

















ESRD Educational Bingo Game – Key Sheet

Bingo Number	Icon	Term	Definition
		Vaccination	You should take these when offered and keep them up to date to develop immunity to certain diseases, including the flu and Hepatitis B.
		Feel the Thrill	Check morning and night using 2 fingers and report any changes to your dialysis team to keep your access working well.
		Medicare Part D	This is an optional and paid insurance that covers prescribed medications that can be added to Medicare Part B, the insurance that covers dialysis treatments in qualifying citizens
		QAPI (Quality Assurance and Performance Improvement)	Is a monthly meeting including all members of your dialysis team, including dietitian, social worker, nurse, kidney doctor and management to discuss quality improvement in your clinic and find ways to improve the care of all the patients in your facility.
		Patient Support Group	A group of people that come together to discuss topics of mutual interest, share experiences and provide emotional or moral support to each other.
		Paired Exchange	This is a kidney transplant option, that expands the number of possible compatible matches a recipient may be offered.
		Nocturnal Dialysis	A gentle and longer treatment that takes place at night while you sleep.
		Dwell time	The length of time dialysis solution stays in the peritoneum during peritoneal dialysis.

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		Clamp & Disconnect	If there is a life threatening emergency while you are at the dialysis center, follow this procedure to get off the machine.
		Anemia	Condition where red blood cell levels are low which can cause shortness of breath or weakness.
		Dialysate	This fluid is prescribed by your doctor, and it is used to remove waste products from the blood during dialysis.
		ESRD Network	You can call this organization for any grievance or access to care related problem at South Atlantic: 1-800-524-7139 New York: 1-800-228-3773 New England: 1-866-286-3773 Ohio River Valley: 1-844-819-3010
		Catheter	This type of dialysis access where a tube is inserted in a large vein in the chest, neck or groin ending in a chamber of the heart. This access has the highest rate of clotting and infection.
		Diabetes	This condition is associated with a lack of insulin production in the body which leads to excess and uncontrolled blood sugar levels.
		Graft	This is a permanent access where a small tube is placed under your skin to join a vein and an artery to supply adequate blood flow to the dialysis machine.
		High blood pressure	This is when the force of the blood pushing on the blood vessel walls is too high causing the heart to pump harder, this can cause heart disease, kidney disease and stroke.
		Wash your hands	This is the best defense against the spread of disease.

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		You! (The patient)	The most important member of your care team!
		Social Worker	Talk to this healthcare staff member if you are feeling depressed or having a hard time adjusting to life with dialysis.
		Living Donor	This is a person who selflessly donates an organ to a person in need.
		Care Partner	This is a person who provides support or assistance to a patient during their dialysis journey.
		Grievance	This is a concern you have with your dialysis facility and should be addressed in the following order: <ol style="list-style-type: none"> 1. Facility management 2. ESRD Network 3. State Survey Agency
		Vocational Rehabilitation	Services offered to persons to assist them in gaining employment or going back to school.
		Infection	Signs of this illness may include: fever, redness, drainage, pain, pus, confusion and swelling.
		Fistula	The preferred permanent vascular access.
		Transplant	This treatment option is when a kidney is replaced with a healthy organ from a living or deceased donor.

Bingo Number	Icon	Term	Definition
		Patient Advisory Committee (PAC)	This is an organized group of patients and/or family members who volunteer their time to represent the ESRD Network in their dialysis or transplant facility, and also represent their facility to the ESRD Network.
		Peer Mentorship	A form of mentoring that takes place between a person who has living experience in a topic and is willing to share and educate other persons or mentees going through that experience.
		Home Dialysis	This is a treatment option where you receive specialized training to perform dialysis in the comfort of your home.
		Dry Weight	This weight is used by your health care team to assure accurate fluid removal.
		Heart-healthy	This refers to the lifestyle that includes regular exercise and a healthy diet to improve heart health and blood pressure.
		Needle Free	Peritoneal dialysis does not use needles.



To file a grievance, please contact us:
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