- ⇒ **Maintain Extras** — Keep a supply of medicine at your work place or any place you spend a great deal of time, like a family member's home.
- ⇒ **Know What Emergency Diet to Follow if Your Dialysis is Delayed** — consult with your facility dietitian about an emergency diet plan; ask how to disinfect water. (Do not use water from a swimming pool or spa.)
- ⇒ **Know How to Get Off of a Dialysis Machine During an Evacuation** — Have your dialysis facility staff show you what to do if you are on a dialysis machine in an emergency to disconnect. Your access needles may need to be left in place until you get to a safe place. NEVER cut your access needle lines — you will bleed to death. If you have a catheter, your professional staff should assist you; do not try to disconnect yourself



- ⇒ **Know the Procedures if You Must Evacuate to a Designated Safe Area** — Wait for directions from the person in charge. Do not remove your fistula needles until you have been checked by medical personnel, or until you are sure you are in an area out of immediate danger. Under no circumstances should any medical personnel unfamiliar with your dialysis status place anything into your vascular access.



Request your own copy of the CMS publication **“Preparing for Emergencies: A Guide for People on Dialysis”** from the facility social worker.

Supplies to Consider for Your Emergency Preparedness Kit

- ___ measuring cups, teaspoons and tablespoons, dropper
- ___ plastic knives, spoons, forks
- ___ pack of napkins and paper plates
- ___ pack of plastic or styrofoam bowls
- ___ paper towels
- ___ pack of plastic cups
- ___ candles
- ___ matches
- ___ can opener (manual)
- ___ baby wipes
- ___ sharp knife
- ___ flashlight & batteries
- ___ scissors
- ___ garbage bags
- ___ plastic jug for storing water
- ___ 1 small bottle of household chlorine bleach
- ___ piece of cloth, cheese cloth, or handkerchief
- ___ strainer
- ___ extra pair of eye glasses (in case first pair breaks)
- ___ radio & batteries
- ___ first aid kit
- ___ 5-7 day supply of all your medicines
- ___ diabetic supplies (if necessary)
- ___ a week’s supply of food and water



Helpful Tips During an Emergency:

- ◆ Stay at home unless you are hurt, as long as it is safe to do so. Instructions for dialysis patients may be available on TV, radio, or by phone or messenger. Depending on the nature of the emergency, consider calling your dialysis facility or doctor because they might be able to help you manage this emergency.
- ◆ Start your emergency diet as soon as an emergency situation is predicted or occurs if it appears that the emergency may delay your next regular dialysis treatment.
- ◆ If you must go to a shelter, tell the person in charge about your special health needs.
- ◆ Take a fanny pack or backpack stocked with emergency supplies, food, and medication with you if you will be away from home when severe weather or a natural disaster is predicted.
- ◆ Hospitals may not be able to give you maintenance dialysis treatments. No one should use your access to give you fluid or medication.

Word Search

L E A F B E H S C Y L C D Q O
C A R D A O C U Q F T I P I Q
T S E J Q M G P I R N K D N F
U F N P X F I P Q P L A H K J
A B O W Z J W L E N R D Z U B
M G H R W W G Y Y J E A B A C
A V P O G A U K B P O T C N W
F K L A H W H I H N L K S J L
Y I P U Z E M T K U P A E I N
M E E T I N G P L A C E N N L
B M J Y D O S L C Y T E F A S
G U J C A L M K M L O L K J C
E N O D L S W K E H F N L T L
H C H P V Q E J M I Q S L J S
A F M E L B M E L A C I D E M

Words to find:

Backpack	Meeting Place	Listen
Calm	Radio	Safety
Phone	Family Plan	
Supply Kit	Medical Emblem	

The American Red Cross provides a free online training course at www.redcrossbayarea.org/pba to assist with emergency preparedness.

Once you complete your training, please enter the partner code **NW17**. Everyone who completes the training will receive a promotion code for 20% off disaster items at www.redcrossshop.org where prepackaged preparedness products can be purchased. These products include Emergency Preparedness Kits, First Aid Kits, Safety Tubes and reference guides that are ideal for individuals, homes, workplaces and vehicles.

In the event of an emergency, go to

www.dialysisunits.com

to find out the open / close status of any dialysis center and its location.

Conditions for Coverage

Emergency Preparedness for Staff and Patient Training

The dialysis facility must provide appropriate training and orientation in emergency preparedness to all staff. Staff training must be provided and evaluated at least annually and include the following:

⇒ Ensuring that the staff can demonstrate a knowledge of emergency procedures, including informing patients of:

1. **What to do**
2. **Where to go**, including instructions for occasions when the geographic area of a dialysis facility must be evacuated
3. **Whom to contact** if an emergency occurs while the patient is not in the dialysis facility. This contact information must include an alternate emergency phone number for the facility during instances when the dialysis facility is unable to receive phone

calls due to an emergency situation, unless the facility has the ability to forward calls to a working number under such emergency conditions

4. **How to perform** the “quick disconnect (clamp & cut)” procedure from the dialysis machine if an emergency occurs

⇒ Ensuring that at a minimum, patient care staff maintains current CPR certification.

⇒ Ensuring that nursing staffs are properly trained in the use of emergency equipment and emergency drugs