



# *SOCIAL WORK NEWSLETTER*

## *JULY 2017*

### **Previous Issues of Newsletter**

To find previous issues of our social work newsletter as well as information on our clinic, contact phone numbers and our nephrologist's information, check out our website:  
[www.desertcitiesdialysis.com](http://www.desertcitiesdialysis.com)

### **Write To Help Others and Possibly Win Money**

Renal Support Network Essay Contest. Find details at:

<http://www.rsnhope.org/essay-contest/contest-rules/>

**First Prize: \$500**

**Second Prize: \$300**

**Third Prize: \$100**

Compose an essay of no more than 750 words on the following topic: "What Do You Know Now About Chronic Kidney Disease That You Wish You'd Known When You Were Diagnosed?"

Include with your essay a separate page with your complete name, address, and phone number, as well as your email address if applicable. \*Must be TYPED\* All entries must be postmarked or received by 12:00 PM (ET) on August 10, 2017. Entries can also be faxed to 818-244-9540 or emailed to [essay@rsnhope.org](mailto:essay@rsnhope.org).

### **RMS Healthcare Surveys**

Desert Cities Dialysis had contracted with RMS Healthcare to conduct surveys for quality improvement. Please return calls and/or mailings to help us continually make Desert Cities Dialysis the best it can be. We need your honest input!! Please respond to our surveys. As always, your responses will be anonymous. This third party surveying service does not include any names with the results of the survey.

### **Check The Bulletin Boards**

In each dialysis clinic there are required items to be posted on the bulletin boards. Check your bulletin board for recent news, resources, policies, grievance procedures and rights and responsibilities. In Barstow there is a monthly board that rotates topics and recipes are available.

### **Transplant Donor Does Not Match?**

While it used to be imperative you're your donor was a match it is not any longer. Now they have **Paired Donations**: Paired donations start when someone who needs a kidney has a person who is willing to donate one, but their body chemistry prevents a good match.

Those two people, donor and recipient, are then placed on a list together. They will then be matched with two other people in the same position. A person can receive a kidney from the paired system only if he or she has a partner who in turn is willing to donate a kidney. Find out more here:

<http://paireddonation.org/need-a-kidney/>.

### **Home Health Services**

Your insurance typically covers for medical services in the home that cannot be provided at the dialysis center. Talk to your social worker about services you may need your Doctor to order:

**Wound Care**- If you have an opening in your skin of any kind that needs care.

**Evaluation**- Check your medications, blood pressure, and evaluate your health needs for recommendations to you and your doctor.

**Physical Therapy**-Help improve your strength, balance and endurance.



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### **Audio Books for Visually Impaired**

The Braille Institute has provided Desert Cities Dialysis with audio book players and about 40 books. Feel free to ask for an audio book and player to listen to while at dialysis. If you are interested in having audio books and a player at your home you can call 1-800-808-2555 and request one.

### **Photography on Dialysis**

No photography is allowed whatsoever in the dialysis clinic. Whether on a phone, ipad, camera or any other device there are no photos allowed. We must respect confidentiality of other people here at the clinic. Please do not take photos or video while at dialysis. Please respect other people's privacy.

### **Patient's Rights and Responsibilities**

We advise all persons to know their rights and responsibilities on dialysis. Your rights and responsibilities are posted on the bulletin boards in English and Spanish. They are given to each person upon admission to Desert Cities Dialysis. **KNOW YOUR RESPONSIBILITIES. KNOW YOUR RIGHTS.** There will be a test later in the month. Additional copies are available to you at any time. Please let your social worker know if you do not have yours.

### **Safety Net Grants**

American Kidney Fund has reopened their grant to assist patients with dialysis related expenses. Limit of \$100 per year per patient. Talk to your social worker about applying for assistance paying for medications, transportation, or other health related expenses.

### **Home Hemo Dialysis Option**

Welcome back Jessica Dewess our beloved home hemodialysis nurse! We are so thrilled to have Jessica returning to run our home hemo program. This is a cutting edge home program with medical supplies and home dialysis machines. Why change to home hemo? This modality allows you:

- 1) The flexibility of treatment time.
  - 2) Freedom of mobility and travel.
  - 3) More liberal diet and fluid intake.
  - 4) Less stress on your heart.
  - 5) Statistically lower infection risks.
- With home hemo, you will dialyze more frequently but less time. This way you are keeping fluid and toxins from being in your system as long. Talk to your staff about brochures and DVDs available to get more information.

### **Travelling or Moving?**

Please notify your social worker as soon as you know when you are leaving so that arrangements can be made for you to have dialysis.

### **Humor**



I do sympathize with you, sir, but I'm afraid it cannot be viewed as 'carry on' luggage.