


Healthy Living Bingo Game – Key Sheet

Bingo Number	Image	Term	Definition
		Vaccination	Vaccination (usually a shot) protects you from serious and sometimes deadly diseases. You should take recommended vaccines to build immunity to diseases like the flu and hepatitis B.
		Feel the Thrill	Thrill is a vibration felt over the fistula. Check morning and night using two fingers over your fistula to feel the motion of the blood flowing through it. This shows that your access is working. Report any changes to your dialysis team.
		Medicare Part D	Medicare’s prescription drug benefit helps cover the costs of most outpatient prescription drugs. Part D is offered through private companies as a stand-alone plan (if you have Original Medicare) or as set of benefits included with a Medicare Advantage Plan.
		QAPI (Quality Assurance and Performance Improvement)	A focused approach to improve quality and safety for all patients in your clinic. QAPI brings together members of the dialysis team in monthly meetings to work together to find creative solutions to quality and safety issues. QAPI meetings include all members of your clinic’s professional dialysis team (dietitians, social workers, nurses physicians); clinic management; and patient representatives.
		Care Team	Your care team includes the individuals who provide you with support and assistance to make sure that you get the care you need during your dialysis journey. Members of your care team may include your nephrologist, kidney educator, nurse, patient care technician, dietitian, social worker, peer mentor, and others. Talk to any member of your care team if you are feeling depressed or having a hard time adjusting to life with dialysis.
		Preventative Care	Routine health care procedures that include screenings, check-ups, vaccinations, and patient counseling to prevent or slow the progression of illnesses, diseases, or other health problems.
		Diet	Your choices about what to eat and drink while on dialysis can make a difference in how you feel and can make your treatments work better.
		Exercise	Exercise provides a number of health benefits, both physical and emotional. Benefits include improved heart function, stronger bones and muscles, improvement in doing everyday activities, and improvement in your emotional state.

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9		Clamp & Disconnect	If there is a life-threatening emergency while you are on a dialysis machine, you should learn this procedure to safely disconnect yourself from the machine. This procedure should be used only if you have a fistula. If you have a catheter, wait for a member of the healthcare team to disconnect you from the machine .
10		Anemia	A common and treatable condition in which your red blood cell levels are low. If you have anemia, your body does not get enough oxygen-rich blood, and you may feel tired, weak, and short of breath.
11		Dialysate	This fluid is prescribed by your doctor, and it is used to remove waste products from the blood during dialysis.
12		ESRD Network	ESRD Networks are funded by the federal government to ensure that appropriate, quality care is provided to individuals who receive treatment through Medicare-certified dialysis facilities and kidney transplant centers. If you have a concern about the quality of care you are receiving or an issue with accessing care, you can call: In New England: 1-866-286-3773 In GA, NC, or SC: 1-800-524-7139 In KY, IN, or OH: 1-844-819-3010 In NY: 1-800-228-3773
13		Catheter	For hemodialysis to take place, access to a vein is needed to move blood between your body and the dialysis machine. A venous catheter is an access created by inserting a tube through the skin into a vein in the neck, chest or groin. The tip of the tube ends near the heart. Catheters are often placed for short-term use and can be placed quickly. This type of access is associated with a high rate of infection.
14		Diabetes	A chronic condition that affects how your body turns food into energy. Insulin is a hormone made by the pancreas that helps glucose (sugar) get into your cells to be used for energy. If you have diabetes, your body doesn't make enough—or any—insulin, or doesn't use insulin properly, which leads to having too much blood sugar in your bloodstream.
15		Graft	For hemodialysis to take place, access to a vein is needed to move blood between your body and the dialysis machine. An arteriovenous (AV) graft is created by connecting a vein to an artery using a soft plastic tube. After the graft heals, hemodialysis is performed by placing one needle in the arterial side and one in the venous side of the graft.
16		High Blood Pressure	You have high blood pressure, also called hypertension, when the force of your blood pushing against the walls of your blood vessels is consistently too high. This causes the heart to pump harder and can lead to heart disease, kidney disease, or stroke.

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		Wash Your Hands	This is the best defense against the spread of disease.
		The Patient	As the patient, your role is to serve as a primary member of your care team and to advocate for yourself to make sure you are receiving quality care.
		Social Worker	A trained professional who provides support to patients and their families, discusses treatment goals and goals for life outside of dialysis. Talk to your clinic's social worker if you are feeling depressed or having a hard time adjusting to life with dialysis.
		Living Donor	A living person with two healthy kidneys who donates one of his/her kidneys for transplantation to another person.
		Care Partner	A person who provides emotional and physical support to a loved one during their health journey with end stage renal disease.
		Grievance	A written, verbal, or electronic request for a formal investigation of a concern or complaint about your dialysis facility. If possible, the grievance should first be discussed with a member of your facility's management team. If that approach is not comfortable or successful, you should contact your ESRD Network or your state's survey agency.
		Vocational Rehabilitation	Services offered to persons to assist them in gaining employment or going back to school.
		Infection	The invasion and growth of germs (bacteria, virus, fungus, etc) in the body. Infection can cause fever, redness, swelling, pus, pain, and/or confusion.
		Fistula	For hemodialysis to take place, access to a vein is needed to move blood between your body and the dialysis machine. A fistula is a direct connection, made by a vascular surgeon, of an artery to a vein. Once created, it is a natural part of the body. Fistulas are considered to be the "gold standard" of vascular access.

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		Transplant	A treatment option in which a kidney is replaced with a healthy organ from a living or deceased donor.
		Patient Facility Representative Alliance (PFR)	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	An interaction between a person who has a lived experience in a topic (mentor) and is willing to share knowledge gained through their experience to guide and support someone new to that experience (mentee).
		Home Dialysis	A treatment option for which you receive specialized training to perform dialysis in the comfort of your home.
		Weight Loss	Can improve mobility, help with comorbid conditions such as diabetes and hypertension, and can improve sleep and boost your energy.
		Heart Healthy	Refers to the lifestyle that includes regular exercise and a healthy diet to improve heart health and blood pressure.
		Doctor/ Specialist	Having a primary care physician (PCP) offers you important support to help you better understand what you need to do to stay healthy. Your PCP can catch potential problems early, before they become serious or life threatening; know when you need more advanced care; and will refer you to specialists they trust.



For more information or to file a grievance, please contact us:
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