REACH MAKES TRANSITIONING TO DIALYSIS SMOOTH AND SAFE

Howard Knoch was a patient of REACH Kidney Care for less than one year before he started dialysis. Howard and his wife, Shirley, were referred to REACH Kidney Care on October 2, 2017 by his nephrologist at the VA Clinic.

The couple both agreed that REACH helped prepare Howard for a safe and smooth transition into dialysis.

Shirley explained when it was time for her husband to start dialysis, they understood the process and knew exactly what to expect. Her husband agreed. “You know the fear you get when you hear you might have to start dialysis? Well, when you start with the REACH Kidney Care program, they ease you through it and that fear goes away” stated Howard.

“THE REACH TEAM TOOK TIME TO EXPLAIN EVERYTHING AND MAKE SURE WE UNDERSTOOD.” - SHIRLEY KNOCHE

Howard and Shirley Knoch

Story continued on next page.
Howard and Shirley are thankful for the caring and informative individuals that helped them navigate the process of starting dialysis.

“The REACH team took time to explain everything and make sure we understood,” said Shirley. The couple received a DVD about dialysis and kidney disease at one of the educational meetings. They were able to guide the decision making process each step of the way. Howard and Shirley were also told that the REACH team was available 24/7 to address any concerns.

“If I had a million dollars, I would give it to you” said Mrs. Knoch to Caterrace Moore, REACH Care Coordinator, because of Caterrace’s caring nature. “We’re very thankful for REACH Kidney Care.”

Dialysis is Nothing to Fear

Lou Gans has been a patient of REACH Kidney Care since March 3, 2015. REACH has taught her that kidney disease is nothing to be afraid of.

The first time Mrs. Gans heard that dialysis may be in her future, she believed she would experience a heart attack. Her belief that kidney disease and a heart attack were linked together came from a relative who experienced a heart attack while on dialysis. Hearing about her relative’s experience conditioned Mrs. Gans to fear having a heart attack while on dialysis.

Fortunately, Mrs. Gans was referred to REACH where she received complete information that dispelled her fears and guided her toward processes designed to prolong her kidney function.

“REACH has helped me to better understand kidney disease,” stated Gans. “The staff taught me about the different types of treatment options, nutrition for kidney disease, and strategies to help prolong my kidney function.”

Mrs. Gans is thankful for the REACH team helping her to manage lifestyle changes. Today Mrs. Gans understands dialysis is not a heart attack waiting to happen.
Hurricane Helpers

Hurricane Florence was a powerful and long-lived hurricane that caused severe damage in the Carolinas in September of 2018. It dumped over 35 inches of rain on North Carolina, becoming the wettest tropical cyclone recorded in the Carolina’s and the eighth-wettest overall in the contiguous United States.

In October of 2018, Hurricane Michael devastated the Florida panhandle and even reached across to some areas of Alabama and Georgia. Hurricane Michael was the third-most intense Atlantic hurricane to make landfall in the contiguous United States in terms of pressure. It was also the strongest storm on record in the Florida Panhandle.

People living in the paths of both hurricanes were asked to evacuate and take shelter as the storms drew near. However, many of our amazing clinic staff stayed in their locations as long as possible to make sure patients could dialyze until they had to evacuate. The staff worked together to make accommodations for patients in order to provide their dialysis treatments. We are thankful to every one of our Hurricane Helpers for assisting patients with treatments during the storm!

DCI staff in the Albany, GA, region

DCI staff in the Charleston, SC, region
Since July 26, 2016, Annie Jeter has been a patient at REACH Kidney Care in Spartanburg, South Carolina.

In the beginning, Annie would describe her journey with kidney disease as scary.

“When I first learned about kidney disease, I was scared because I thought I’d have to start dialysis immediately,” stated Annie. “But, with the help of Dr. McGee and the REACH team I am learning ways to improve my kidney function and hopefully I can stay off of dialysis.”

Annie has received free education classes at REACH that include nutrition, strategies for prolonging kidney function, and treatment options. If dialysis becomes a part of Annie’s future, she knows she’d be prepared to start peritoneal dialysis, a home therapy.

Delaying dialysis has been possible because Annie follows the advice of her doctor and her REACH team. “I’ve learned how to eat healthier and stay on a kidney friendly diet.”

At one time, Annie had been taking 21 different medications, and that has been reduced to 11. She gives all her praise and honor to God stating, “God is going before me to touch my doctor and guide my care team. God is still with me and everything will be alright.”

Annie is no longer afraid of kidney disease. She has security in her faith and her medical team. “The REACH team is very nice. They know how to comfort and encourage me,” stated Annie. “I feel like family when I walk through the door.”
Nephrology Nurses Week took place during the week of September 9 - 15. The American Nephrology Nurses Association (ANNA) designates the second full week in September to celebrate all nephrology nurses that care for patients with kidney disease. DCI had a great time interacting with nephrology nurses, and others who wanted to celebrate, through social media. DCI had two spotlight nephrology nurses who were recognized for their patient centered care and worth ethic.

The National Association of Nephrology Technicians recognizes the second full week in October as National Hemodialysis Technicians Week. During this recognition week, DCI had four spotlight hemodialysis technicians that were recognized for their outstanding performance inside and out of the clinic. DCI social media followers were encouraged to share graphics with and tag hemodialysis technicians to show support and celebrate the amazing things they do!
Celebrating the Specialties within Kidney Care

Nephrology Nurse Spotlight: Rachel Rice

“Rachel works professionally and productively with all the doctors and hospital staff. She works extra days or shifts if needed to help others out. She takes care of patients with a caring and positive attitude and does not complain about her long hours of call or working extra to help others. She is the future of DCI and is an asset to our program. I commend her and recognize her as being our leader. Thank you!”

Nephrology Nurse Spotlight: Dawn Davis

“Dawn has been with DCI for 13 years! She is the epitome of a selfless soul. Dawn has the biggest heart of any nurse I have ever met! Her patients adore her almost as much as she adores them! She works hard and dedicates herself to making the lives of everyone around her better! I consider myself fortunate to be on this journey with her!”

Technician Spotlight: Norma Ramsey

“Dedicated and committed. Concerned and compassionate. Conscientious and honest. Patients love her. Co-workers depend on her. She is totally accountable for her actions and holds others to that same level of accountability.”

- Rhonda Wallace, Nurse Manager at DCI Caryville
CELEBRATING THE SPECIALTIES WITHIN KIDNEY CARE

TECHNICIAN SPOTLIGHT: LORETHA STONE
“She is energetic, professional, enthusiastic, friendly, dynamic, detail oriented and never panics during a dialysis complication or other situation. She is truly an example of a DCI Dialysis Technician in the work place.”
- Frank Cheney, Nurse Manager at DCI Fayetteville

TECHNICIAN SPOTLIGHT: ROBIN POLSTON
“Robin has been with DCI Mexico for 22 years. She first started out as a reuse technician and after a few years began training to be a PCT. We couldn’t name all the good qualities about Robin or we would run out of paper! We think she is the best PCT around!”
- Michelle Doolittle, Nurse Manager at DCI Mexico

TECHNICIAN SPOTLIGHT: MELINDA ARMSTRONG
“She is always willing to lend a helping hand without being asked. Her calm, compassionate demeanor helps make patients feel comfortable and confident because it is evident that she truly cares about the patients as individuals.”
- Terra Womack, Nurse Manager at DCI Birmingham
How to manage your illness when care seems far away

Years ago when people became ill, a local family physician could be relied upon to fulfill their healthcare needs. However, with the increasing specialization of health care, local and rural care is diminishing. Many independent health systems are bought by larger corporations that are not based in the community. Nowhere is the impact of this centralization more apparent than in the rural population.

DCI is committed to finding solutions that will enable patients in all areas of the country, whether rural, suburban, or urban, to have access to the most modern and effective care we can offer to patients with kidney disease. Patients who receive a diagnosis of chronic kidney disease (CKD) or end stage renal disease (ESRD), can be effectively managed through improvements in both technology and government regulations that increase access to home based care.

If you receive a diagnosis of CKD, particularly in the later stages (4 or 5), your primary care physician or nephrologist can refer you to the REACH program. REACH stands for “real engagement achieving complete health”. It is a nurse driven program where the patient with later stage CKD can receive both education and care coordination. It is a community service provided to patients regardless of affiliation, encompassing dietary review, and recommendations to prevent progression of CKD. In the event of progression to ESRD, the REACH care coordinator will work with patients, families and other care providers to smooth the transition to transplant or dialysis.

Unfortunately, some patients do progress from CKD to ESRD. When most people think of dialysis, they envision the patient traveling back and forth to a dialysis center three times a week, on a set schedule that can consume many hours. If you live farther away, the difficulties of frequent travel become magnified. One way to overcome this obstacle is to perform your dialysis at home, on your own schedule and with much less travel involved. Patients who choose home modalities undergo extensive training (of themselves and/or care partners) by specially trained home dialysis nurses. One option is peritoneal dialysis, in which specially prepared fluid is instilled and drained by way of a plastic catheter surgically implanted in the abdomen (not the stomach). This can be done during the day or overnight through a machine called a cycler, which is placed at the bedside. Training generally takes 7-10 days. The other option is home hemodialysis, where the patient is taught to connect to the machine using needles placed in a fistula (“access”), which also requires a minor operation. This also can be done during the day or overnight, again with a small machine placed at the bedside. Training for this option is longer—generally between 3-6 weeks.

Typically, home dialysis patients meet with their dialysis care team once per month. New government regulations will permit patients to do some of their monthly visits via telehealth technology using real time audio and visual conferencing with the team that the patient can do from the comfort of their home. If the patient is doing well, then a face to face visit with the team (physician, nurse, social worker, and dietitian) would only need to take place four times per year! Another method of utilizing telehealth technology is remote monitoring of home hemodialysis patients who are doing evening or overnight treatments.
NOVEMBER IS NATIONAL DIABETES MONTH

We’re focusing on diabetes and how it can affect your kidneys! Here are some facts and about diabetes and kidney disease that show the impact it can have on you.

**Fact 1:** Diabetes is the leading cause of kidney disease. About 1 out of 4 adults with diabetes has kidney disease.

**Fact 2:** 1.5 million Americans are diagnosed with diabetes ever year.

**Fact 3:** In 2015, 30.3 million Americans, or 9.4% of the population, had diabetes.

**Fact 4:** More than 84 million US adults - over a third - have prediabetes, and 90% of them don’t know they have it.
* [https://www.cdc.gov/diabetes/basics/quick-facts.html](https://www.cdc.gov/diabetes/basics/quick-facts.html)
Happy Thanksgiving
from Billings Clinic Dialysis & Project Lunch

We wanted to acknowledge two of our awesome dietitians who did a great thing for our patients for Thanksgiving. They coordinated with a local small food business to get prepared renal friendly turkey dinners. The dinners include turkey, green beans, carrots, a roll, and homemade cranberry sauce. These dinners went out to the PD and in-center hemo patients.

Dietitians Michelle McManus and Karla Herman.

Available Online
Kidney Cooking - Thanksgiving Edition

Featuring a collection of kidney friendly recipes for a Traditional and Non-Traditional Thanksgiving Feast.

Find this cookbook and more at www.dciinc.org/recipes.
Kidney-Friendly Recipe:
Herb & Citrus Butter Roasted Turkey

Nutritional content per serving:
Sodium: 102 mg
Potassium: 503 mg
Phosphorus: 322 mg

Ingredients:
1 lemon
½ c. butter
½ shallot
8 large sage leaves
2 T. fresh thyme leaves
1 T. rosemary leaves
1 clove garlic
1 fresh whole turkey
Kitchen string
1 c. dry white wine
1 c. low-sodium turkey or chicken broth
½ c. all-purpose flour

Directions:
1. Zest and juice lemon to equal 3 tablespoons into the bowl of a food processor; add butter and next 5 ingredients. Process until very smooth and herbs are minced. Reserve and chill 1/4 cup herb butter.

2. Heat oven to 425 degrees F. Remove giblets and neck from turkey and discard. Drain cavity well; pat dry with paper towels. Loosen and lift skin from turkey breast without totally detaching skin. Rub 3 tablespoons herb butter under skin; replace skin and secure with wooden picks if desired. Sprinkle cavity and outside of turkey with desired amount of salt and freshly ground pepper.

3. Place turkey, breast side up, on a lightly greased roasting rack in pan. Tie ends of legs together with kitchen string; tuck wingtips under. Rub entire turkey with remaining herb butter. Pour wine and chicken broth into roasting pan.

4. Bake on lowest oven rack at 425 degrees F for 30 minutes. Reduce temperature to 325 degrees F and cook 2 to 2 hours 30 minutes or until a meat thermometer inserted into thickest portion of thigh registers 165 degrees F, basting every 30 minutes with pan juices. Shield with aluminum foil to prevent excessive browning, if necessary. Remove from oven, and let stand 20 minutes.

5. Transfer turkey to a serving platter. Pour drippings through a fine wire-mesh strainer into a bowl, discarding solids. Reserve 2 1/2 cups pan drippings.

6. Melt reserved chilled butter in a saucepan over medium heat; whisk in flour, and cook, whisking constantly, 1 to 2 minutes. Gradually add reserved 2 1/2 cups drippings to saucepan, and bring to a boil, whisking constantly. Reduce heat, and simmer, stirring occasionally, 5 minutes or until thickened. Serve turkey with gravy.

Sources:
Country Living | Marian Cooper Cairns and Mary Allen Perry - Revised by Pat Handley, RD, LDN
THE DIALYSIS PATIENTS DEMONSTRATION ACT IS NOT IN THE BEST INTEREST OF ALL KIDNEY PATIENTS

Here are the steps you can take to help us oppose this Act:

1. On your computer, tablet or smartphone, go to www.notodpda.org

2. If you are on a computer, you will be able to read more about the Act. You will find an image and several letters explaining how this bill will affect you. On the right, you will see a column saying, “We Oppose the #dialysisPATIENTS act.” Scroll down until you see “Compose Your Message.” If the “Write” icon is selected you can send a letter to your representative. (If on a mobile device, the oppose column will appear first. Scroll down to compose your message.)

3. Please customize the content of the template letter based on your personal experience with kidney disease.

4. Once you have completed the letter, under “Enter Your Info” please enter your personal information. The email will be sent to the Senator and U.S. representative that match your area.

5. Share what you did with your friends and family on Facebook and Twitter! Be sure to use #DialysisPATIENTSAct in your post.

To read the full bill visit https://www.congress.gov/bill/115th-congress/house-bill/4143/text