



End-Stage Renal Disease  
Network Program

# Patient Facility Representative (PFR) Alliance Meeting

February 2, 2023



# Patient and Family Engagement Program Team



**Danielle Andrews, MPH, MSW, GCPH  
Health Equities  
Specialist**



**Shezenna Andiappen, MSW  
Patient Services Coordinator**



**Agata Roszkowski, LMSW  
Patient Services Director**



**Danielle Daley, MBA  
Executive Director**

# Introducing our newest member of Patient and Family Engagement Program Team!



**Stephanie Cole, BA, PSM, QP**  
**Project Manager: Operations and**  
**PFR Alliance**

# Today's Agenda



**Meeting  
Reminders**



**PFR Check-In**



**New Resource**



**World Kidney Day**



**Bingo**



**Closing  
Remarks**



# Meeting Reminders

- All phone lines are muted upon entry to eliminate background noise/distractions
- We will be monitoring Chat throughout the meeting for questions or comments
- All slides will be shared within a week of completion of the meeting



# Welcome to Our February Meeting!

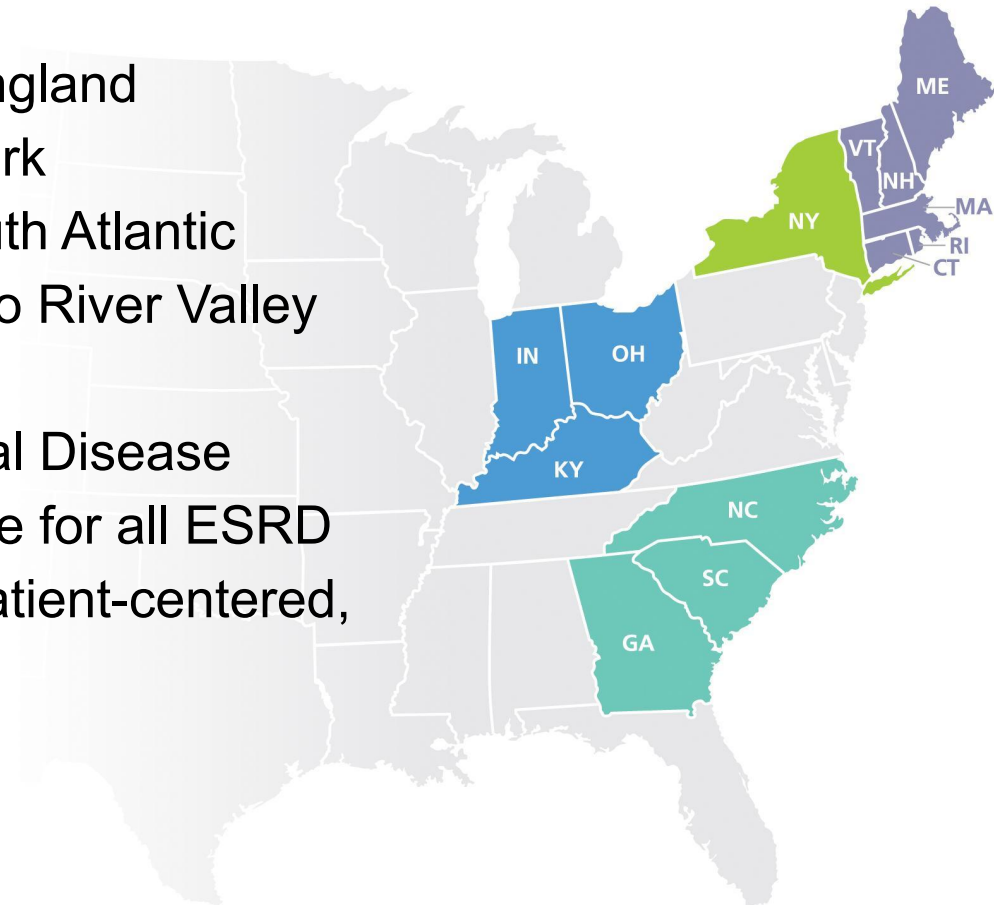


**Shezenna Andiappen, MSW**  
**Patient Services Coordinator**



# IPRO ESRD Network Program

- The IPRO End-Stage Renal Disease Network Program includes four ESRD Networks:
  - Network 1: ESRD Network of New England
  - Network 2: ESRD Network of New York
  - Network 6: ESRD Network of the South Atlantic
  - Network 9: ESRD Network of the Ohio River Valley
- The mission of the IPRO End-Stage Renal Disease Network Program is to promote healthcare for all ESRD patients that is safe, efficient, effective, patient-centered, timely, and equitable.





# Network Check-In

- **Which Network are you from?**
  - Network 1 (Connecticut, Massachusetts, Maine, New Hampshire, Rhode Island, Vermont)
  - Network 2 (New York)
  - Network 6 (North Carolina, South Carolina, Georgia)
  - Network 9 (Indiana, Kentucky, Ohio)

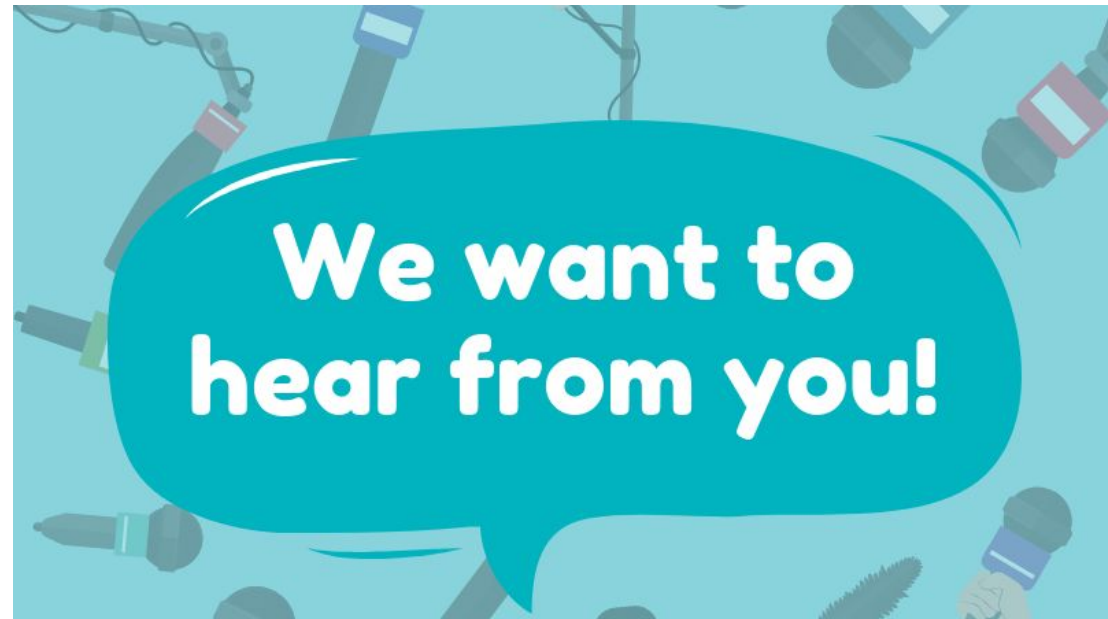






# Network Check-In

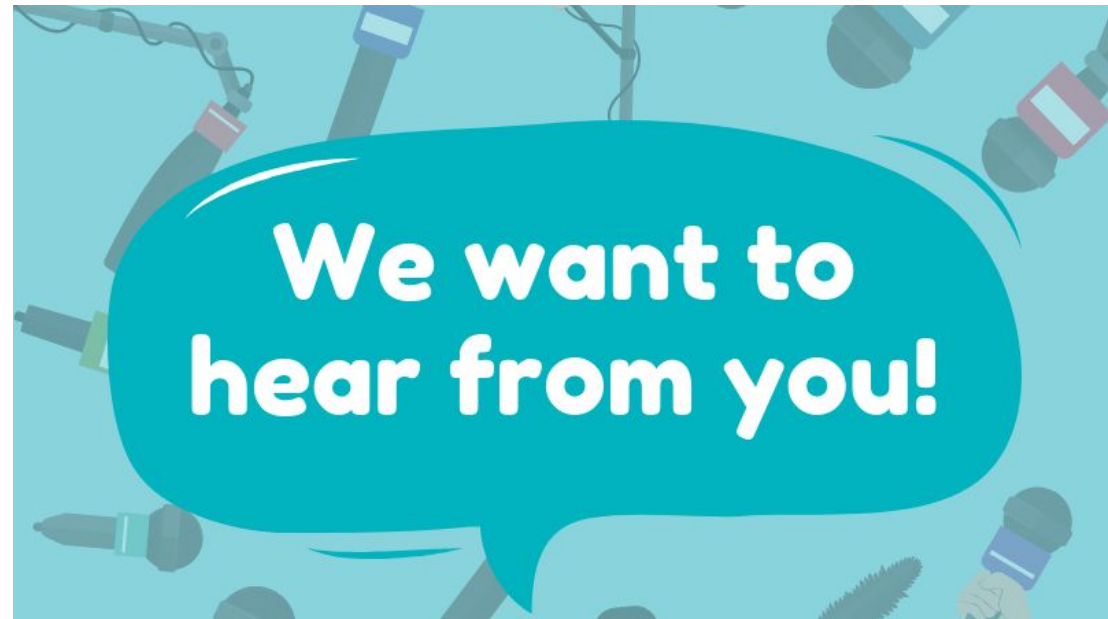
- **How many of you eat fast food when you're in a pinch?**
  - Yes
  - No
  - Unsure





# Network Check-In

- **Do you know how to eat kidney friendly fast food?**
  - Yes
  - No
  - Unsure



# New Patient Resource



**Danielle Andrews,  
MPH, MSW, GCPH  
Health Equities Specialist**



# Resources for Kidney “Friendly” Fast Food

The Network is working with local dietitians and patients to come together and discuss food insecurity. As we are approaching a tight and more expensive economy, healthy and kidney friendly foods are becoming farther out of the reach of patients.

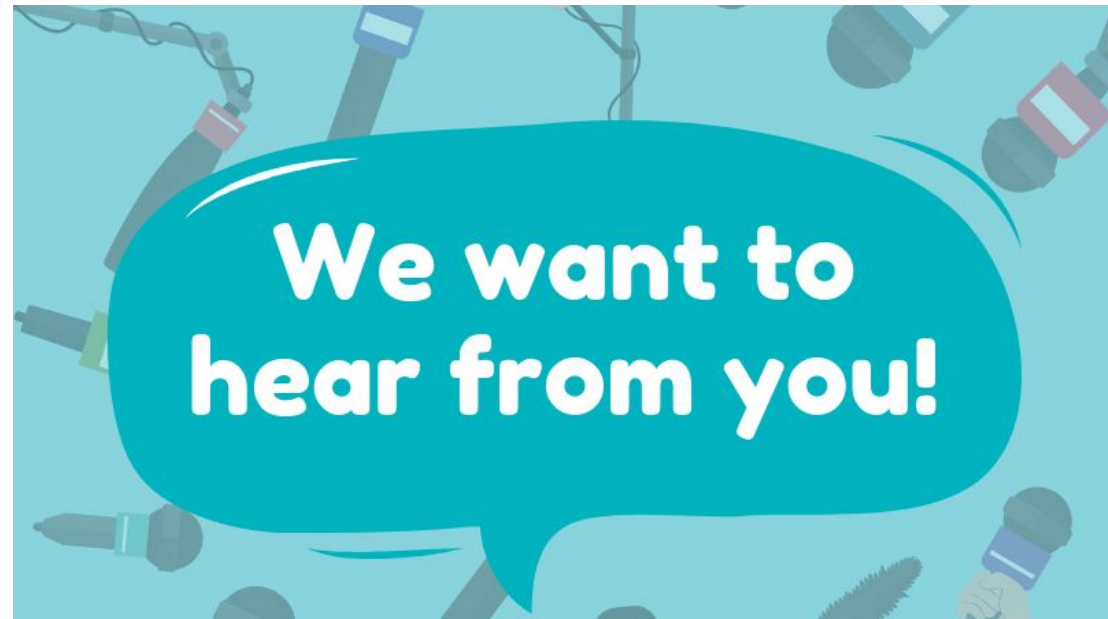
- Reality is fast food prices are consistently cheaper
- We need to get ahead of the probably that many will not be able to afford healthy “fresh” Food

If you are interested in helping us create a series of resources to help identify kidney friendly foods on a fast food menu let us know in the chat!



# Network Check-In

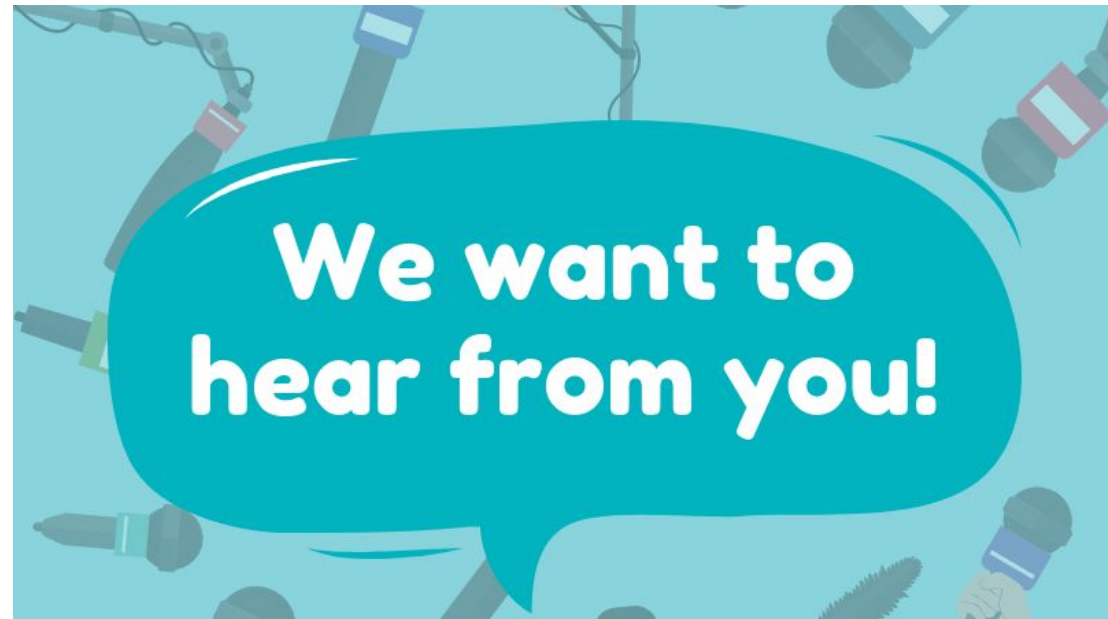
- **Have you heard of National Kidney Month?**
  - Yes
  - No
  - Unsure



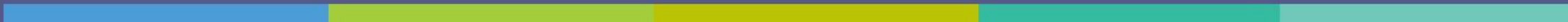


# Network Check-In

- **Has your facility ever discussed or recognized National Kidney Month?**
  - Yes
  - No
  - Unsure



# Let's talk National Kidney Month





# What is National Kidney Month?

National Kidney Month, observed every March, brings awareness to kidney health and encourages people to support kidney disease research and take steps to keep their own kidneys safe and healthy.

- During National Kidney Month we also recognize World Kidney Day on March 9th.
  - Every Year World Kidney Day as a new theme, this year's theme is "Kidney Health for All-Preparing for the unexpected, supporting the vulnerable!" This focuses on raising awareness about disastrous events, natural or man-made, international or local, and their impact on people living with kidney disease whose access to appropriate diagnostic services, treatment, and care is hindered.

**KIDNEY  
HEALTH  
FOR ALL**

PREPARING FOR  
THE UNEXPECTED,  
SUPPORTING  
THE VULNERABLE!



**#worldkidneyday #kidneyhealthforall**  
**www.worldkidneyday.org**

World Kidney Day is a joint  **ISN**  **IFKF-WKA** initiative





# How to Promote World Kidney Day

**The World Kidney Day Provide provides a variety of campaign materials that can be used in collaboration with the Network's Resources.**

## **2023 World Kidney Day Activities Guide**

The activities guide contains helpful ideas and tips for planning your World Kidney Day activity.

It includes guidance on how to create your own activity by following our 5 clear steps (audience, idea, plan, communication, and advertising) and also provides facts and figures about kidney disease worldwide for easy access to key data when communicating the importance of marking World Kidney Day. It also contains useful links to our 2023 WKD materials and resources as well as helpful planning tips for your WKD activity.

<https://www.worldkidneyday.org/2023-campaign/2023-campaign-materials/>





# World Kidney Day Bulletin Boards



Kidney Community  
Emergency Response



## Things to Post:

- Different Treatment Modalities (In-Center, Transplant, and Home Therapies)
- Understanding your kidneys and how they work
- Work with the theme incorporate emergency preparedness resources from the Kidney Community Emergency Response Group (KCER)
  - [Emergency Preparedness Checklist and Tips](#)
  - [Emergency Go-Bag](#)
  - [Preparing for Emergencies: A guide for People on Dialysis](#)
  - [3-Day Emergency Kidney Diet](#)
- Discuss the Network's Emergency Preparedness App

### 3 Day Emergency Diet Plan<sup>1</sup>

Dialysis takes some of the water and wastes out of your blood. Wastes and water build up between treatments. When you get three treatments a week, this buildup should not cause a problem. When you can't get treatment, the extra water and wastes in your body can cause problems. You will need to follow a special, strict diet to limit buildup of water, protein wastes, and potassium when you can't get your treatments.

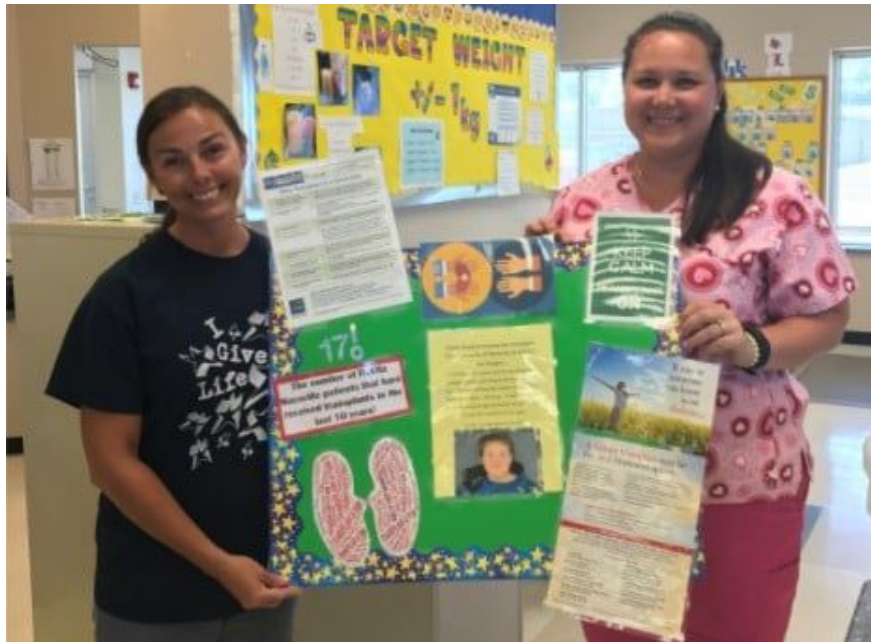
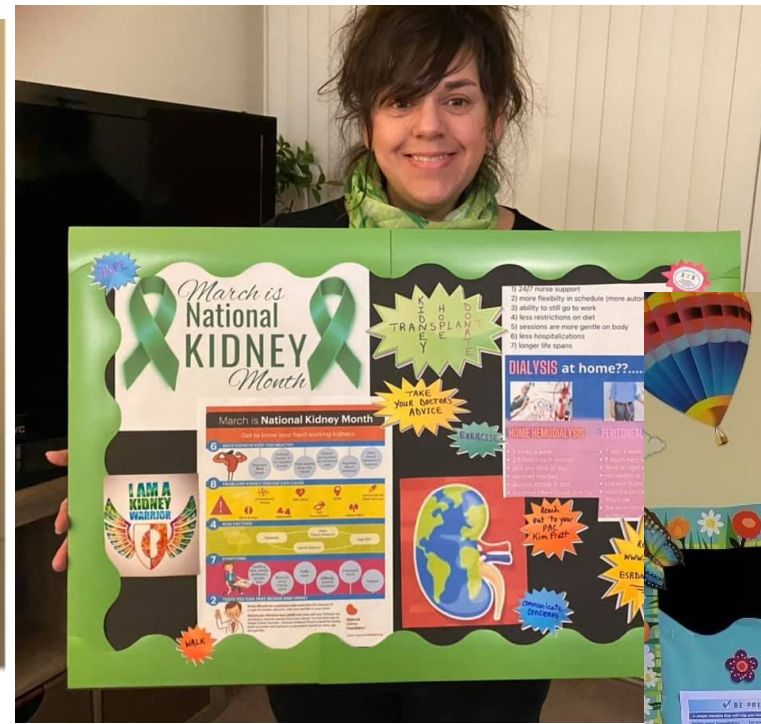
The 3-Day Emergency Diet Plan will help you follow an emergency diet. This diet does not take the place of dialysis, but you can reduce the waste that builds up in your blood if you follow the Plan and change what you eat. **This may save your life.** Review the plan with your facility dietitian to see if you need to make changes based on your needs. Ask questions *before* an emergency. If you are on home dialysis—either home hemodialysis or peritoneal dialysis—and can't do your treatments, this diet may apply to you, too.

In an emergency or disaster situation, you should do everything you can to get your regular dialysis treatments. In any emergency, follow the 3-Day Emergency Diet Plan until you can get treatment. You should always try to get dialysis within three days of your last treatment.

The best way to get ready for an emergency is to plan BEFORE one happens. Collect the foods on the 3-Day Emergency Diet Shopping List. Keep them in a bin so you have them on hand. The list allows for six days of food and water. Eat fresh foods first, while you have them. If you have diabetes, avoid the sweets in this plan. But do have some high sugar foods like hard candies on hand in case your sugar is low.



<sup>1</sup> From the CMS Publication, *Preparing for Emergencies: A Guide for People on Dialysis* (rev. 2015)



# Questions? Comments?



**Next Steps...Let's Play  
Bingo**