

Volume 15, Issue 4—April 2020

Get to Know Your Fellow Dialysis Patients

Dialysis Patients,

I'd like to take this opportunity to introduce you to Al Eastin. He is a peritoneal dialysis (PD) patient and has been in our group for the past 9 months.

He was born in Chicago and moved to Cedar Rapids when he was three years old. He attended grade school in Cedar

Rapids at Polk and went to high school at McKinley down by Mercy Hospital. That was back when McKinley was still a High School. He then attended the university of Iowa for 2 years after which he joined the army from '56 to '58.

He married his wife Joanne in Aug of '59. They have three children, Craig from Urbana, Keith from Colorado and Suzanne from Arizona. They have six grand kids and four great grand kids.

He spent the majority of his working career as an owner/sales rep and estimator at Appleby & Horn Tile company. They Specialized in commercial floor coverings.

As far as hobbies he really enjoys golfing with three of his buddies. At this point in his life, golf is his major hobby although he enjoys fishing and hunting.

He likes watching all sports but is an avid Hawkeye fan (all sports). He and his wife Joanne enjoy watching NETFLIX and going to the Marion Theater.

Al is a really down home kind of guy and very pleasant to visit with so if you see him in the halls or at a "Coffee and Convo" meeting be sure to say HI.

Thanks,

Fred Barnhouse NPR



Al Eastin

***Interested in having your story published?**
 Contact Fred Barnhouse, your Patient Representative at (319) 899-1281.

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Care Conference
April 23rd

Sign up in the waiting room

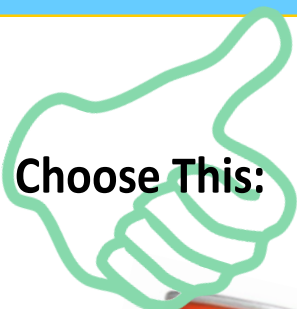
The Dialysis Newsletter is available online:

<https://www.mercycare.org/services/dialysis/newsletters/>

Mercy Dialysis Product Pages

— nutrition news you can use!

DIETITIAN
RESEARCHED



Choose This:

If Diabetic Choose Diet of these varieties.



Mercy Dialysis Product Pages

— *nutrition news you can use!*

DIETITIAN
RESEARCHED



NOT This:



Note: Product ingredients are always changing. Please continue to read ingredient labels.



Tuna Salad: makes 4 servings

Ingredients

- 2, 6- ounce cans of tuna
- 1/4 cup chopped celery
- 2 Tbsp minced onion
- 1 tsp dried parsley
- 1/3 cup mayonnaise
- 1 Tbsp mustard
- Black Pepper to taste
- Squeeze of lemon juice

This recipe is a good source of protein!

- ◆ You have increase protein needs due to receiving Dialysis treatments!
- ◆ It is important to get enough protein in your diet!
- ◆ Help keep your albumin in range and fuel your body to stay healthy and feel your best!
- ◆ Low albumin is associated to increased risk of infection, muscle loss, decreased appetite, decrease energy, increased risk of hospitalizations, and even death.

Directions

1. In a small bowl, mix tuna, celery, onion, and parsley with a fork.
2. Add mayonnaise, mustard, and season with pepper to taste, stir.
3. Squeeze lemon juice
4. Serve as a lettuce wrap on ice burg lettuce or on a slice of your favorite no added phosphorus bread.

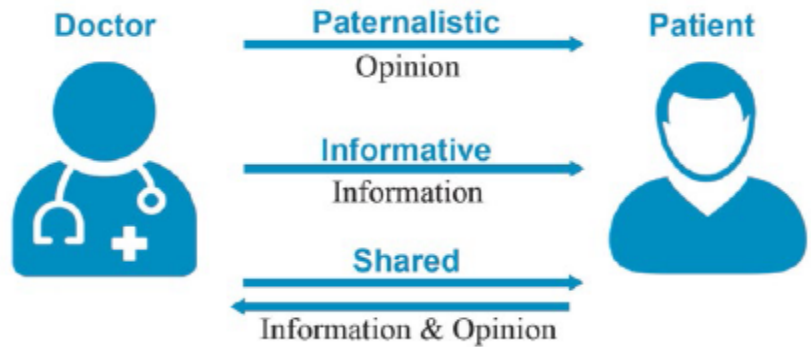
Nutrients

Calories: 129 kcal
 Protein: 17 g
 Carbohydrates: 3 g
 Fat: 5 g
 Sodium: 247 mg

Potassium: 194 mg
 Phosphorus: 116 mg
 Calcium: 16 mg



Heartland Huddle Shared Decision Making Series #1



Shared Decision Making Overview

According to the Agency for Healthcare Research and Quality, studies show many providers believe patients are not interested in participating in health care decision making. However, evidence suggests patients want more information than they are given and would like to be involved in the decision-making process.

Many patients do not know that they can and should participate in decisions about their health care. Shared Decision Making (SDM) is a patient-centered process that engages patients, their care partners and the health care team in collaborative decision making.

SDM supports patient-centered care and is different from paternalistic or informative decision-making where the physician provides their opinion or information to the patient and then a decision is made.

For more information, contact Qsource ESRD Network 12 at 816-880-9990 or visit www.heartlandkidney.org.

Shared Decision Making:

- Is a collaborative process
- Involves providers partnering with the patient to explore and compare treatment options
- Takes into account the best scientific evidence available
- Identifies and takes into account patient values and preferences
- Honors the patient's right to be fully informed about all care options and the potential harms and benefits
- Honors the provider's expert knowledge
- Allows patients and their providers to make health care decisions together

Shared Decision Making Benefits Include:

- Valuing and supporting individual self-determination
- Increasing patient knowledge and understanding of their health
- Helping the patient understand what the providers are trying to do
- Having more realistic expectations from treatment
- Decisions and choices aligning with patients' preferences and values
- Improving patient satisfaction
- Ensuring patients are better informed with more accurate risk perceptions
- Building a lasting and trusting relationship
- Patients being more likely to follow through on their decision

This resource was developed while under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services, Contract #HHS-500-2016-00012C. Original content provided by www.hhs.gov and www.medicalprotection.org. The contents presented do not necessarily reflect CMS policy. 19.Q-ESRD12.03.065

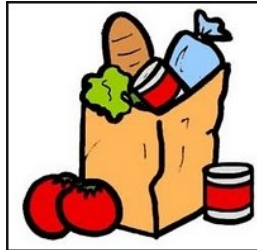
Social Worker's Corner

COVID19 Safety Tips

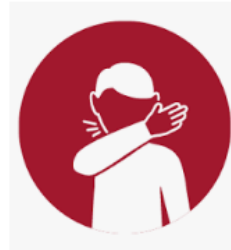
- * Stay home



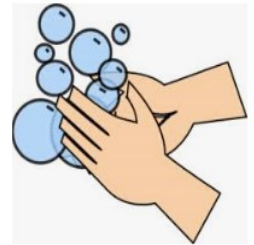
- * Only go out for essentials



- * Cover your cough/sneeze and sanitize



- * Wash your hands often and scrub with soap for 20 seconds prior to rinsing



- * Don't touch your face



- * Clean frequently touched objects and surfaces



- * Wear a mask when in public to help stop the spread (including here at dialysis)



- * Practice social distancing



Learn more about Home Dialysis



A quick look at Peritoneal Dialysis:

This is the machine that our peritoneal dialysis patients use to do dialysis at home. It fits on a night stand and weighs about 16 pounds. All of the PD supplies are delivered monthly or twice a month if someone has a limited amount of storage. It is recommend you have a wall space of about 5 feet wide by 3 feet tall to store a one month supply of solution. PD patients come into the unit for a monthly clinic appointment where they meet with the entire care team together: the doctor, nurse, dietitian, and social worker. Patients on PD have 24 hour access to RN and machine support. PD home supplies that are needed to be provided by the patient include: antibacterial soap in a pump dispenser, antibacterial hand sanitizer in a pump dispenser, Q-tips, paper towels, and a night stand for cycler/machine and dialysis solution bags to sit on. The night stand should be at approximately the same level of the person when lying in bed.

Consider the flexibility of Home Dialysis:

Peritoneal Dialysis (PD) uses your body's own membrane, the peritoneal membrane, as a filter to clean your blood slowly removing fluid and toxins more similar to your normal kidneys. PD eliminates trips to and from a clinic multiple times a week as it is done in your own home. The convenience of PD may also let you pursue your hobbies or travel. Most people enjoy the flexibility and independence that they have with PD.

91% of US kidney doctors surveys would select home dialysis compared to in center.

78% of potential dialysis patients are suitable candidates for PD.

Visit with Dr. Ahmed or Dr. Yacoub during their weekly rounds to see if you may be a candidate for PD.

If you are interested and would like to learn more about peritoneal dialysis please write your name on the slip below and return it to Jeannie and one of our PD nurses will reach out to you.

Peritoneal Dialysis Inquiry Form:

Please, return to Jeannie and one of our PD nurses will reach out to you soon.

Name:



APRIL



Carl V. 9th
Patricia G. 11th
Alice H. 17th

Richard W. 26th
Howard C. 28th
Clyde H. 30th



Spring Flower Word Search

Try to find all of the hidden spring flower related words in the puzzle below. Remember, words can be diagonal, vertical, horizontal, forward or backwards.

Bluebells
Buttercup
Crocus
Daffodil

Freesia
Hyacinth
Iris
Lady's Slipper

R	E	P	P	I	L	S	S	Y	D	A	L	L
A	I	H	T	N	I	C	A	Y	H	B	S	S
A	F	R	E	E	S	I	A	Q	F	U	P	P
P	B	L	U	E	B	E	L	L	S	T	O	P
P	D	A	F	F	O	D	I	L	U	T	R	R
B	S	T	E	L	O	I	V	I	C	E	D	E
S	P	I	L	U	T	J	R	O	R	W		
W	O	R	C	H	I	D	I	R	C	O		
Q	Y	L	I	L	A	C	S	C	U	N		
S	U	S	S	I	C	R	A	N	P	S		
O	P	P	O	P	P	Y	Y	P				

Lilac
Lily
Narcissus
Orchid

Poppy
Snowdrops
Tulips
Violets



Mercy Health Plaza
5264 Council St. NE
Cedar Rapids, IA 52402

Mercy Medical Center
701 10th St. SE
Cedar Rapids, IA 52403

Mercy Dialysis—Vinton
502 N. 9th Ave
Vinton, IA 52349