

HEALTH & H.O.P.E.

HELP ON PROCESSING EVERYTHING DIALYSIS

American Heart Month - February 2023

Every February, we show our love for hearts by celebrating American Heart Month. Why is American Heart Month important? Every year, more than 600,000 Americans die from heart disease. It is the number one cause of death for most people, affecting all ages and genders. Heart disease is typically caused by high cholesterol, high blood

pressure, smoking, diabetes, and excessive alcohol use. High blood pressure and diabetes can also cause your kidneys to stop working.

You can lower your risk for heart disease by eating a healthy diet, exercising, and keeping your cholesterol and blood pressure in check. Below is a heart-healthy

recipe from the Mayo Clinic to help you start heart-healthy habits!



Chicken Salad with Pineapple and Balsamic Vinaigrette

Number of servings: 8
(serving size = about 2 cups)

Low sodium

Ingredients

- 4 boneless, skinless chicken breasts, each about 5 ounces
- 1 tablespoon olive oil
- 1 can (8 ounces) unsweetened pineapple chunks, drained except for 2 tablespoons juice
- 2 cups broccoli florets
- 4 cups fresh baby spinach leaves
- 1/2 cup thinly sliced red onions

For the dressing:

- 1/4 cup olive oil
- two tablespoons balsamic vinegar
- two teaspoons sugar
- 1/4 teaspoon ground cinnamon

Directions

Cut each chicken breast into cubes. In a large, nonstick frying pan, heat the olive oil over medium heat. Add the chicken and cook until golden brown, about 10 minutes. In a large serving bowl, combine the cooked chicken, pineapple chunks, broccoli, spinach, and onions.

To make the dressing, whisk together the olive oil, vinegar, reserved pineapple juice, sugar, and cinnamon in a small bowl. Pour over the salad. Toss gently to coat evenly. Serve immediately.

Calories	186	Sodium	50mg
Total fat	10g	Total carbohydrate	7g
Saturated fat	1.5g	Dietary fiber	1g
Trans fat	Trace	Total sugars	5g
Monounsaturated fat	7g	Added sugars	2g
Cholesterol	51mg	Protein	17g

Interested in Becoming a Patient Peer Mentor?



Do you have a good outlook on coping with kidney disease? Are you at ease helping patients take an active role in their care plans and talking with their care team? Are you open to learning about resources for ESRD treatment choices and sharing them with others?

If you answered yes to these, you might be the right person to be a peer mentor at your dialysis clinic.

For more information on becoming a peer mentor, ask your facility Social Worker or call the ESRD Network at 1-877-886-4435 and ask for Debbie O'Daniel.

Role of the Networks: HOW WE WORK FOR PATIENTS

The End Stage Renal Disease (ESRD) Networks are companies that work under contract for The Centers for Medicare & Medicaid Services (CMS). There are 18 ESRD Networks in the United States. ESRD Networks 8 and 14 work together to improve the quality of health care and life for ESRD patients in Alabama, Mississippi, Tennessee and Texas. We serve you by:

- Offering educational materials to patients and staff
- Working with dialysis units on projects to improve care
- Looking into and solving complaints
- Offering information about the different treatment choices available
- Working with patients who are having a hard time keeping or finding a dialysis unit

For more information about your Network, visit the following websites. While you are there, make sure to check out our patient portals.

- Network 8: <https://quality.allianthealth.org/topic/esrd-nw8/>
- Network 14: <https://quality.allianthealth.org/topic/esrd-nw14/>

Feel Down After Treatment? Maybe it's Time to Take your Treatments Home!

Dialysis patients can often experience downtime or “dialysis fog” after treatment. This can sometimes last two to six hours or even up to 12 hours after treatment. Patients who do their dialysis at home can do more treatments, which leads to little or no downtime! Plus, home dialysis patients often have better health outcomes and can receive a transplant faster than in-center patients. Home dialysis can offer many other benefits, and it is much easier to get started than you think!

Look at these resources to learn more:

[Benefits of Home vs. In-center](#)

[Benefits of Home - Why Should I Switch?](#)

The Grievance Process and You

If you are unhappy with the care or treatment you receive at your dialysis unit or transplant center, you have the right to file a complaint. Here's how to file your complaint:

FIRST—Talk to your nurse, doctor or social worker about the problem. There could be a simple explanation. You and the clinic may be able to work out a solution that could result in better care for you and other patients.

NEXT—If talking does not solve the issue, or if you feel you cannot talk about your problem with the staff at your clinic, you can go to the regional administrator or the corporate office of your dialysis unit or transplant unit. The names and phone numbers of these contacts should be posted in the lobby of your unit.

FINALLY—If none of the above steps work or if you feel your unit or corporation cannot help you, call your ESRD Network or State Survey Agency toll-free for help.

The Network staff is approved by the Medicare program to receive, look

into and resolve complaints made by or on behalf of ESRD patients in your area when possible. When you file a complaint, a social worker will be assigned your case. Based on the type of complaint, the time to look into your complaint could take up to 60 days. It is our duty to review all information available and/or make referrals. If quality is the concern, the Network might request that the unit correct the problem or ask the State Survey Agency to decide the course of action. In any case, the Network is here to help you.

Speak Up – You have the right to question your care. If you are afraid of filing a complaint, you can request the Network or the State Agency not to use your name when looking into your problems.

To file a complaint, please contact:

- ESRD Network 8 (Alabama, Mississippi, Tennessee):
1-877-936-9260
- ESRD Network 14 (Texas):
1-877-886-4435

Staying out of the Hospital

Our patients are most often admitted to the hospital for an infection, fluid overload or high potassium. To stay out of the hospital, follow these tips:

- Watch your access closely. If you see redness or swelling, or if it feels warm, call your dialysis unit as soon as possible.
- Please stay for your entire treatment each time. Short treatments can lead to fluid problems and can impact your labs, such as potassium. High potassium is the third most common reason for hospitalization.

Take a look at these tools for more information:

[6 Tips to Prevent Infection](#)

[Missed Treatment Fact Sheet](#)

[Fluid Overload](#)

[High Potassium and Kidney Disease](#)



To file a grievance, contact the following agencies: **ESRD Network 8** - Phone: 1-877-936-9260; Email: nw8info@allianthealth.org; Mail: 775 Woodlands Pkwy, Suite 310, Ridgeland, MS 39157; Website: <https://quality.allianthealth.org/topic/esrd-nw8/> - For patients and facilities in AL, MS, TN

ESRD Network 14 - Office: 972-503-3215; fax: 972-503-3219; Toll-free: 877-886-4435; Email: nw14info@allianthealth.org Mail: 4099 McEwen Rd, Suite 820, Dallas, TX 75244; Website: <https://quality.allianthealth.org/topic/esrd-nw14/> - For patients and facilities in TX

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