



# *SOCIAL WORK NEWSLETTER*

## *JULY 2018*

### **Previous Issues of Newsletter**

To find previous issues of our social work newsletter as well as information on our clinic check out our website: [www.desertcitiesdialysis.com](http://www.desertcitiesdialysis.com)

### **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 that 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/>.

### **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 the confidentiality of other people here at the clinic. Please do not take photos or video while at dialysis. Please respect other people's privacy.

### **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. Arranging dialysis can be a lengthy process, so at least a month's notice is needed. If you are travelling to a tourist hotspot, more notice is needed if you want to have a reserved treatment at that location.

### **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.

### **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.



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### **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.

### **Home Hemo Dialysis Option**

Be sure to check out our Home Hemo dialysis 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.

### **Update Your Address and Phone Number**

Dialysis is a critical medical need. If there is a change in dialysis treatment, time, schedule, or if emergencies occur we must be able to reach you. Many times we are calling with your old phone number. Please make sure we can reach you, update your contact information.

### **Activities on Dialysis**

We encourage you to bring activities to do while on dialysis to keep the time from feeling overwhelming. We also have books on tape, word searches, books to read, and other activities. Feel free to bring your laptop or phones to connect with our wireless network. Many people also bring portable DVD players to watch their favorite movies or a magazine that interests you. Staying on treatment for your entire prescribed time will eliminate more toxins, remove excess fluid and statistically will make you live longer!

### **Please Do Not Go Hungry**

There are many food banks, food distributions, and emergency services available. If you or your family are planning to go without food or basic necessities please talk with your social worker about community resources and grants available!

### **2-1-1 Resources**

Dial 2-1-1 on your phone. A free directory for community resources in San Bernardino County! Call and connect with a live representative who will assist you.

### **Humor**

The Dialysis Patient said to the Attending Nurse who was in the process of giving him a Flu Shot, "Please don't hurt me." She said, "The last thing I will do is hurt you." The patient relaxed and thanked her for being so understanding. As soon as the shot was given, the patient screamed, "That hurts!" she responded, "What did you expect? I told you it was going to be the last thing."

