BE SURE TO CHECK OUT OUR NEW PATIENT PORTAL

Scan the QR Code with your Smartphone camera, then click the pop-up link that appears to visit the Patient Portal! You can also visit the Patient Portal here: https://bit.ly/Network8PatientPortal.

Network 8 Patient Portal
The patient portal is made for patients with resources and videos for the most important topics in your dialysis journey. Take Charge of Your Health, and Get The Education You Need!

FEATURES
- COVID-19
- Infection Prevention
- Catheter Reduction
- Dialysis at Home
- Kidney Transplantation
- Vocational Rehabilitation
- Patient Engagement
- Mental Health
- Upcoming Events

ADJUSTING TO CHANGE
This year everyone has felt the impact of COVID-19. There have been changes in dialysis clinics, communities, at home, and work. You may have experienced COVID or have a friend or family member with COVID. No matter how big or small the impact, we all need to find healthy ways to adjust to changes.

Change is normal, but it can be stressful, whether it is expected or not. If you can plan for change, then you have a better chance of accepting it and moving forward. Preparing ahead of time allows you to have some control, especially during times when you feel you do not have any. The American Psychological Association (APA) suggests the following when dealing with stressful times.
- Prepare as much as you can, ahead of time
- Be kind to yourself and others
- Focus on the things you can control
- Limit time spent watching the news and on social media
- Take time for self-care
- Ask for help from a friend, family member, or professional

To read the full article, please visit https://www.apa.org/topics/stress-uncertainty.
Infections are one of the top reasons for kidney patients to be hospitalized. It is common for dialysis patients to have access related infections. For hemodialysis patients, a fistula has the lowest risk of infection, while a dialysis catheter has the highest risk. For most patients, it is best to think of a dialysis catheter as a short-term access only—like a spare tire. A catheter is not meant for long-term use in most cases. Once a permanent access (fistula or graft) can be used, the catheter needs to be removed. For peritoneal dialysis patients, there is a risk of catheter exit site infection, tunnel infection and/or peritonitis.

To prevent infection, follow these tips:

- Wash hands for at least 20 seconds using soap and water; use alcohol-based hand gel if hands are not visibly dirty.
- Make sure you have received all vaccinations offered by your dialysis center: flu, pneumonia, and Hepatitis B.
- If you are a hemodialysis patient, make sure to clean your access arm immediately before needles are placed. Peritoneal dialysis patients should be very careful and follow the procedure for treatments exactly as taught—no short-cuts.
- Hemodialysis patients should report signs of infection, such as fever, chills, redness, tenderness, or drainage at the access site, to dialysis staff as quickly as possible. Peritoneal dialysis patients should report fever, abdominal pain, or cloudy dialysis fluid.
- Finally, please follow all COVID-19 policies while in the dialysis unit. This will help lower the risk of infection. When not at dialysis, please continue to follow CDC guidance for washing hands or using hand sanitizer, wearing masks and physical distancing to decrease the spread of COVID-19.

Emergency preparedness is key when planning for any kind of emergency. Do you have an extra supply of your medications? Do you know what you should eat if you cannot get to dialysis? Do you know your dialysis prescription? Do you know how to contact your clinic in an emergency?

What would you do in the event of an emergency? KCER created an emergency preparedness checklist, so you can be prepared in the event of a disaster. To print a copy of the KCER emergency checklist or view other patient resources, please visit: https://www.kcercoalition.com/en/resources/patient-resources/.