

# The Effects of Repeated Hospitalizations for ESRD Patients

## Mental Health

Hospitalizations may cause or exacerbate anxiety, depression, and other mental health conditions.

## Respiratory Difficulty

Fluid overload causes shortness of breath and increased stress on the respiratory system leading to long-term, chronic damage.

## Decreased Nutrition

Decreased appetite for a variety of reasons can lead to poor nutrition, which can lead to other complications and slow down the healing process.

## Vascular Complications

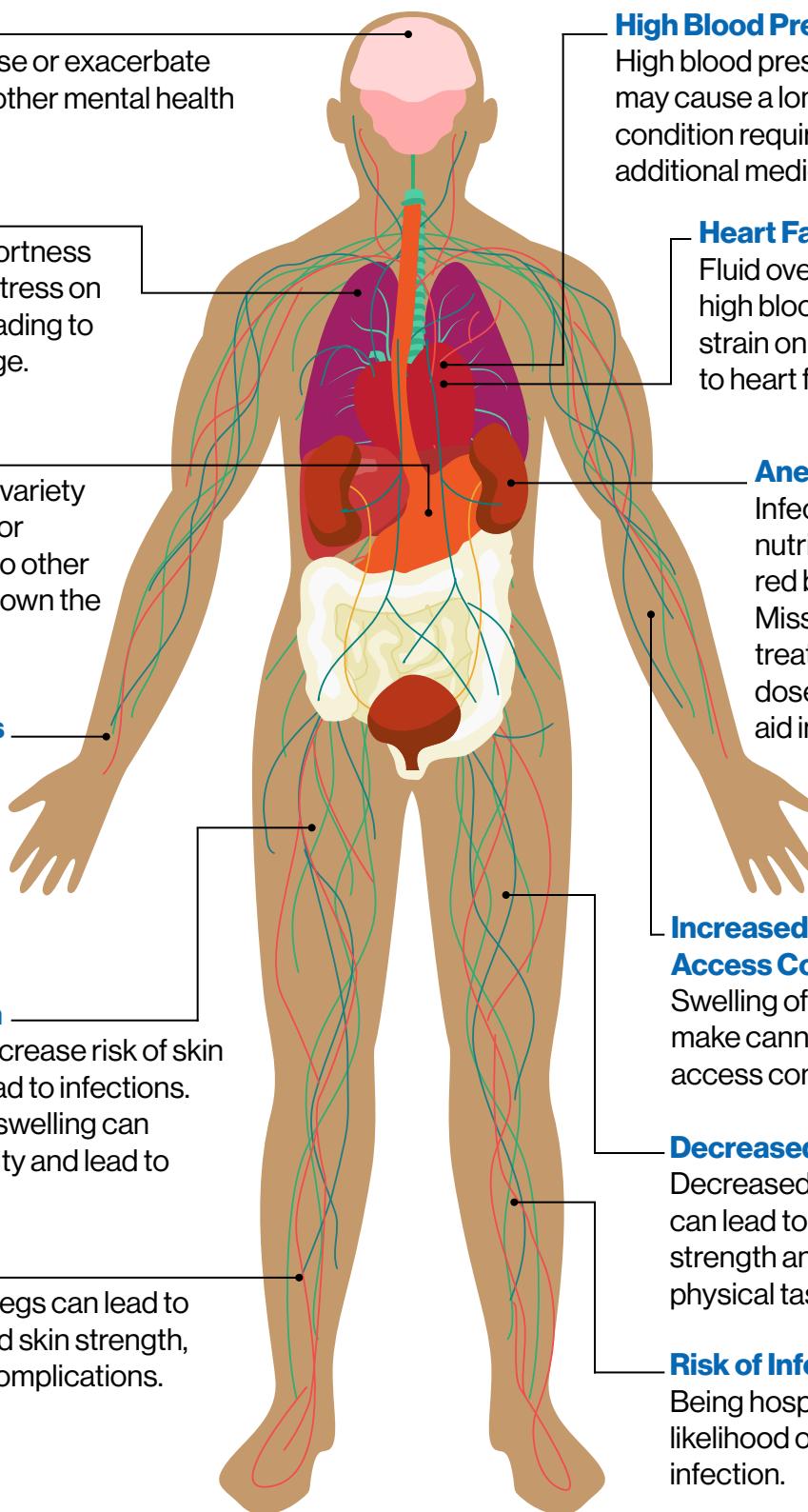
Decreased movement and chronic swelling due to fluid overload can lead to development of blood clots and other vascular complications.

## Risk of Skin Breakdown

Decreased activity can increase risk of skin breakdown, which can lead to infections. Frequent and/or chronic swelling can also decrease skin integrity and lead to breakdown.

## Extremity Swelling

Swelling of the arms and legs can lead to decreased movement and skin strength, which can lead to other complications.



## High Blood Pressure

High blood pressure from fluid overload may cause a long-lasting medical condition requiring medication or additional medication to manage.

## Heart Failure

Fluid overload can often cause high blood pressure and additional strain on cardiac muscles leading to heart failure over time.

## Anemia

Infections and decreased nutrition further decrease red blood cell production. Missing scheduled in-center treatments can cause missed doses of ESA medications to aid in red blood cell production.

## Increased Risk of Vascular Access Complications

Swelling of the access extremity can make cannulation difficult, leading to access complications.

## Decreased Strength/Mobility

Decreased movement and activity can lead to loss of bone and muscle strength and difficulty with other physical tasks.

## Risk of Infection

Being hospitalized increases likelihood of being exposed to infection.

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