

Skagit Valley Kidney Center Emergency Preparedness Plan



- ⇒ Familiarize yourself with this plan before you need to use it.
- ⇒ Provide facility with current telephone numbers: personal (home and cell), relatives, and friends. These numbers will be used to help us contact you in the event of an emergency or natural disaster.
- ⇒ Keep copies of your medical and dialysis history, including your dialysis prescription.
- ⇒ Wear a medical alert bracelet or have a medical alert card readily available.
- ⇒ Maintain a week's supply of your current medications at all times and instructions for use of Kayexalate (a medicine that helps the body remove excess potassium via bowel movements).
- ⇒ Know how to care for your vascular access.
- ⇒ Maintain emergency supplies:
 - Battery powered or wind-up flashlight or lantern, with extra batteries (if needed)
 - Battery powered or wind-up radio
 - Important personal items
 - Manual can opener, paper goods and plastic ware
 - Sharp knife
 - Plug-in telephone that doesn't require electricity
 - 3-day dietary (according to your specific emergency diet) and fluid supplies (plastic jugs filled with water).
 - Candles and matches (do not use if you suspect a gas leak).
 - Baby wipes and napkins
 - First aid kit

- ⇒ Remain at home and listen for public service broadcast on local radio or television stations. Your dialysis staff will attempt to contact you. If you do not receive a call, you can call the hospital at: (1-800 number will be available soon—in the meantime, call the Kidney Center at 1-360-428-8260) to receive further instructions. If the dialysis center is not able to reach you and you have not made contact, the emergency authorities in your area will be notified and asked to check on you at your residence.
- ⇒ If you must seek shelter, take your week's supply of medications, your emergency supplies, personal items, blanket, medical information and Medic Alert ID information. Tell the person in charge about your special needs. When you change locations, please keep the dialysis center informed. **If possible, take your own food—the food served in shelters tends to be high in potassium and sodium.**
- ⇒ Know your dietary guidelines for emergency preparedness. If you are unable to receive your scheduled dialysis treatment(s) due to extreme weather or any other disaster—**IMMEDIATELY START FOLLOWING THE EMERGENCY DIET**. Be sure to choose the correct diet version and grocery list. We have included diets for diabetics and non-diabetics. The diets are also intended to limit the sodium, potassium, protein and fluid load on your body in the event that your time between treatments is extended beyond your control. Following this diet will lessen the risk of high blood pressure, shortness of breath, or increased potassium levels that could cause your heart to stop. You should follow the diet **only** for the period of time that it is necessary until your dialysis services can be resumed.

About Your Emergency Diet

Fluids:

- ⇒ It is necessary to restrict fluids even more than before!
- ⇒ Use the fluid specified in your meal plan.
- ⇒ Your 2-cup daily limit allows 1/2 cup per day for taking phosphate binders and other medications and 1/2 cup liquid per meal. Applesauce can also be helpful in taking medications, but must be counted as a fruit serving.
- ⇒ Canned or bottled carbonated beverages will provide more calories than bottled water and often are a better choice for non-diabetics.
- ⇒ Powdered drinks such as Tang, Kool-Aid or Crystal Lite can be kept on hand, but require water. Avoid sports drinks such as Gatorade.
- ⇒ Chew gum to quench thirst.

Sodium:

- ⇒ Avoid table salt and salt substitutes.
- ⇒ Flavor with herbal seasoning, garlic powder, and lemon juice.

Food Safety:

- ⇒ Keep foods stored in a sturdy box in a closet, or garage (away from water or animals).
- ⇒ Replace bottled water every six months.
- ⇒ Breads should be stored in your freezer. Crackers and cereals should be stored in a tin or sealed container and replaced monthly.
- ⇒ Store sugar, candies and dry milk in a sealed container to protect from insects.
- ⇒ Do not eat perishable foods (such as thawed meat, dairy, mayonnaise, etc.) if you lose power to your refrigerator. You can use frozen items from your freezer until they thaw completely, at which point they are no longer safe. (Any perishable food item that has been at room temperature for more than two hours is not safe.)

If purchasing emergency food supplies keeps falling to the bottom of your “to do” list, you may want to consider purchasing a convenient specialized liquid nutrition product to drink instead of following the suggested meal plan. Your dietitian can help you to determine the correct amount to consume and how to adjust your other fluid intake.

- ⇒ One egg or one ounce of meat (cooked) that has been stored at a safe temperature can be substituted for 1/4 cup of low sodium canned meat.

Suggested Grocery List for Emergencies

If a food is not on this list — DO NOT EAT IT!

Bread/Cereal: (Choose 5-6 servings per day)

- ⇒ 1 slice white bread
- ⇒ 6 unsalted crackers
- ⇒ 1/2 English muffin
- ⇒ 3 graham crackers
- ⇒ 1 c. unsalted rice, noodles, or pasta
- ⇒ 1 c. shredded wheat, puffed rice, cream of wheat, or cream of rice
- ⇒ 6 vanilla wafers or sugar wafers

Fruits/Juices: (Choose 2-4 servings per day. If you choose juice— also counts as liquid.)

- ⇒ 6 oz. Apple, grape, pear, or cranberry juice
- ⇒ 1 small apple
- ⇒ 1/2 c. canned applesauce, drained pears, plums, pineapple, or cherries
- ⇒ 1/2 c. canned or frozen blueberries, strawberries, or raspberries

Milk/Milk Products: (1 choice daily)

- ⇒ 1/2 c. milk
- ⇒ 1/4 c. cottage cheese
- ⇒ 1/2 c. yogurt or sour cream

Meat/Meat Substitutes: (3 servings per day)

- ⇒ 1 egg
- ⇒ 1 oz meat, fish, poultry
- ⇒ 2 tbsp. peanut butter
- ⇒ 1 oz cheese
- ⇒ 1/4 c. frozen or unsalted canned meat
- ⇒ 1/4 c. cottage cheese

Fats/Oils: (6 or more choices daily)

⇒ 1 tsp. butter, margarine, mayonnaise or vegetable oil (we recommend that you have individually wrapped mayonnaise and margarine on hand to avoid spoilage)

Vegetables: (1 choice daily)

⇒ 1/2 c. canned or frozen (no salt added) green beans, carrots, zucchini, peas, corn, beets

Beverages: (1 choice daily—more if urine output is good. Count towards 2-cup daily limit.)

⇒ 1 c. water

⇒ 1 c. coffee or tea

⇒ 1 c. homemade soup or low sodium soup

1 c. regular or sugar free soda (non-cola type)

High Calorie Foods: (as desired)

⇒ Hard candy, jelly beans, cream mints, gumdrops

⇒ Jam, jelly, honey, sugar

⇒ Marshmallows

⇒ Maple syrup

⇒ Chewing gum

If diabetic: this emergency diet is very restrictive, which can lead to abnormally low blood sugars. It is important that you watch your blood sugars carefully, limiting or adding items from the “high calorie foods” list, as needed, to keep blood sugars in a normal range.

Note: Emergency preparedness organizations have warned that making phone calls after a natural disaster can be difficult. If you have trouble calling out locally—try calling a friend or relative in another state. Sometimes long-distance calls will go through, even if local calls do not. If you reach someone outside the local area—ask them to call the Kidney Center to report in for you.

Medical History and Dialysis Treatment Information

(This is a sample form—ask nurse for additional copies.)

Usual Hemodialysis Prescription

Type of ESRD treatment: (one)

Hemodialysis Peritoneal Dialysis (see below)

(Ask doctor or nurse for help with the following information.)

Dialyzer name: _____

Dialysate bath: Potassium _____ Calcium _____

Blood flow rate: _____ ml/min Heparin dose: _____ units

Prescribed treatment time: _____ minutes Dry weight: _____ k

Vascular access type: (one)

Graft Fistula Catheter Port

Erythropoietin (i.e. Aranesp): _____ units each _____

IV Iron dose: _____ mgs each treatment

Vitamin D dose: _____ mgs each treatment

Peritoneal Dialysis Prescription

(Ask nurse for help with this information.)

Peritoneal dialysis method: (one)

Continuous Ambulatory (CAPD)

Continuous Cycling (CCPD)

Exchanges per day: # _____ Total Daily Volume: # _____

Dialysate: _____

Type of system: (or cycler) _____

Connecting system: _____

Catheter type: _____