



# HEALTH & H.O.P.E.

HELP ON PROCESSING EVERYTHING DIALYSIS

The Centers for Medicare & Medicaid Services (CMS) awarded two new five-year task orders to Alliant Health Solutions to serve as a Network of Quality Improvement and Innovation Contractor (NQIIC) for End Stage Renal Disease (ESRD) Networks 8 and 14. Alliant will improve the healthcare quality of ESRD providers and other providers, improve ESRD patient care, and create advisory committees and community coalitions in support of better care, smarter spending, and healthier people. The five program goals include:

1. Improve behavioral health outcomes
  - Increase depression screening and follow-up treatment
2. Improve patient safety and reduce harm
  - Work with patients who dialyze in a nursing home to reduce access infection PD/LTC

3. Improve care in high cost/complex chronic conditions
  - Includes three focuses:
    - Increase transplant wait-listing and transplantation
    - Increase the use of home dialysis
    - Lower COVID-related hospitalizations and work to improve ESRD compliance with influenza, PCV and COVID-19 vaccination
4. Reduce hospital admissions, readmissions, and outpatient ED visits
5. Improve nursing home care in low performing providers and utilize high transfusion rates as a metric to improve the care of ESRD patients in nursing homes

## THIRST-QUENCHING FOOD IDEAS



- Chilled fresh fruit or frozen cut-up fruit from your kidney-friendly food list
- Lemon or lime, frozen or added to ice water
- Crispy cold vegetables
- Fresh mint
- Caffeine-free soda, homemade lemonade or caffeine-free tea
- Gelatin
- Chilled low-sodium soup
- Sour candy
- Frozen treats from your grocery store
- Flavored ice

Go to: <http://bit.ly/ESRDSummerTips> for more information on how to beat the summer heat!

## SUGGESTIONS ON HOW TO HELP AVOID HOSPITALIZATION

- Complete all treatments
- Follow your fluid intake orders
- Follow renal and diabetic diet
- Keep hands and access clean
- Keep all appointments with doctors
- Follow medicine schedule
- Get your vaccinations

**Remember, you know your body. You are your best advocate.**

