PATIENT PORTAL: STEPS TO ADD THE PATIENT PORTAL TO YOUR PHONE’S HOME SCREEN

Make the Network 8 Patient Portal even easier to use - save it to your phone’s home screen!

Here is how:

1. Open the camera app on your phone.
2. Scan the QR code.
3. Open the Patient Portal link in your browser (Example: Safari or Chrome).
4. Click the share or menu button.
5. Tap “add to home screen.”
6. Name your shortcut, for example, Network 8 Patient Portal.

Look for the shortcut on your home screen and access the portal with ease. You can also visit the Patient Portal here: https://bit.ly/Network8PatientPortal.

Patient Advisory Council

Network 8 will be looking for individuals to serve on the Patient Advisory Committee (PAC). The PAC is made of a diverse group of ESRD patients and/or caregivers. PAC members work with Network 8 and Medicare to improve the quality of care and quality of life for ESRD patients through education and advocacy.

PAC applications will be emailed to all Network 8 social workers in Alabama, Mississippi, and Tennessee at the beginning of October. If you are interested in joining the PAC, please speak to your social worker to request an application or visit our website, https://esrdnetwork8.org/renal-disease-patient-information/patient-representation. You can submit your application by mail or fax. Please mail your application to Katy Chappelear, 775 Woodlands Parkway, Suite 310, Ridgeland, MS 39157, or fax it to 601-932-4446.

If you would like more information, please call 1-877-936-9260.
A Patient Story: Miracle on Salem Road

Ms. Talisha Davis is a remarkable young lady. She started in-center hemodialysis in November 2017. She continued to work her full-time job and care for her tween daughter. When considering her treatment options, she immediately wanted to be evaluated for transplant. She was referred, only to be told that she would need to lose weight before she could be listed. Talisha began her journey down the difficult road of weight loss. She worked with the dietician to learn about weight loss and exercise, then she considered weight loss surgery. Being of child-bearing age, she was given a pregnancy test to rule out what she thought she knew. To her surprise, Talisha was told she was pregnant.

She quickly and quietly informed dialysis staff and doctors. She was guarded because she knew how rare pregnancy is for a dialysis patient. Talisha worked with her nephrologists, dialysis staff and OBGYN closely. Everyone gathered to support Talisha in any way possible. Her dialysis treatments were gradually increased from 3 days per week to 6 days per week. During this time, she continued to work full-time and care for her 12-year-old daughter.

As if this were not enough, Talisha’s boyfriend was tragically killed while at work, three days before Christmas. Talisha stayed strong and persevered despite the tragedy. She surrounded herself with family, friends, and coworkers. She remained steadfast in her faith; she stayed positive, and she focused on her future.

Despite multiple hospital visits, appointments with specialists and her OBGYN, Talisha kept her faith. She would always say, “Blessed, Thank you Lord.” She remained gracious, kind, and humble throughout it all. On January 28, 2020, Talisha made a final trip to the hospital, where she stayed the rest of her pregnancy. Talisha had a healthy baby girl on February 3, 2020.

The staff at DCI feel blessed to have witnessed such a beautiful miracle. Talisha is truly an inspiration to all who know her.

Flu Season Approaches: Get Your Flu Shot

Influenza (flu) season usually begins around October and can last until May. The flu is more common in the colder, drier months of the year. The Centers for Disease Control and Prevention (CDC) recommends getting the flu vaccine at the beginning of the season, in September or October. It spreads easily from person to person when droplets from coughing, sneezing, or talking are released in the air. Symptoms of the flu can begin about 2 days after the virus enters the body. The flu can easily be passed to someone else before you even know you are sick. People with End Stage Renal Disease (ESRD) or other medical problems are at higher risk of serious illness or complications from the flu. Symptoms of the flu include:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny/stuffy nose
- Muscle or body aches
- Headaches
- Fatigue
- Diarrhea/vomiting (more common in children than adults)

What Can You Do?

- Get yourself and your family vaccinated every year
- Cover your coughs and sneezes
- Wash your hands with soap and water
- Ask your doctor if flu antivirals, such as Tamiflu, are right for you
- Stay home when you are sick

The flu vaccine can keep you from getting sick with the flu and can reduce the likelihood of hospitalizations for people with other health conditions, like ESRD. You can get your annual flu shot at a doctor’s office, clinic, health department, urgent care clinic, or local pharmacy. If you do get the flu, ask your doctor if antiviral medication is an option for you. These medications can help make the illness milder and shorten the time you are sick. #FIGHTFLU
An emergency can happen any time. If you are impacted by an emergency, such as a tornado, hurricane, or ice storm, and cannot get to dialysis, please reach out to your dialysis clinic as soon as possible. If an emergency keeps you from your treatment, you can eat a special diet to help you manage fluid build-up, waste, and potassium. On page 4 is an example of a dialysis friendly diet plan, provided by Kidney Community Emergency Response (KCER). Visit https://www.kcercoalition.com/en/resources/patient-resources/ for more emergency resources.

### Dialysis Emergency Diet Plan

In the event of an emergency, you may not be able to get dialysis treatment. This will cause extra water and waste in your body to build up and cause health problems. You need to follow a special diet to limit the buildup of water, wastes, and potassium when you can’t get your treatments. If you are on home hemodialysis or peritoneal dialysis – and can’t do your treatments, this sample diet may apply to you, too.

**Breakfast | Cereal and fruit**
- ½ cup milk OR mix ¾ cup evaporated milk with ¼ cup distilled water, from sealed containers
- 1 serving of cereal (No bran. No granola. No cereal with dried fruits and nuts.)
- 1 tbsp. sugar, optional
- ½ can (2 ounces) fruit, drained

**Lunch | Peanut or almond butter and jelly sandwich**
- 2 slices of white bread
- 2 tbsp. unsalted peanut or almond butter
- 2 tbsp. jelly or sugar-free jelly
- ½ cup canned fruit, drained
- ¼ cup (4 ounces) juice

**Dinner | Chicken sandwich**
- 2 slices of white bread
- ½ can (2 ounces) chicken with 2 tbsp. mayonnaise (Note: These items may spoil without refrigeration.)
- ¼ cup vegetables, drained
- ¼ cup cranberry juice

**Morning Snack**
- 5 vanilla wafers or 1 ¼ squares graham crackers
- 10 hard candy or sourballs (include sugar-free options if diabetic)

**Afternoon Snack**
- ¼ cup applesauce
- 10 jelly beans (include sugar-free options if diabetic)

In an emergency or disaster situation, you should do everything you can to get your regular dialysis treatment. Following a 3-Day Emergency Diet Plan until you can get treatment could prevent illness or even death.

For a complete 3-Day Emergency Diet Plan, visit [www.kcercoalition.com/3daykidneydiet](http://www.kcercoalition.com/3daykidneydiet).
WHAT IS SEPSIS?
Sepsis is the body’s extreme response to an infection. It is life-threatening, and without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death.

Sepsis happens when an infection you already have—in your skin, lungs, urinary tract or somewhere else—triggers a chain reaction throughout your body.

AM I AT RISK?
Anyone can get an infection, and almost any infection can lead to sepsis. People with chronic conditions such as diabetes, lung disease, cancer, and kidney disease, are at higher risk of developing infections that can lead to sepsis. Sepsis also more commonly occurs in:

- Adults 65 or older
- People with weakened immune systems
- Children younger than one

The most frequently identified germs that cause infections that can develop into sepsis include Staphylococcus aureus (staph), Escherichia coli (E. coli), and some types of Streptococcus.

HOW CAN I GET AHEAD OF SEPSIS?
1. Talk to your doctor or nurse about steps you can take to prevent infections. Some steps include taking good care of chronic conditions and getting recommended vaccines.
2. Practice good hygiene, such as handwashing, and keeping cuts clean and covered until healed.
3. Know the symptoms of sepsis.
4. ACT FAST. Get medical care IMMEDIATELY if you suspect sepsis or have an infection that’s not getting better or is getting worse.

WHAT ARE THE SYMPTOMS?
Symptoms of sepsis can include any one or a combination of the following:

- Confusion or disorientation
- Shortness of breath
- High heart rate
- Fever, or shivering, or feeling very cold
- Extreme pain or discomfort
- Clammy or sweaty skin
- Shortness of breath
- Disorientation or confusion
- Feeling very cold
- Or feeling very hot
- Slight skin color changes
- Feeling weak or lightheaded
- Feeling dizzy or faint
- Feeling restless
- Feeling very tired
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