Wearing a mask can protect you from airborne viruses. During this critical time in our country many people are becoming infected by the Coronavirus (COVID-19). To slow down the spread of the virus the country has been ordered to wear a mask when you’re in public. However, when wearing a mask it is possible you can develop anxiety. Anxiety can develop at any given time and brought on through specific triggers such as wearing a mask for an extended period of time.

How to cope and keep calm when developing anxiety while wearing a mask:

1. Try to self-distract by doing puzzles, coloring, or game apps.
2. Take several deep breaths before putting on the mask. If your symptoms continue take deep breaths during the treatment.
3. Have a nurse/tech/office clerk take as much time as they can and just talk with you to keep your mind off the mask.
4. Try asking staff to draw a funny face on their mask to help you relax.
5. Divert your mind from the mask by listening to your favorite music or watching TV.
What is Restless Leg Syndrome (RLS)?

RLS is a condition that causes a person to have an uncontrollable urge to move their legs. This sensation typically happens in the evening hours when a person is sitting or lying down. RLS symptoms range from mild to unbearable.

Symptoms:

• Uncomfortable sensations in the legs begin after a person puts their body in a restful position (i.e. sitting or lying down).

• Leg twitching during sleep. The twitching can unknowingly become more often as the night progresses.

• Relief with movement. The sensation of RLS lessens with movement, such as stretching, jiggling your legs, pacing or walking

Causes Of RLS:

• Chronic diseases: Diabetes, iron deficiency, renal failure.

• Medications: Anti-depressants, medicine for neuropathy, cold and allergy medications that contain antihistamines (i.e. Benadryl).

• Pregnancy

• Lifestyle: Caffeine, smoking, overuse of alcohol and sleep deprivation

• Genetics

• Sleep Disorders

How to Cope with RLS

• Self-Care: Walk around your home or pace around your bedroom until the sensation has gotten better.

• Drink less caffeine and try to stop smoking.

• Massage Therapy or Heating Pads

• Hot baths

• A vibrating pad (i.e. Relaxis)

Talk to your doctor about possible medications that may help with RSL.
Healthy Meals at Home

Start by knowing your diet well and asking your dietitian for any tips or advice. If you’re doing take out at a restaurant, plan before going and order be mindful of the food portion size. Many restaurants typically serve larger portions than the recommended daily food intake and request that salt not be added when cooking.

Staying Healthy at Home?

As many Texas counties are determining when to slowing remove the shelter-in-place orders. There are still cases of a virus outbreaks in many areas. To decrease your risk of getting sick, it’s important that you have food in your home and avoid crowded spaces like grocery stores and drug stores as much as possible.

It’s important for you to have foods that last a long time without spoiling, such as canned foods. If possible, keep 2-3 weeks’ worth of healthy, kidney friendly foods, fresh water, and medicines.

Reminders:

- Throw away cans that are opened, dented, or past their expiration date to avoid food poisoning.
- Avoid using salt (and salt substitutes if you have a potassium restriction)
- Keep distilled water on hand (bottles or jugs).

Check with your healthcare professional if you have any questions about your diet and medications.

FRENCH TOAST
3 servings, 2 slices per serving

Nutrition Facts
Source: Living Well on Dialysis Cookbook

Ingredients
3 eggs
1/2 cup canned evaporated milk
1/4 cup water
1 tablespoon sugar
1 teaspoon vanilla
1/2 teaspoon cinnamon, optional
6 slices French bread or preferred bread, cut diagonally (about 1 inch thick)
1 tablespoon unsalted margarine

Directions
1. Beat eggs, milk, water sugar, vanilla and cinnamon (optional) together in large bowl, until sugar is dissolved.

2. Soak bread in egg mixture until saturated.

3. Heat margarine in skillet until melted.

4. Cook bread over medium heat until golden brown, about 12 minutes on each side.

5. Serve sprinkled with powdered sugar and/or with pancake syrup of your choice.

Nutrition
Calories 331
Carbohydrates 45g
Protein 15g
Fat 12g
Saturated Fat 4g
Sodium 485mg
Potassium 262mg
Phosphorus 228mg
Calcium 170mg

Appropriate for
Diabetes: 3 carb choices
Kidney disease stage 5 or dialysis
Early kidney disease
Low sodium diets
SWEET AND SOUR CHICKEN

6 servings, 1/2 cup per serving

Nutrition Facts
Source: Living Well on Dialysis Cookbook

Ingredients
1 20-oz can pineapple chunks, juice pack
1/2 cup sugar
2 tablespoons cornstarch
1/2 cup vinegar
2 tablespoons orange marmalade
1/4 cup unsalted margarine
12 oz, canned chicken breast, drained and rinsed (OR 1 lb. fresh or frozen boned chicken breast, cut into 1/2 cubes)
1 cup canned red bell pepper, drained and rinsed
1 medium onion, thinly sliced and separated into rings (optional)
3 cups hot cooked white rice*

Directions
1. Drain pineapple, reserving 1/3 cup juice. Combine sugar and cornstarch. Mix in pineapple, reserved juice, vinegar and orange marmalade. Set aside. Melt margarine in a wok or large skillet. Add chicken and cook 5 minutes, stirring frequently. Add canned red pepper and onion (if available) and cook 2 minutes. Add pineapple mixture. Bring to a boil, stirring occasionally. Serve over rice.

Nutrition
Calories 315
Carbohydrates 63g
Protein 10g
Fat 2g
Saturated Fat 1g
Sodium 466mg
Potassium 443mg
Phosphorus 128mg
Calcium 38mg

Appropriate for
Diabetes: 3 carb choices
Kidney disease stage 5 or dialysis
Early kidney disease
Low sodium diets

*If you have early kidney disease or diabetes, consider substituting brown rice as a higher fiber option.
Quality Improvement Activity (QIA) Hospitalization

On average, dialysis patients are admitted to the hospital once or twice a year according to the United States Renal Data System (USRDS). When this happens, dialysis patients usually spend several days in the hospital and miss some of their routine treatments. In addition, their routine orders and medication schedules are also disturbed. The disruption of routine care caused by a hospitalization can be harmful to their health and lifestyle. Based on feedback from patients and facility staff, the main cause for dialysis-related hospitalization is fluid overload. Other factors such as missed treatments, other serious health conditions, unstable housing, and lack of support have also contributed to increased hospitalizations.

Reducing and preventing hospitalizations is in the best interest of the patient and their health. It also helps facility staff and providers manage patient care more efficiently to obtain the best outcomes possible. The ESRD Network of Texas (also known as The Network) continually works with patients and providers to identify barriers and develop resources to reduce hospitalizations. Many of these resources are available on the Network’s webpage and are accessible in English and Spanish. For more information on reducing and preventing hospitalizations visit our website at www.esrdnetwork.org.

How to control your fluid intake?
http://www.youtube.com/watch?v=tk0aMAYNlYI#action=share

Transitions of Care Toolkit
https://www.esrdnetwork.org/sites/default/files/Transitions%20of%20Care%20Toolkit%202019%200412%20combined.pdf


You are invited to check out the new website The Kidney Hub at https://thekidneyhub.org/. The ESRD NCC Patient Web Tool helps people find resources created by patients, for patients.

My Healthy Kidney

Patients can download this app on their phone to look up foods, read the nutritional facts as well as daily allowances…and much more.

HOPE Quote “Remember you are your best advocate for your healthcare needs.” -Precious M.