



SOCIAL WORK NEWSLETTER

August 2014

Changes To Transplant Wait List

For many years now, the Inland Empire and several other regions have been part of a pilot project which counts listing time from the first date of dialysis. Other areas such as San Diego and Northern California have been utilizing the time from when all tests are done and a person is Active on the waiting list. Effective December 2014, all transplant centers nationwide are changing to the first date of dialysis method of calculating wait time. This is deemed a more uniform and fair method for patients to receive cadaver kidneys.

Support Group for Dialysis Patients and Family

The support Group is held at Desert Community Bank on the Northwest corner of Silica and Hesperia Rd. on the 2nd floor. It continues to meet every 2nd and 4th Tuesday from 6:00 to 7:30 pm. This Month's meetings are held on August 12th and August 26.

If you are unable to travel and still would like someone to talk to, try the Renal Support Network Hopeline: English or Spanish: (800) 579-1970

Free Appliance Repair or Replacement

Community Action Partnership is a company that assists income qualified persons with weatherization through repair or replacement of appliances and weather sealing. They also have crisis assistance to help with utility payments and emergency food.

Contact Community Action Partnership at: 909-723-1500 or Toll Free at 800-635-4618.

ICAHPS Surveys

It is that time again in the year when you are receiving letters and phone calls asking you to give your input on Desert Cities Dialysis. We ask that you please give your honest feedback so that we know what can be improved on. Thank you!

Feeling Confused about Dialysis, Having Questions?

Please feel free to ask your nurse, technician, dietician or social worker if there is a word or phrase you don't understand. Jargon is used continually and sometimes we don't realize that some of the words are new and still unknown. Also, feel free to educate yourself. Such websites as kidneyschool.org, kidney.org, and rsnhope.org have a wealth of knowledge and educational materials.

If You Miss A Treatment

Missing treatments statistically shortens life expectancy, please do your best to never miss treatment and stay for your entire prescribed time. However, if you must miss, check to see if there is a makeup session available later in the day or the next day. Going several days without dialysis significantly increases chances of stroke or heart attack. Do your best to make your treatments, and remember if you can't make it then reschedule.

Missing One Treatment Per Week= **4 months of Missed Dialysis** a year.

Signing off 15 minutes early= **39 hours of missed dialysis** a year.

DON'T CUT YOUR LIFE SHORT.

Home Dialysis

In a recent survey, more than 90% of nephrologists said they would choose a home dialysis therapy for themselves if informed they needed renal replacement therapy, with home hemodialysis being the preferred option. Yet, more than 90% of patients undergoing dialysis in the United States are doing three-times-weekly in-center therapy.

Home dialysis, whether it is peritoneal dialysis or home hemodialysis, offers many benefits. There is more travel freedom, less diet and fluid restrictions. It offers the comfort of your own home on your schedule. It provides more regular dialysis with typically less pull which for the average patient means they have more energy consistently and less fluid and toxins being carried.

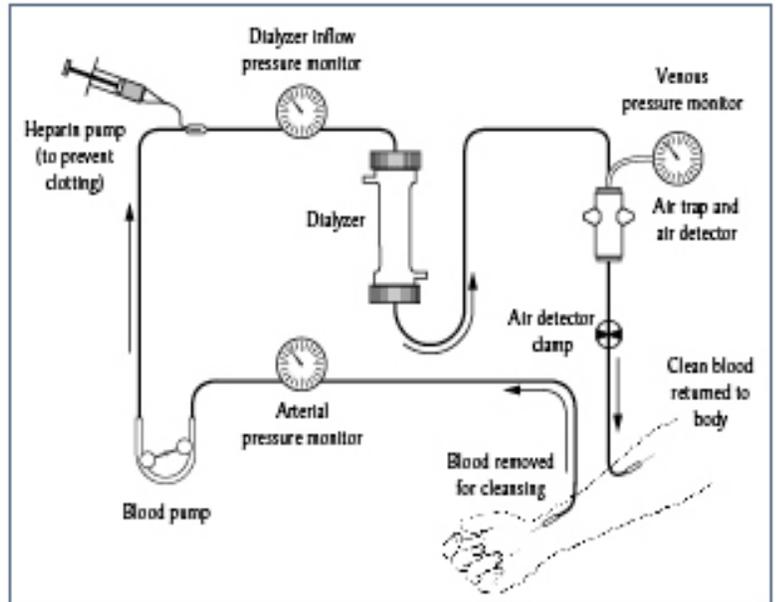
So, check it out! Ask your doctor if home hemodialysis or peritoneal dialysis is a good option for you.

High Desert Kidney Hope

Founded in April 2014, this local nonprofit organization founded by David and Lisa Baptist is working to establish funds to assist persons with Kidney Disease who are in need. Check out the website www.highdesertkidneyhope.org and see how you can get involved. Also, make sure to Like High Desert Kidney Hope on Facebook. Together we can grow and make kidney failure less of a crisis.

Our next event is being held on September 26 and 27 to raise money through a huge kidney yard sale. If you have items or time to donate, talk to your social worker. Thank you!

Hemodialysis Figure (BELOW)



Peritoneal Dialysis Figure (BELOW)

