Page V. Salenger, MD, was hired in March 2018 to lead the home therapy division of Dialysis Clinic, Inc. The nation's largest non-profit dialysis provider chose Dr. Salenger because of her strong commitment to increasing home dialysis options for patients with kidney disease.

Dr. Salenger, former medical director of Rubin Dialysis Center in Clifton Park, transitioned out of private practice in upstate New York to accept the Home Therapies Medical Director role based in the DCI corporate office in Nashville, Tennessee.

Drawing on 21 years of experience, Dr. Salenger enters her new role with a clear focus and brief agenda.

“One of the most important measures we can take in terms of controlling this rising epidemic is to first recognize the problem,” explained Salenger. “Identify which people need to be screened for kidney disease.”
Dr. Salenger Joins DCI Corporate, Continued

Mass screening of a population is not cost effective, but identifying the segments of the population that are at increased risk, those with a family history of kidney disease and the African-American community that has a more rapid progression to ESRD, should be screened earlier and more often.”

In order to increase screenings, Salenger says that the medical community must focus on education and partnerships.

“We must educate the primary care physician and subspecialists to recognize who is at risk and also demonstrate the importance for an early referral to a nephrologist,” said Salenger.

One of Salenger’s goals as a practicing nephrologist in New York was to get orthopedic patients screened for hypertension. “The orthopedists see young to middle-aged men who may have undetected hypertension. Simply taking a blood pressure reading may help identify uncontrolled hypertension in a population known for avoiding doctor visits.”

Salenger has also seen the impact of young adult women referred from their gynecologist. During a urinalysis a gynecologist can pick up on proteinuria. “My practice would get referrals to work up patients with protein in their urine who were otherwise healthy, young women. We have to work as a medical community that understands the earlier the referral, the better chance we have for intervention,” explained Salenger.

Salenger admits that many nephrology fellows receive limited training on home dialysis options. “One of the reasons the home dialysis patient population is low, even this day and age, is because fellows don’t get training in home hemodialysis. Nephrologists don’t get the training and they are afraid of it.”

As the DCI Home Therapies Medical Director, Dr. Salenger plans to increase the number of patients on home hemodialysis and improve the quality of home therapy training offered to nurses and physicians.

The newest addition to DCI’s medical director team adds, “You will hear me say the physician is the spark for home hemodialysis and nurses are the engine. People don’t know about these options. We’ve got to get out there and educate the public and doctors!”

True to the DCI mission, Dr. Salenger’s efforts are ultimately focused on improving patient care.

“We can offer patients the opportunity to manage their dialysis, instead of dialysis managing them. We can adjust schedules so patients can lead a holistic life. The goal is to provide safe treatments that allow patients to live as normal a life as they can.”
DCI’S TOP 3 REASONS TO JOIN IN SOCIAL MEDIA

FOR PATIENTS

Support Groups:
- Dialysis Discussion
- Uncensored

Advocacy: American Association of Kidney Patients (AAKP) - @KidneyPatients

Education: Renal Support Network Podcast - KidneyTalk

FOR JOB SEEKERS

Career Opportunities:
- Dialysis Clinic, Inc.

Career Development: American Nephrology Nurses Association - @NephrologyNurses

Career Rehabilitation: Ticket to Work Program - @chooseworkSSA

FOR MEDICAL PROFESSIONALS

Industry News: American Society of Nephrology (ASN) - @ASNKidney

Career Opportunities:
- Dialysis Clinic, Inc.

Networking:
- Nephrology Journal Club - @NephJC
Spending three days a week, four hours a day at a dialysis unit is not the way most people desire to spend their time. Some dialysis patients skip treatments, shorten their treatments or generally have a negative attitude about being “stuck” on dialysis 12 hours a week. No one said that life-saving dialysis treatments were fun. Yet, is it possible to make the experience more pleasurable? What steps could staff take to improve the patient experience? What would that look like? How would patients respond?

Kimberly Carius, RN, is the new nurse manager at the DCI Eastgate clinic in Cincinnati, Ohio. Right after beginning her role with DCI, she noticed that the atmosphere in the dialysis unit needed improvement. “It was a little bit different from other clinics I had worked at,” Kim said. “Patients were hesitant to open up.” They had ongoing, difficult patient and staff interactions. Kim knew that steps needed to be taken to improve the environment and she decided to begin with the patient experience. Her team began to celebrate holidays and host parties for special events. Some days the staff would arrive in costumes and greet patients. Other days, patients were treated to movies during dialysis. Staff played bingo with the patients. On several occasions, they offered patients renal-friendly snacks.

“These small gestures showed patients that we actually care about them,” Kim said.

How did the patients respond to the steps taken to improve patient experience? One patient in particular had difficulty showing up for treatments and working with the clinic staff. This same patient really enjoyed playing Bingo. After Kim and her team engaged with him through Bingo games, he began actively communicating with the team. They learned the patient was attempting to work and make it to dialysis treatments. Now, when he is not able to make a treatment due to his work schedule, he calls and apologizes for missing a treatment. With a better understand of the patient’s situation, Kim has agreed to accommodate the patient’s work schedule. The patient’s improved communication has gotten the attention of many staff. The nephrologist even asked Kim what led to the patient’s positive attitude!

Not every patient was excited about the activities introduced at the clinic. One
patient initially declined to participate in the activities. Yet, after spending some time with him and making him feel comfortable, he came around. He dressed up in a costume and had his pictures taken with everyone!

The DCI Eastgate clinic is on the right track. Patients are opening up and communicating with the staff. The staff is finding ways to make reasonable accommodations based on new insights. The atmosphere is much more pleasant. We appreciate Kim and her team finding ways to improve the patient experience. They are embodying the mission, “The care of the patient is our reason for existence,” by making the dialysis experience more comfortable and enjoyable for patients.

DCI Eastgate’s poster board displays all the pictures taken at their party.

Left to Right: Teresa Cooper, PCT, Beth Reed, MSW, Kim Carius, RN.

Keya Gets A Kidney!

We are excited to inform you that our cover girl for the last edition of OutREACH, Ms. Markeya Douglas, received her kidney transplant on June 11.

Keya’s kidney champion, Jasmine, called her and asked her to come over and do an interview for YouTube. Keya was instructed to wear her shirt stating, “I Need a Kidney.” During the interview Keya is asked to turn and look at her cousin, Torrian. When she looked at him she noticed his shirt said, “Not any more.”

You can watch Keya receive the good news on YouTube at https://youtu.be/hdA1NMG3ADU.

Keya is currently at home resting and plans to return to work at the end of July.

Congratulations on getting your transplant, Keya!
REACH Kidney Care Hosts Hy-Vee Grocery Store Tour

On Tuesday, April 17, Janet Thomsen, REACH Care Coordinator, Jan Dudley, REACH dietitian, and Kayla, Hy-Vee dietitian, gathered with patients at a Hy-Vee grocery store in Omaha, Nebraska, for an educational tour.

The tour was designed to teach people with kidney disease how to read food labels, interpret serving sizes, and shop for healthy substitutions for foods that they once enjoyed that may no longer be kidney friendly.

Teresa Walker, a REACH Kidney Care patient, decided to participate in the grocery store tour. “I learned so much. It really helped having someone walk with me to explain the store,” stated Teresa. “I learned about kidney friendly fruits and vegetables. I discovered the spices that I could use in my recipes. And, I learned how to make homemade soup in order to avoid sodium. Really, it was a great experience.”

Dietitians Jan and Kayla showed the participants kidney friendly food choices. They answered many questions about products that participants had once enjoyed but had cut out of their diet. The dietitians explained what made a healthy substitute.

REACH Kidney Care of Omaha was thrilled to be able to provide the event in conjunction with Hy-Vee. Janet explained that she helped by calling and letting patients know about the tour, but the mastermind behind the project was Jan. “This is just one more example of Jan going above and beyond and giving patients real information that they can see, touch, feel and literally taste and implement into their everyday lives.”
SUMMER FOOD TIPS
FOR KIDNEY PATIENTS

Be careful with pickles! You consume almost your daily dose of sodium just by eating a pickle! Too much sodium can cause fluid to build up faster around your heart and in your lungs. Use celery or cucumber in place to get that extra crunch but without the extra salt.

Avoid hotdogs! They are full of salt and phosphorus, which can lead to more fluid build up in the body and the need to take more pills! Opt for a burger or chicken sandwich instead!

Alcohol can quickly elevate your blood pressure and place you at risk for dehydration, especially during the hot summer months. It can negatively interact with your medications and can also lead to toxin build up in your blood, making you feel sick.
Camp Okawehna, established in 1974 and located just 50 miles outside of Nashville, Tennessee, is a week long summer experience for children with kidney disease. Children who have had a kidney transplant as well as those children on hemodialysis and peritoneal dialysis are welcomed at camp. While sponsored by DCI, all children between the ages of 6 and 18 years of age are eligible to attend regardless of where their treatment is received. Camp “O”, as it is affectionately called, is the only kidney camp located in the state of Tennessee and one of the largest kidney camps in the country.

We appreciate every organization and group that generously contributed to the success of Camp Okawehna 2018. Whether it was donated time or supplies, know that your gift helped to bring joy to a child with kidney disease!

Thank you...
Cedar Crest Camp
Texas Children’s Hospital
Home Depot - Bellevue, TN
East Hickman Volunteer - Fire Department
Craft Love
Adventure Works
Laurice Crocker
DJ E. Lee
TCE Service
Reginald Steve has a renewed appreciation for being alive. There was a time that he was living in a really negative place and he could only see the trouble in the current day. Now, he can see that he has a future.

Approximately 20 years ago Reggie went to the doctor and was told that his kidney function was decreasing. He was told to “keep an eye on it.” Being in his early 20’s, he didn’t give it much thought.

“I didn’t understand what the doctor was talking about. I felt fine when I was told my kidney function was decreasing,” said Reggie. “I didn’t change anything I was doing.”

Then the day came when Reggie’s kidneys stopped working. “When I was told I’d have to go on dialysis, I was extremely scared. I went through several stages—ignoring it, being angry, getting sad, and then I accepted it.”

The emotional impact of facing dialysis left Reggie in turmoil. “I think I’m like a lot of people who face this. Early on, I was going through depression. I struggled with having my regular life interrupted. I was afraid of the catheter. I felt ashamed of my appearance. I didn’t want to take my shirt off. I wondered who would want to date a person who looked like me. I felt like a freak.”

With the support of a few key people, Reggie was able to overcome the fear and depression that swirled in his mind.

“I couldn’t have gotten past those thoughts without the support of my fiancée, Tammy,” shared Reggie. “Tammy reminded me that I needed this to stay alive.” He also had the support of his medial team. It was during a visit to his nephrologist when he was told that a REACH Kidney Care coordinator would visit with him. Reggie recalls meeting the care coordinator, Leilani. “Leilani is very nice and cool. I felt like I could comfortably talk to her about dialysis,” stated Reggie.

Leilani introduced Reggie to all treatment options and he chose to do peritoneal dialysis (PD). A hernia led to Reggie moving to in-center hemodialysis for a short period of time, but he was eager to get back to doing dialysis at home.

“Sitting in a chair in the dialysis clinic versus being at home doing my PD was like torture for me,” stated Reggie.

Reggie enjoys the convenience of peritoneal dialysis, but he’s determined to shed a few pounds so he can become active on the transplant list. In the meantime, he’s learned to appreciate the small things in life. He has been able to accompany Tammy on work trips by simply shipping his supplies ahead of time. He’s exploring the idea of returning to school for an audio/visual degree. He’s loves watching his seven month old daughter grow. At the end of the day, Reggie appreciates being alive.
Celebrating Zero Days of Dialysis
One Year Post-Transplant

On June 7, 2018, Jean Breeding, 62 years old, celebrated her first transplant anniversary. Her kidney transplant, courtesy of fiancée, Bob, occurred just in time to keep Jean from starting dialysis. Jean knew she had declining kidney function and had been under the care of a nephrologist for a few years. In August of 2016, her son was in a near fatal car accident. She spent several days and nights in the intensive care unit with her son. As he began his road to recovery, Jean, a nurse of 40 years, recognized that she wasn’t feeling well. She told herself it was just the stress of the accident and long hours of being a caregiver, but a trip to her nephrologist told her it was her further reduced kidney function. Jean had a creatinine of 4.8. A creatinine level of greater than 1.2 mg/dL for a woman is a sign that the kidneys aren’t working properly. Jean was advised she needed to start dialysis.

“When I heard the news about my kidneys, I was getting ready to start a new job in 4 days,” explained Breeding. “I didn’t feel well, but I was determined to start my new job and not start dialysis.”

Jean’s nephrologist agreed to help her delay dialysis as long as possible, but advised her to keep her potassium under control. With a new medication regimen in place, she was introduced to REACH Kidney Care to assist in developing a plan to face kidney failure.

“At the first meeting with REACH I was still in shock and overwhelmed. I met Janet, the care coordinator, and Jan, the dietitian. They were both very helpful. Jan explained how I could limit certain foods to help maintain kidney function and Janet explained treatment options,” stated Jean.

The second meeting with REACH didn’t occur in the office. Janet met Jean and Bob at Dialysis Clinic, Inc. (DCI) so that they could see in-center hemodialysis, learn about peritoneal and home hemodialysis, and explore the option for a transplant.

“It really comforted me that Janet didn’t just send us to DCI to learn about treatment options, she met us there,” said Jean. After learning about the possibility of a pre-emptive transplant and the option of avoiding dialysis altogether, Jean knew a kidney transplant was for her. Luckily, Bob was a match. After approximately six months of evaluation and testing, June 7 was chosen as the date for the transplant. Jean and Bob entered the hospital on a Wednesday and headed home to recover on Saturday. Jean’s sister was her care partner and home health provided support as well. By September, Jean and Bob were off restrictions and feeling great.

Jean, grandmother of eight, now works full-time from home, gardens and enjoys life.

“My kidney transplant made me realize what’s important in life. I’m thankful that donors provide a second chance. I’m very grateful,” explained Jean. “REACH Kidney Care helped me so much.”
Contrary to what many people believe, it is possible to maintain an active lifestyle and travel frequently even when you are a dialysis patient!

There are three options: If you are dialyzing in center, the clinic’s social worker can arrange dialysis in another clinic at or close to your destination. The disadvantage of this approach is that a spot might not always be available, nor at a convenient time. If you choose peritoneal dialysis, a home based therapy; you can take the dialyzer with you in a specially provided suitcase. Your supplies can be shipped separately to your destination. If you are a home hemodialysis patient, you can also take your machine with you on vacation in a specially designed suitcase that we provide. Again, any other materials needed for your treatment can be shipped separately to your destination. We have had patients who were able to dialyze on their own schedule right in their hotel rooms with the last two options; these give you much more flexibility and independence.

Home modalities also allow for international travel, as supplies can be shipped to many destinations around the world. The dialysis provider supplies appropriate documentation for customs so that there will be no security issues when dialysis machines are checked as baggage.

A final option, though not specific to Dialysis Clinic Inc. (DCI), is a specially organized cruise for dialysis patients, where traditional “in center” dialysis is provided right on the cruise ship. With this option, however, the patient is tied to a specific schedule. Social workers in the dialysis clinics can provide more information regarding this option.
FOLLOW DCI ON SOCIAL MEDIA!

FACEBOOK.COM/DIALYSISCLINICINC
TWITTER & INSTAGRAM @DCI_DIALYSIS
YOUTUBE.COM/C/DIALYSISCLINICINC1971
LINKEDIN.COM/COMPANY/DIALYSIS-CLINIC-INC-

What you’ll find:
• Recipes
• Success stories
• Kidney news