

Patient Activity Book



Qsource ESRD Networks

Qsource ESRD Networks work hard to improve the quality of care and the quality of life for people who get treatment for End-Stage Renal Disease in our states. We work with staff at dialysis clinics and transplant centers to help them make care better for dialysis and transplant patients. We focus on improving the lives of people living with kidney disease in all that we do.



Quality of Care
Program Development



Advocacy and Mediation



Educational Resource Development



Patient and Community
Partnerships

What We Do for Patients

The Network does a lot to help make care better so people with kidney disease can live their best lives. We do this by:

- Helping you learn more about kidney disease, dialysis and transplant
- Helping you if you have a complaint about the care you get
- Helping you and the clinic staff work together to solve problems
- Making sure you can get the dialysis care you need
- Working with staff to learn about ways to make the care better
- Working with the State Survey Agencies to make sure patients are safe

What We Do for Clinics

Each Network has a Medical Review Board and Patient Advisory Council that helps to guide our work. We will:

- Be a link between Medicare and clinics
- Keep staff up-to-date on what works best to give good care
- Work with staff on projects to make care better
- Provide training to the staff
- Provide resources to help improve care
- Watch over treatment data to make sure they give good care



**We Ensure the Patient Voice is Heard
Throughout Network Activities**

My Network Crossword Puzzle

Visit esrd.qsource.org to learn more about Qsource ESRD Networks. Complete this crossword puzzle using the knowledge you learned. Good Luck!

Across

2. All patients have the responsibility to follow the _____ of the clinic.

3. Qsource ESRD Networks serve the states of _____, Iowa, Kansas, Missouri and Nebraska.

5. The Patient Advisory Council (PAC) works to _____ fellow patients through their own stories and patient education ideas.

7. Qsource ESRD Networks have many activities to improve the _____ of care and life of dialysis and transplant patients.

9. There are 18 ESRD _____ in the United States to promote health and safety standards.

10. An assistance program that can help with making decisions about Medicare coverage.

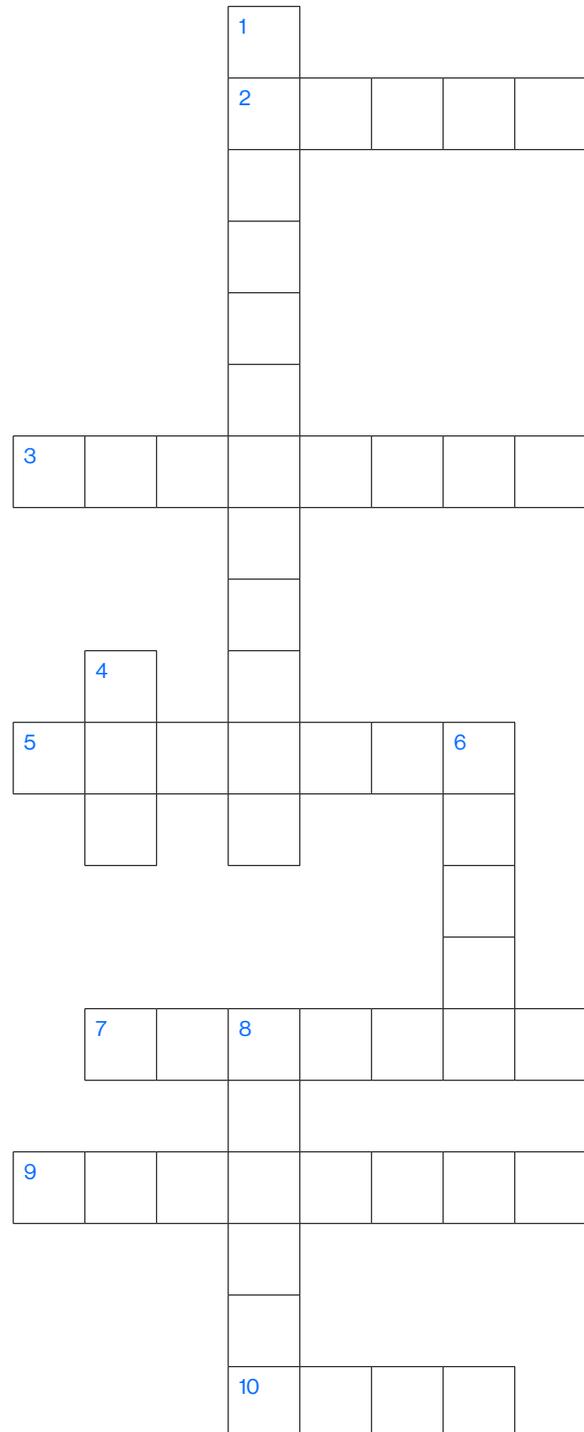
Down

1. Medicare Part D helps to cover the cost of these drugs.

4. The government agency that pays for the majority of treatment provided to most people on dialysis.

6. You have the _____ to be treated with respect, to privacy and be informed about your treatment choices.

8. You _____ have the right to contact the Network to file a grievance.



Patients' Rights and Responsibilities



As a patient, you should know about your rights and responsibilities. Medicare has a list of patients' rights, and every clinic has a list of responsibilities and rules. To download patient resources or learn more about patients' rights and responsibilities, please visit our website at [esrd.qsource.org](https://www.esrd.qsource.org).

You have the right to:

Get Quality Care

- Be treated with respect, dignity and concern
- Be a part of your healthcare team with a dietitian, doctor, nurse and social worker

Privacy

- In your care
- With your medical records

Get Information

- In a way you can understand
- About your health, test results, and medications
- About your care and how to be involved
- About all treatment options, including home dialysis and transplant

Be Informed of Services and Policies

- Available at the clinic
- About patient care
- About the cost of any services
- About transfer and discharge, including a 30-day notice of discharge

File a Grievance

- At the clinic, with the ESRD Network or State Survey Agency without fear of losing services
- For yourself anonymously, or by someone else filing on your behalf

Direct Your Care

- Refuse or stop treatment
- Refuse to be in a research project
- Complete a living will or name a healthcare power of attorney

You have a responsibility to:

Learn and Ask Questions

- Learn as much as you can about kidney disease and how it's treated
- Talk to your healthcare team about any concerns about your treatment

Plan and Follow a Treatment Plan

- Give staff the health information needed to make your treatment plan
- Be on time and call if you are unable to come for your treatment
- Share if you have medical problems, have seen a doctor or dentist, or been to the hospital

Be Respectful

- Treat other patients and staff as you would like to be treated; with respect and dignity
- Never threaten others, act in a violent way, or cause any physical harm
- Follow the clinic's policies and rules to make sure everyone is safe

Pay For Your Treatment

- Keep your insurance up to date and pay your bills
- Keep the clinic informed of any changes

Ask the social worker for a full list of your rights and responsibilities.

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

ESRD Network 10
911 E. 86th St., Ste. 30
Indianapolis, IN 46240
Toll-Free: (800) 456-6919

ESRD Network 12
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Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 5 | | 2 | | | | |
| | | 7 | 6 | | | 3 | 1 | |
| | 8 | 3 | | 7 | | | 5 | |
| | 3 | | | | | 9 | | |
| | | 8 | | | 7 | 2 | 6 | 1 |
| | | | 1 | | | | | |
| 8 | 7 | | | 6 | | | | |
| 2 | | 6 | | | 4 | 1 | | 8 |
| | | 9 | 5 | | | 6 | | |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 1 | | | 4 | | | |
| 6 | | 9 | 2 | 5 | | | | 3 |
| | 2 | | | | | | | |
| 4 | 9 | | | | 2 | 1 | 7 | |
| | | 3 | 1 | | 6 | | | 8 |
| 2 | | | | 4 | | 3 | 6 | |
| | | 2 | | | 8 | 4 | 5 | |
| | | | | | | 7 | | |
| 3 | 7 | 4 | | 6 | | | | |

Word Search

Benefits of Home Dialysis

There is no place like home! Dialysis at home is being done by a lot of patients across the United States and in other countries. There are two types of dialysis that you can do at home—hemodialysis and peritoneal dialysis. There are many positive reasons to choose dialysis at home. Use this word search to think about how home dialysis can be a better choice for you.

Instructions: Find and circle each word in the list. Some letters are used more than once. Words may be diagonal or backward.

Word List

Flexible Schedule
Feel Better
Peritoneal
Stay Home

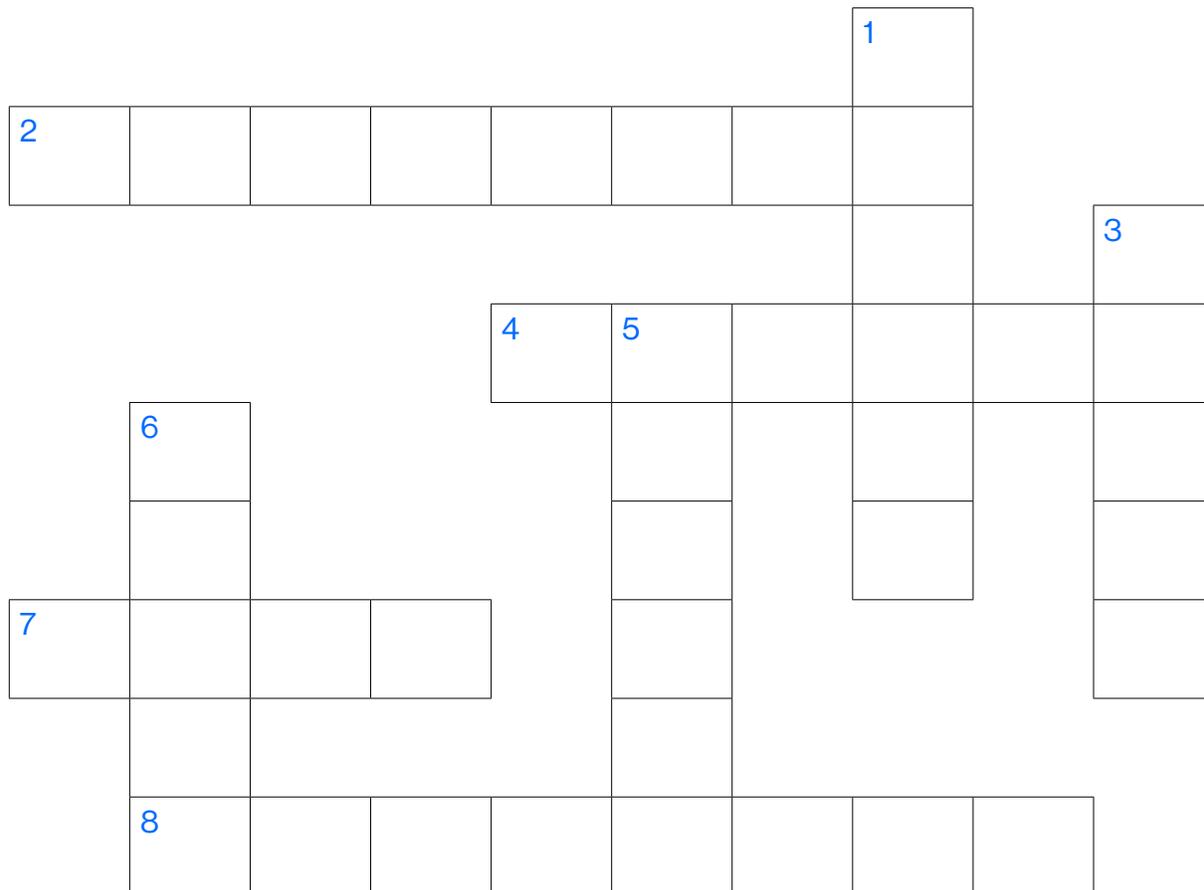
Freedom
More Control
Peer Support
Fewer Medications

Comfort
Social Distancing
Home Hemodialysis

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

Exercise to Feel Better Crossword Puzzle

Directions: Complete the crossword puzzle using the clues listed in the table about exercise and overall health.



Across

2. Do this regularly to improve your quality of life. _____
4. Even light exercise can improve _____ health.
7. Chair _____ is an easy form of exercise for dialysis patients.
8. Regular exercise can benefit _____ patients.

Down

1. Exercise as often as you can to feel _____.
3. Daily physical activity will help you _____ better at night.
5. Regular exercise can help increase _____ levels.
6. Exercise can help control _____ sugar.

Word Search

Promoting Vaccinations

Vaccines are one of the most important and effective public health tools available to prevent a variety of diseases across the lifespan. Vaccines teach your body's immune system to recognize and defend against harmful germs, such as viruses or bacteria.

Vaccines don't just protect you. Staying current on recommended vaccinations helps you to stay healthy and protects those around you who are at greatest risk of serious complications from vaccine-preventable diseases. In addition to getting vaccinated, there are other things you can do to help prevent illness. Talk with your healthcare provider about what vaccines you need.

Instructions: Find and circle each word in the list. Some letters are used more than once. Words may be diagonal or backward.

S U R I V A N O R O C A B L M O N I
 O V S U K A E L X T C I U B C L D E
 C O N S P P R O T E C T O T H E R S
 I M A D E L C R E M I N L X W N E D
 A M O P A T O H S R E T S O O B F A
 L H A N D W A S H I N G I L J P Q E
 D R E S F W O D N A E F C I T E W R
 I B A 3 L 1 C H I K 3 I V F Y A B P
 S L E 1 P N P R E V E N T I O N 2 S
 T O M V E S A K L Y E F N G H O P E
 A S U C O V I D 1 9 B L E H E K S H
 N O M P A R T E K L W U Y T S B O T
 C R U T E L B C O R L E B T C F G P
 E H L W 3 2 V S P P O N E H W K N O
 W E B R O M P E D R I Z S E T E C T
 D A I N O M U E N P O A T F L I D S
 V U X 3 B E N U I R C T E L O N C T
 G E T V A C C I N A T E D U M O N E

Word List

Fight the Flu
 Get Vaccinated
 Prevention
 Coronavirus
 Delta Variant
 Protect Others
 Stop the Spread
 Pneumonia
 Influenza
 COVID-19
 Social Distance
 Handwashing
 Mask
 Booster Shot
 PCV 13
 PPSV 23

Dialysis Bingo

As a dialysis patient, you can take an active part in your healthcare by communicating with your care team. Place an “X” in the BINGO square if you have discussed the topic with your team. When you have five in a row horizontally, vertically or diagonally, you win! Cut out these cards and play with fellow patients for a fun activity during dialysis.

| B | I | N | G | O |
|-------------------|---------------------------|---------------------|-----------------------------|-----------------------|
| Potassium | Keep Hands & Access Clean | Medicine | Fistula | Transplant |
| Treatment Options | Home Dialysis | Protein | Healthy Weight | Albumin |
| Work or Volunteer | Life Plan | FREE | Traveling While on Dialysis | Peer Mentoring |
| Get Enough Sleep | Blood Pressure | Peritoneal Dialysis | Phosphorus | Preventing Infections |
| Catheter | Binders | Emergency Planning | Kidney Diet | Mental Health |

| B | I | N | G | O |
|----------------|--------------------|---------------------|---------------------------|------------------|
| Support Groups | Limit/Quit Alcohol | Exercise | Dialysis Adequacy | Get Enough Sleep |
| Blood Pressure | Graft | Medicine | Vaccines | Albumin |
| Patient Rights | Transplant | FREE | Preventing Infections | Telemedicine |
| Quit Smoking | Kidney Diet | Peritoneal Dialysis | Keep Hands & Access Clean | Setting Goals |
| Catheter | Binders | Fluid | Missed Treatments | Access |

B**I****N****G****O**

| | | | | |
|-------------------|-------------|---------------------|----------------|-----------------------------|
| Exercise | Protein | Care Plan | Vaccines | Quit Smoking |
| Missed Treatments | Anemia | Peritoneal Dialysis | Access | Concern or grievance |
| Tele-medicine | Binders | FREE | Graft | Traveling While on Dialysis |
| Mental Health | Kidney Diet | Transplant | Setting Goals | Medicine |
| Support Groups | Potassium | Fluid | Blood Pressure | Home Dialysis |

B**I****N****G****O**

| | | | | |
|-------------------|----------------|---------------------|---------------------------|-------------------|
| Blood Pressure | Vaccines | Access | Healthy Weight | Catheter |
| Potassium | Peer Mentoring | Setting Goals | Keep Hands & Access Clean | Transplant |
| Fistula | Mental Health | FREE | Albumin | Anemia |
| Work or Volunteer | Fluid | Peritoneal Dialysis | Graft | Treatment Options |
| Get Enough Sleep | Binders | Quit Smoking | Emergency Planning | Phosphorus |

Dialysis Word Scramble

Use these phrases to make other words. Some examples are shown. Use the blanks to fill in as many words as you can!

HEMODIALYSIS FACILITY

3-Letters

4-Letters

5-Letters

6-Letters

7-Letters

S a y

H o l d

KIDNEY DISEASE

3-Letters

4-Letters

5-Letters

6-Letters

7-Letters

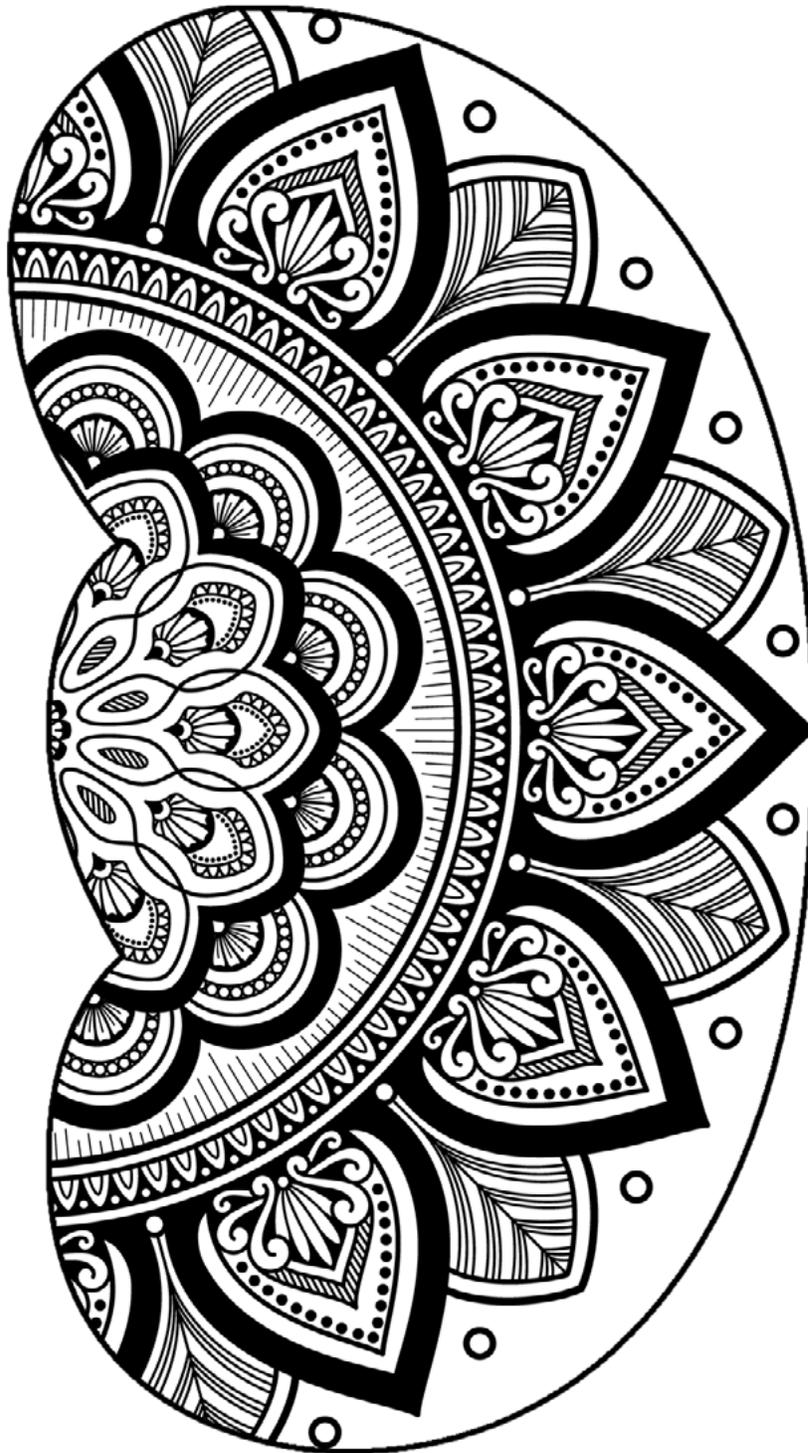
How Can Coloring Help Me?

Coloring can:

- Help you feel less stressed.
- Be used to help you relax and feel calm.
- Take your focus away from negative thoughts.
- Help you focus to feel better when you are worried.
- Help your brain with problem-solving.
- Help you express your feelings.
- Be fun! And it's not just for kids!



“Art washes from the soul the dust of everyday life.”
— Pablo Picasso



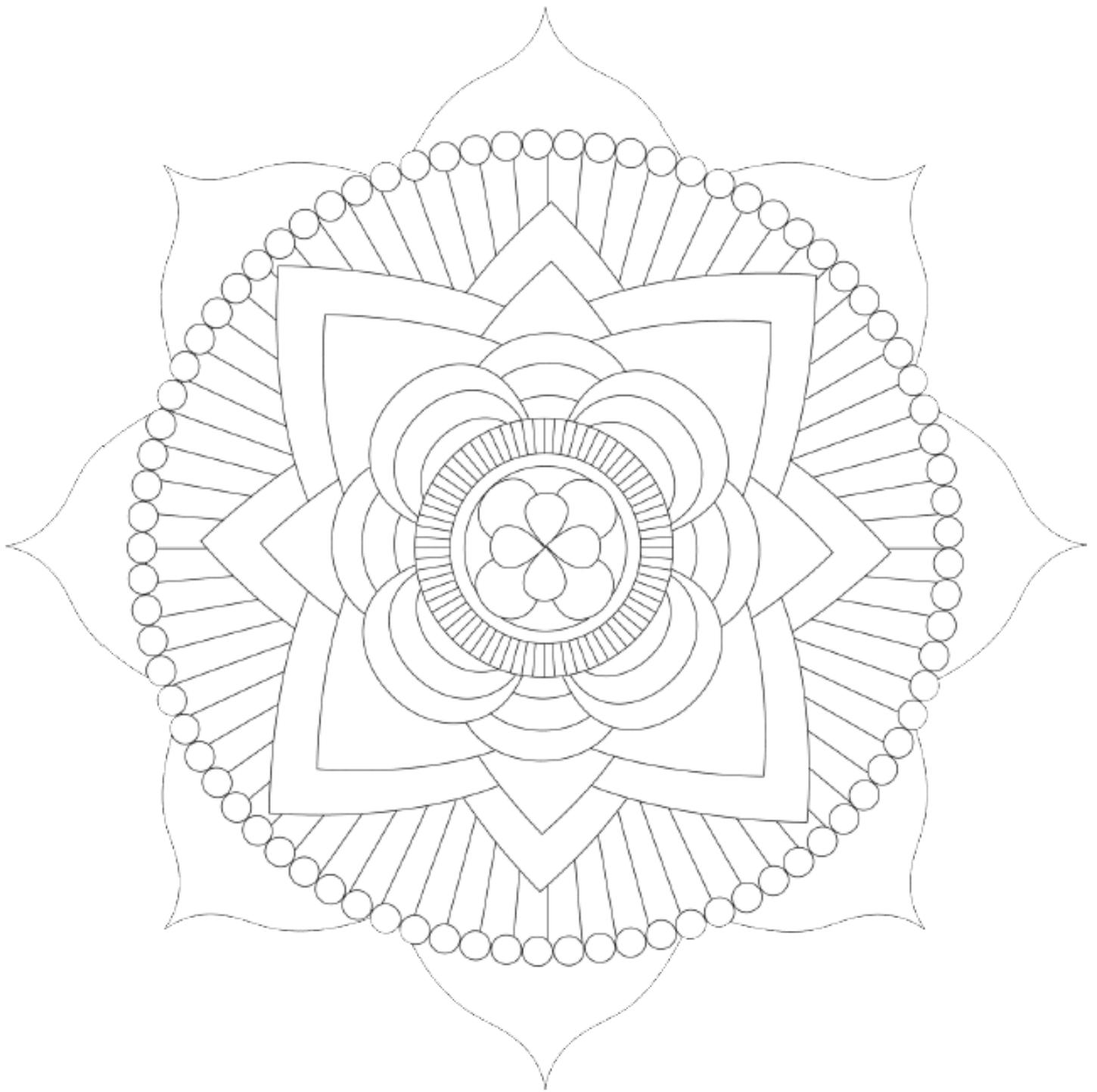
For more information or to file a grievance, please contact:

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paint the world
SUPER
COLORING

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Trivia

The following trivia questions can be used to test your own knowledge or to compete against your friends, family, fellow patients, or your care team.

Pop Culture

1. Fred, Wilma, Betty, and Barney were characters on which animated television show?
2. What New York Yankees player beat Babe Ruth's record of 60 home runs in a single season?
3. What American actress, whose real name was Norma Jean, starred in the movie Some Like it Hot?
4. Who was the original host of Tonight, which would later be called The Tonight Show with Johnny Carson?
5. Betty Friedan wrote what groundbreaking novel that sparked the second-wave feminist movement in the US?
6. Hidden Figures is about three black women at what American program?
7. Scout and Finch were characters in what 1961 bestseller by Harper Lee?
8. What American city was said to be the birthplace of the hippie movement?
9. Who starred in Fresh Prince of Bel-Air?
10. What major award-winning 1972 film starred Al Pacino and Marlon Brando?

Politics

1. The first televised presidential debate was held between which two candidates?
2. What pilot, who was also an American spy, was exchanged in a spy swap between the US and the Soviet Union in 1962?
3. What US president was an actor before entering politics?
4. Protests were held across the country in the 1960s and 1970s over what war?
5. Who was the first African American to be a Supreme Court Justice?
6. Richard Nixon was the first president to visit what country?
7. Nancy Reagan created what anti-drug campaign?
8. Following the death of JFK, who became president?
9. Which Apollo mission was the final moon landing by NASA?

Music

1. The Beatles made their American TV debut on the Ed Sullivan Show in what year?
2. The letters in ABBA's name stand for what?
3. Which Grammy Award winning artist went solo from her musical group "The Supremes" in 1970?
4. Which Beatles member was killed in New York City in 1980?
5. Which music genre rose to popularity in the 1950s, led by artists such as Elvis Presley and Chuck Berry?
6. What music festival took place in 1969?
7. John Denver's song "Leaving on a Jet Plane" was made famous by what music trio?
8. Which song by The Temptations begins with the lines, "I've got sunshine on a cloudy day/
When it's cold outside I've got the month of May"?
9. What benefit concert was held in the 1980s to raise money for Ethiopian famine relief?
10. What music duo had a number one hit with "Bridge Over Troubled Water"?

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Creating a Vision Board



What is a Vision Board?

A vision board is a collage of pictures, quotes, and other visual images that describe the goals, dreams, and hopes you want to achieve.

What are the benefits of a Vision Board?

1. Serves as a great reminder of what you want
2. Motivates you to take action to achieve your goals
3. Gives you something to focus on every day
4. Makes your dreams clear
5. Makes you more creative and relaxed
6. Makes you positive and happy



Creating Your Vision Board

1. Be specific about your vision: Take your time, relax, and imagine what you would like to accomplish this year.
2. Use SMART Goals (Specific, Measurable, Achievable, Relevant, and Time-based).
3. Organize your pictures and quotes according to your goals. Choose positive quotes.
4. Lay it all in front of you.
5. You set the mood. Bring positivity and your favorite music.
6. Use a journal to make notes about what inspires you.

What You Will Need

Most items can be found in the home or your local dollar store.

1. Magazines: fashion, family, finance, home, travel, hobbies, pets, education, health/wellness, and nature.
2. Poster board, white board, cork board, or cardboard.
3. Construction paper.
4. Glue, glue sticks, or tape.
5. Markers with bold tips.
6. Scissors.

Vision Board Outline Sample

Family/Relationship Goals

Have meals together twice a week.



Career Goals

Start your own business.



Health & Wellness Goals

Exercise three days a week.



Positive Affirmations

My challenges help me grow.



Travel Goals

Go to one tourist attraction in your town every month.



Financial Goals

Take a free finance class.



Spiritual/Religious Goals

Meditate, pray, or practice daily affirmations.



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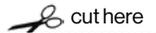
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Dialysis Patient Identification Card

Cut out this identification card and keep it with you always. Make sure you complete the card and update it regularly as information may change. This allows you, a caregiver and clinician to be aware of your dialysis needs.



| | |
|---|--|
| <p>I AM A DIALYSIS PATIENT</p> <p>Name: _____</p> <p>DOB: _____</p> <p>Address: _____</p> <p>Primary Phone: _____</p> <p>Other Phone: _____</p> <p>Allergies: _____</p> <p>Emergency Contacts: _____</p> | <p>Dialysis Center Information</p> <p><i>Please contact the dialysis center for dialysis prescription and orders.</i></p> <p>Dialysis Unit Name: _____</p> <p>Phone: _____</p> <p>Emergency Hotline: _____</p> <p>Important Provider Information</p> <p>Nephrologist: _____</p> <p>Phone: _____</p> <p>Pharmacy: _____</p> <p>Pharmacy Phone: _____</p> <p><small>This material was prepared by Qsource, an End-Stage Renal Disease (ESRD) Network under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. 23.ESRD.08.118</small></p> |
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New Patients

Questions and Goals

The Questions and Goals brochure was made for you to use when meeting with any member of your dialysis care team. Choose the questions that you would like to talk about. Asking questions and sharing your concerns with your care team will help you to work together to set goals and make a plan so you can live the best life possible on dialysis.



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My Kidneys

- What do my kidneys do?
- What caused my kidneys to stop working? Will they get better?
- What other problems might I have now or in the future because of my kidney disease?
- Why is blood pressure so important?

My Treatment

- How is my dialysis treatment plan decided?
- Am I getting enough dialysis? What signs should I look for?
- What type of medication will I have to take? What do the medications do to help me?
- If I'm afraid of needles, what can I do to help with the pain?
- How much does dialysis cost and who will pay for it?

My Diet

- What is a renal diet? Why is it important for me to follow?
- How will dialysis change what I can eat and drink?
- Will what I am able to eat and drink depend on the kind of treatment I choose?
- What can I do to limit the amount of fluid I take into my body daily?
- Will I still be able to go out to restaurants?
- Where can I find kidney friendly recipes?

My Care Team

- What does each member of my care team do?
- What can my care partner or family do to help?
- How do I contact my care team when I need them?
- How can I best take part in my care?
- What is a plan of care meeting and what happens during it?
- Why would it be helpful for me to attend my plan of care meetings?
- What can I do if I think a member of my care team is not doing their job well or is not caring about my needs?
- What can I do if I don't feel safe or comfortable at my dialysis clinic?



My Life

- What can I do to make it easier to fit dialysis into my life?
- What lifestyle changes can I make to be as healthy as possible?
- How can dialysis impact my mood and quality of life? Who can I talk to about this?
- Is it normal for me to feel down, depressed, or hopeless?
- How will kidney disease affect my sex life?
- Will my kidney disease keep me from having a normal life, including work and social activities?
- What do I need to do to go back to work or to continue working?
- Can I still travel? How do I plan for it?
- Is there another patient that I can talk to about coping with dialysis?

My Treatment Choices

- What is dialysis and how does it help a patient with kidney failure?
- What are the advantages and disadvantages of:
 - Hemodialysis (in-center, home, and nocturnal)
 - Peritoneal dialysis (manual and cyclor)
 - Kidney transplant
- Which treatment(s) may be best for me with my medical status and lifestyle?
- What do I need to do if I want to do dialysis at home?
- Can I try hemodialysis for awhile and decide later to try another type of treatment to see what is the best choice for me?
- What is a fistula? What are the benefits of having one?

- How do I get a kidney transplant?
- What happens if I decide I want to stop dialysis?
- What can I do to make sure my wishes about future medical care are known?
- Who can help me with my advanced care planning?
- My question is: _____

My Health

- I have had the following problems keeping me from living my life like I want:
 - muscle cramps
 - light headed/dizziness
 - itchy/dry skin
 - pain
 - sick to stomach/vomiting
 - shortness of breath
 - swelling
 - decreased sexual functioning
 - metallic taste in my mouth
 - feeling depressed or very nervous
 - no energy/wiped out
 - no appetite
 - trouble sleeping
 - personal appearance concerns
- Can you tell me why I might be feeling this way?
- In order to feel better, I would like to address my problems by:
 - attending my next plan of care meeting
 - talking with my dietitian/social worker/nurse (circle which one)
 - making an appointment to see my nephrologist
 - other: _____

Existing Patients Questions and Goals

The Questions and Goals brochure was made for you to use when meeting with any member of your dialysis care team. Choose the questions that you would like to talk about. Asking questions and sharing your concerns with your care team will help you to work together to set goals and make a plan so you can live the best life possible on dialysis.



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My Treatment

- Am I getting enough dialysis? What signs should I look for?
- Are my lab values where they need to be? What can I do to improve them or keep them at a good level?
- Can you explain any changes to my medication or dialysis treatment?
- If I'm afraid of needles, what can I do to help with the pain?
- How can I tell if my fistula is getting the proper flow?
- Where can I get more information to keep learning about my kidney disease and dialysis treatment?

My Care Team

- What does each member of my care team do?
- What can my care partner or family do to help?
- How do I contact my care team when I need them?
- How can I best take part in my care?
- What is a plan of care meeting and what happens during the meeting?
- Why would it be helpful for me to attend my plan of care meetings?
- What can I do if I think a member of my care team is not doing their job well or is not caring about my needs?
- What can I do if I don't feel safe or comfortable at my dialysis clinic?

My Diet

- Why is it important for me to follow a renal diet?
- If I change my treatment type, will my diet change?
- What tips do you have to help me control my fluids daily?
- How can I change my diet to eat more of what I like?
- Where can I find some new kidney friendly recipes?

My Life

- What is most important to me in my life is:

- My current goal is to:

- What can I do to make it easier to fit dialysis into my life?
- What lifestyle changes can I make to be as healthy as possible?
- If dialysis is impacting my mood or quality of life, who is the best member of my care team to talk to?
- Is it normal for me to feel down, depressed, or hopeless?
- What can I do if dialysis is impacting my sex life?
- What do I need to do to go back to work or to continue working?
- How can I continue or start to do the things I enjoy again?
- Can I still travel? How do I plan for it?
- Is there another patient that I can talk to about coping with dialysis?
- My question is: _____

My Treatment Choices

- What are the advantages and disadvantages of:
 - Hemodialysis (in-center, home, and nocturnal)
 - Peritoneal dialysis (manual and cycler)
 - Kidney transplant
- Which treatment(s) may be best for me with my medical status and lifestyle?
- What do I need to do if I want to do dialysis at home?
- Can I try a different type of dialysis to see if that is a better choice for me?
- What is a fistula? What are the benefits of having one?

- 
- 
- What is the buttonhole technique?
 - Can I be taught to do my own needle sticks?
 - Am I a candidate for a kidney transplant? What do I need to do?
 - What happens if I decide I want to stop dialysis?
 - What can I do to make sure my wishes about future medical care are known?
 - Who can help me with my advanced care planning?

My Health

- I have had the following problems keeping me from living my life like I want:
 - muscle cramps
 - light headed/dizziness
 - itchy/dry skin
 - pain
 - sick to stomach/vomiting
 - shortness of breath
 - swelling
 - decreased sexual functioning
 - metallic taste in my mouth
 - feeling depressed or very nervous
 - no energy/wiped out
 - no appetite
 - trouble sleeping
 - personal appearance concerns
- Can you tell me why I might be feeling this way?
- In order to feel better, I would like to address my problems by:
 - attending my next plan of care meeting
 - talking with my dietitian/social worker/nurse (circle which one)
 - making an appointment to see my nephrologist
 - other: _____



Set a Goal to Thrive

Being physically and socially active can make your overall quality of life better. Setting a SMART goal (Specific, Measurable, Achievable, Realistic and Time-Based) can help you be successful. You can start small and build up to your goals! Read the example below. Use page two to write your own goal to thrive!



S

Specific

The goal will focus on one idea.



M

Measurable

You can track the goal to see your progress.



A

Achievable

You can make this goal happen.



R

Realistic

The goal will take effort, but you can reach it.



T

Timely

Set dates that will help you meet your goal.

Goal: "I want to be healthier."



Who? What? Where? How? When? | "I will take a 15-minute walk around my neighborhood three days a week on non-dialysis days."



How will I know I've reached my goal? | "I will write on my calendar every month the time each day I walk."



What do I need to meet my goal? Time? Support? | "I will go farther every week. I will ask a friend to walk with me."



Why do I want to reach this goal? | "Right now I can walk two blocks without getting tired. I want to be able to walk four blocks."



I will reach my goal by _____. | "One month from today, I will be able to walk 15 minutes, three times a week."

Before getting started, talk to your doctor about how to safely start increasing your physical activity.

My Goal to Thrive

Name: _____

Date: _____











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

ESRD Network 10
911 E. 86th St., Ste. 30 | Indianapolis, IN 46240
Toll-Free Patient Line: (800) 456-6919
ESRDNetwork10@qsource.org

ESRD Network 12
2300 Main St., Ste. 900 | Kansas City, MO 64108
Toll-Free Patient Line: (800) 444-9965
ESRDNetwork12@qsource.org

Get Involved and Make a Difference!

Facility Peers in Action are individuals who are on dialysis or have had a kidney transplant. They volunteer at their dialysis clinic, work with staff to help improve the patient experience and share patient education. Facility Peers can also serve as peer mentors to fellow patients by sharing their experiences and providing support and encouragement.

What You Can Do

- Share vital information with other patients.
- Provide the patient voice by sharing questions and concerns with facility staff.
- Encourage patients to be involved in their own healthcare.
- Make a positive difference in the quality of life of dialysis patients.

Patient Involvement

- Take part in bi-monthly educational calls.
- Share newsletters.
- Volunteer one hour each week.

Join Facility Peers in Action

Ask your staff members how you can work with Qsource ESRD Networks and the Facility Peers in Action program.



Build Bridges for Communication



Encourage Peer-to-Peer Mentorship



Engage Patients in Their Care

To file a grievance, patients may contact:

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(IL)
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(IA, KS, MO, NE)
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esrd.qsource.org

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Patient Activity Book Answer Keys

Answer Key

My Network Crossword Puzzle

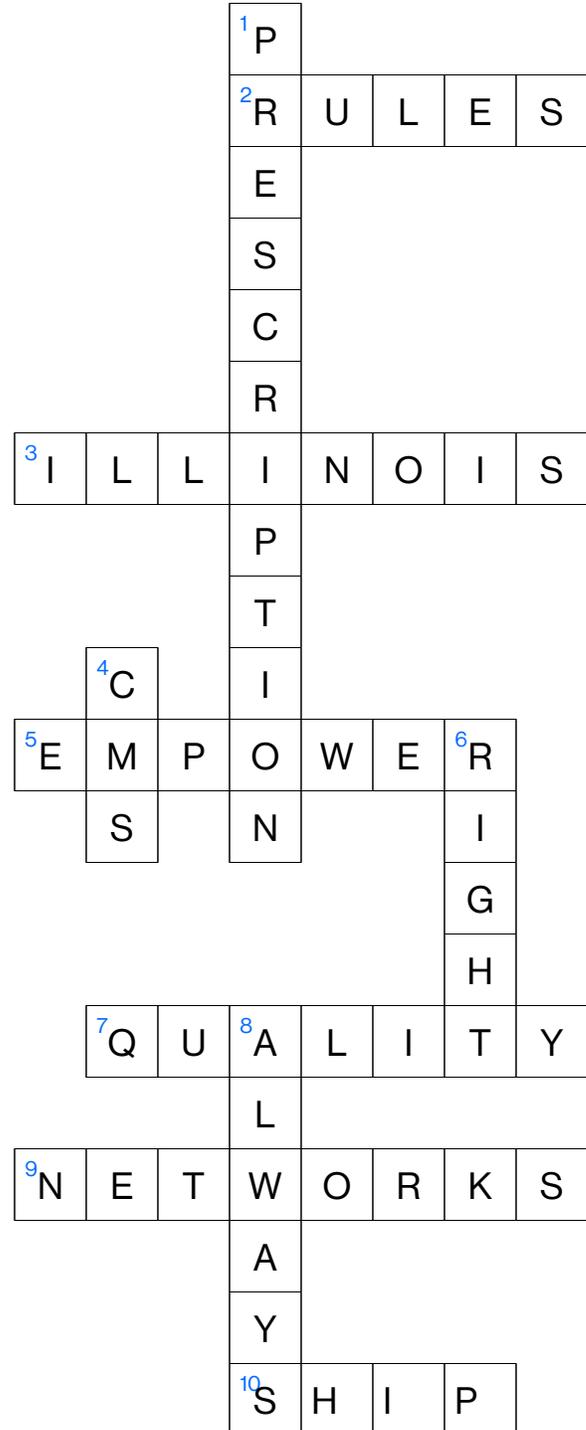
Visit esrd.qsource.org to learn more about Qsource ESRD Networks. Complete this crossword puzzle using the knowledge you learned. Good Luck!

Across

2. All patients have the responsibility to follow the **rules** of the clinic.
3. Qsource ESRD Networks serve the states of **Illinois**, Iowa, Kansas, Missouri and Nebraska.
5. The Patient Advisory Council (PAC) works to **empower** fellow patients through their own stories and patient education ideas.
7. Qsource ESRD Networks have many activities to improve the **quality** of care and life of dialysis and transplant patients.
9. There are 18 ESRD **Networks** in the United States to promote health and safety standards.
10. An assistance program that can help with making decisions about Medicare coverage. **SHIP**

Down

1. Medicare Part D helps to cover the cost of these drugs. **prescription**
4. The government agency that pays for the majority of treatment provided to most people on dialysis. **CMS**
6. You have the **right** to be treated with respect, to privacy and be informed about your treatment choices.
8. You **always** have the right to contact the Network to file a grievance.



Sudoku Answer Key

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 1 | 5 | 4 | 2 | 3 | 7 | 8 | 6 |
| 4 | 2 | 7 | 6 | 8 | 5 | 3 | 1 | 9 |
| 6 | 8 | 3 | 9 | 7 | 1 | 4 | 5 | 2 |
| 1 | 3 | 2 | 8 | 5 | 6 | 9 | 7 | 4 |
| 5 | 9 | 8 | 3 | 4 | 7 | 2 | 6 | 1 |
| 7 | 6 | 4 | 1 | 9 | 2 | 8 | 3 | 5 |
| 8 | 7 | 1 | 2 | 6 | 9 | 5 | 4 | 3 |
| 2 | 5 | 6 | 7 | 3 | 4 | 1 | 9 | 8 |
| 3 | 4 | 9 | 5 | 1 | 8 | 6 | 2 | 7 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 3 | 1 | 9 | 8 | 4 | 6 | 2 | 7 |
| 6 | 4 | 9 | 2 | 5 | 7 | 8 | 1 | 3 |
| 8 | 2 | 7 | 6 | 1 | 3 | 5 | 9 | 4 |
| 4 | 9 | 6 | 8 | 3 | 2 | 1 | 7 | 5 |
| 7 | 5 | 3 | 1 | 9 | 6 | 2 | 4 | 8 |
| 2 | 1 | 8 | 7 | 4 | 5 | 3 | 6 | 9 |
| 9 | 6 | 2 | 3 | 7 | 8 | 4 | 5 | 1 |
| 1 | 8 | 5 | 4 | 2 | 9 | 7 | 3 | 6 |
| 3 | 7 | 4 | 5 | 6 | 1 | 9 | 8 | 2 |

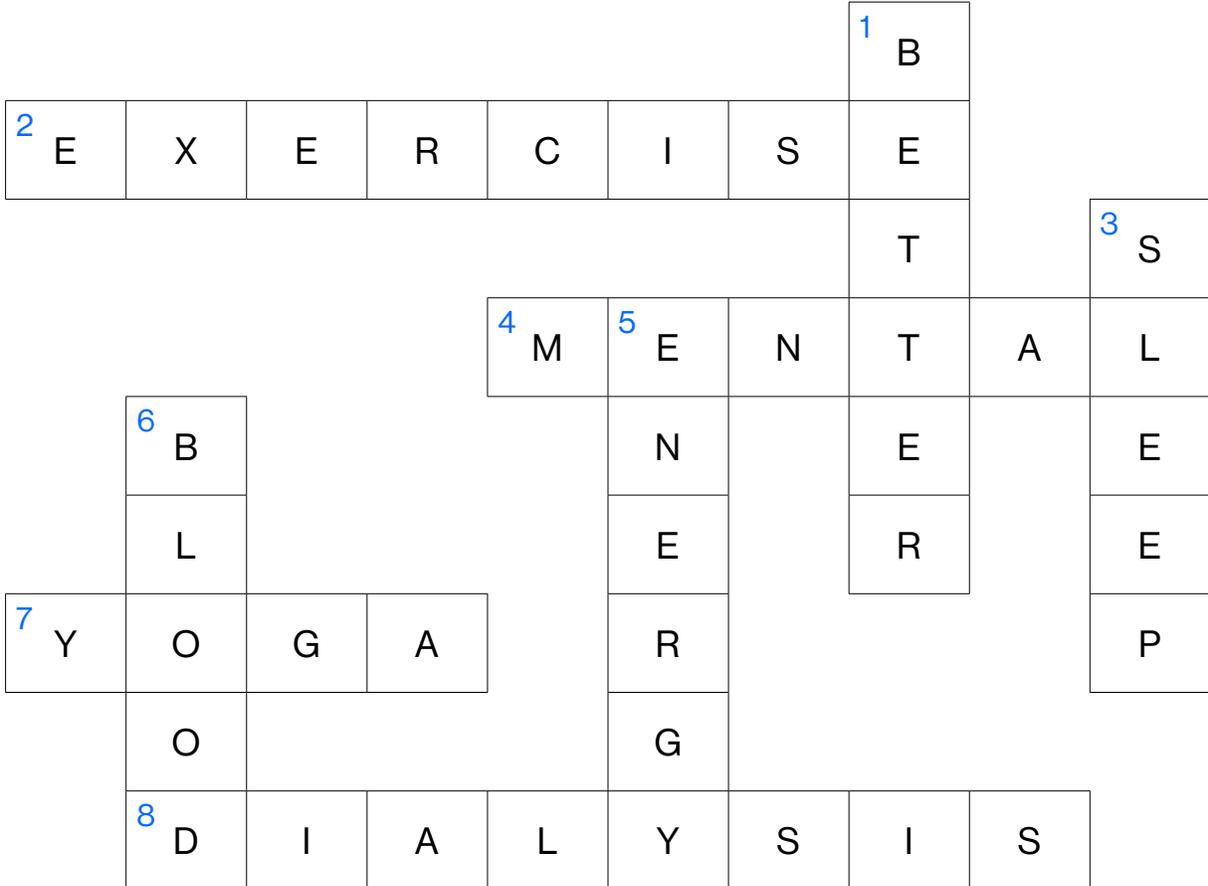
Answer Key

Benefits of Home Dialysis Word Search

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

Answer Key

Exercise to Feel Better Crossword Puzzle



Answer Key

Promoting Vaccinations Word Search

S U R I V A N O R O C A B L M O N I
O V S U K A E L X T C I U B C L D E
C O N S P P R O T E C T O T H E R S
I M A D E L C R E M I N L X W N E D
A M O P A T O H S R E T S O O B F A
L H A N D W A S H I N G I L J P Q E
D R E S F W O D N A E F C I T E W R
I B A 3 L 1 C H I K 3 I V F Y A B P
S L E I P N P R E V E N T O N 2 S
T O M V E S A K L Y E F N G H O P E
A S U G O V I D 1 9 B L E H E K S H
N O M P A R T E K L W U Y T S B O T
C R U T E L B C O R L E B T C F G P
E H L W 3 2 V S P P O N E H W K N O
W E B R O M P E D R I Z S E T E C T
D A I N O M U E N P O A T F L I D S
V U X 3 B E N U I R C T E L O N C T
G E T V A C C I N A T E D U M O N E

Answer Key

Dialysis Word Scramble

Hemodialysis Facility

| 3-Letter | 4-Letter | 5-Letter | 6-Letter | 7-Letter |
|----------|----------|----------|----------|----------|
| Yes | Dish | Decoy | Family | Holiday |
| Had | Fish | Daisy | Social | Mystify |
| She | Home | Flash | Comedy | Society |
| His | Fame | Disco | Modest | |
| Fly | Hide | Solid | Ethics | |
| Shy | Days | Faith | Yachts | |
| Day | City | Loyal | | |
| Icy | Meal | Daily | | |

Kidney Disease

| 3-Letter | 4-Letter | 5-Letter | 6-Letter | 7-Letter |
|----------|----------|----------|----------|----------|
| See | Kind | Daisy | Indeed | Needed |
| Any | Dine | Sinks | Denies | Seaside |
| Key | Said | Sides | Inside | Daisies |
| Day | Seek | Knead | Kissed | |
| Kid | Kiss | Keyed | Sensed | |
| Yes | Deed | Aside | Yankee | |
| Ask | Eyes | Yikes | | |
| Ink | Easy | Eased | | |

These are just some of the possible words that can be made from the scramble. There may be others.

Answer Key

Trivia

Pop Culture

1. The Flintstones
2. Roger Maris
3. Marilyn Monroe
4. Steve Allen
5. Feminine Mystique
6. NASA
7. To Kill a Mockingbird
8. San Francisco
9. Will Smith
10. The Godfather

Music

1. 1964
2. The band members' names (Agnetha, Benny, Bjorn, and Anni-Frid)
3. Diana Ross
4. John Lennon
5. Rock and Roll
6. Woodstock
7. Peter, Paul, and Mary
8. My Girl
9. Live Aid
10. Simon & Garfunkel

Politics

1. Richard Nixon and John F. Kennedy
2. Gary Powers
3. Ronald Reagan
4. The Vietnam War
5. Thurgood Marshall
6. China
7. Just Say No
8. Lyndon B. Johnson
9. Apollo 17



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