

# My Plan: Be Prepared

## Step 1: Plan

Review the following Network and community resources to plan a patient engagement activity to help patients be prepared for natural disasters and emergencies.

## Network Resources

- [In Case of Emergency](#)
- [3-Day Emergency Diet](#)
- [Safe Use of Medicines](#)
- [How To Disinfect My Drinking Water](#)
- [Dialysis Emergency Takeoff](#)
- [Extreme Heat Safety Tips](#)
- [Patient Identification Card](#). This is a fillable PDF for dialysis patients.

## Kidney Community Resources

- [Beat the Heat!](#) This handout from the American Kidney Fund focuses on how kidney patients can stay hydrated without overdoing fluids.
- [Disaster Preparedness for Dialysis Patients](#) (video) outlines the steps dialysis patients and families should take to ensure they are prepared in the event of an emergency. The video was made by the Texas ESRD Emergency Coalition (TEEC).
- [National Kidney Foundation](#) | NKF Cares: 1-855-653-2273
  - [Planning for Emergencies: A Guide for People with Chronic Kidney Disease](#)
  - [7 Tips to Protect Your Kidneys During and After an Emergency](#)
- [Emergency Preparedness for Dialysis Facilities: A guide for Chronic Dialysis Facilities](#) provides guidance to dialysis clinics to prepare for emergencies.

## National Emergency Resources

- Federal Resources. The United States government has several agencies that work together to help people to prepare, respond and recover from disasters and emergencies.
  - The [www.ready.gov](http://www.ready.gov) has information and resources to help you “[Make A Plan](#)”, address and recover from disasters and emergencies.
  - [National Preparedness month resources and toolkit](#) includes resources and awareness activities every September.
- Common Weather Event Preparedness Resources:
  - Extreme Cold. [Be prepared for a Winter storm](#) and [Avoid, Spot, Treat - Frostbite and Hypothermia](#)
  - Extreme Heat. Warning Signs and Symptoms of Heat-Related Illnesses ([English/Spanish](#))
  - Flooding. [Be Prepared for a Flood](#)
  - Tornadoes. [Be Prepared for a Tornado](#) and [Be Ready! Tornadoes](#)

**Extreme Heat Safety Tips**

**Stay Cool**

- Limit sun exposure by staying indoors as much as possible. Use or find a comfortable place with air conditioning.
- Use ceiling and portable fans to keep cool indoors.
- Because hot air rises, stay on the lowest floor level.
- Cool off by taking a cold shower or using ice packs.
- Consider spending the warmest part of the day in public buildings, such as libraries, schools, movie theaters, shopping malls, and other community centers.
- If your home loses power, ask to stay with a friend or family member who has power, or seek a public shelter.

**Follow Diet and Fluid Intake Recommendations**

- Eat well-balanced, light, and regular meals. Ask your dietitian for kidney-friendly ideas.
- Talk with your doctor before increasing any fluid intake. If you are on dialysis, you need to continue to monitor your fluids.
- Avoid drinks with caffeine and limit intake of alcoholic beverages.

**Protect Your Skin**

- Dress in loose-fitting, light-weight, and light-colored clothes that cover as much skin as possible.
- Avoid dark colors, because they absorb the sun's rays.
- When outside, protect your face and head by wearing a wide-brimmed hat.

www.kidney.org © Qsource

**BEAT THE HEAT!** American Kidney Fund

Stay hydrated without overdoing fluids

**FLUID INTAKE**

When you are on dialysis, fluid (water) builds up in your blood between treatments. Here's some helpful info on fluid management.

ASK your doctor or pharmacist if any of your medications cause dry mouth.

DRINK slowly out of smaller cups.

CHEW sugar-free gum.

CHILL or freeze fruit for a refreshing snack.

FREEZE juice in an ice cube tray and eat it like a popsicle.

CHOOSE unsalted snacks.

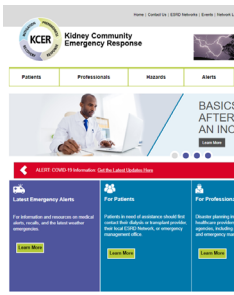
SUCK on a lemon slice or sugar-free sour candy.

**REMEMBER!** Ice cream, jelly, soup and other liquid-based foods count as fluids, too--be careful to watch your intake of fluids.

**DROPS OF ADVICE**

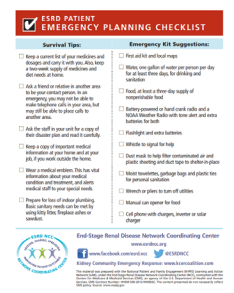
Things to keep in mind...

- Extra fluid in your body can make your dialysis treatments more difficult.
- Too much fluid can cause swelling, high blood pressure, trouble breathing and heart failure.
- Salty foods like chips and pretzels make you thirsty.



Kidney Community Emergency Response (K<sup>CKER</sup>) Coalition's website lead by the ESRD Network Coordinating Center (ESRD NCC) has many resources for preparedness specific to dialysis patients, including steps to take before, during and after an emergency. Visit the website to review a variety of [patient resources](#) including:

- COVID-19 resources available at [thekidneyhub.org](http://thekidneyhub.org).
- [Emergency Go-Bag Checklist](#)
- [Emergency Preparedness for Kidney Transplant Patients](#) (Handout)
- KCER Emergency Preparedness Awareness campaign ideas:
  - [WHAT IF...K<sup>CKER</sup> Awareness Campaign](#) encourages dialysis patients to assess their level of preparedness, take steps to improve their ability to remain safe in an emergency, and engage with their care team to learn more about disaster preparedness in the facility. Each week there is a different focus.
- [K<sup>CKER</sup> Kids](#) resources includes general resources developed to help teach youth how to stay safe and get help in emergencies.



## Step 2: Act

Work with your staff and Peers in Action to complete a patient engagement activity.

- Talk with your Peers in Action to discuss ideas on what resources and activities they would like to see at the clinic to educate patients on emergency preparedness.
- Invite your Peers to a team huddle or to participate in a tabletop drill to share their thoughts about emergency preparedness.
- Use one of the K<sup>CKER</sup> campaign ideas to engage patients in emergency preparedness.
- Create a bulletin board highlighting a different emergency topic each week for National Preparedness Month. For example:
  - Week 1: Be prepared for an emergency in-clinic (Emergency disconnect)
  - Week 2: Communication Plan (Know how to communicate with the clinic and make sure all contact information is correct)
  - Week 3: Emergency Supplies (Ideas for an Emergency Kit and Emergency Diet plans)
  - Week 4: Plan for common emergencies (Electricity outages, flooding, extreme heat, snow storms)

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  
2300 Main St., Ste. 900  
Kansas City, MO 64108  
Toll-Free: 800-444-9965

