



NetLink

August 2015



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Detailed Timeline for PY2016 Performance Score Reports (PSR), 2015 Quarterly Dialysis Facility Compare (QDFC) Reports

<u>Date</u>	<u>Event</u>
July 15, 2015	Quarterly Dialysis Facility Compare (QDFC) Preview for October 2015 reports available to dialysis facilities and Networks on website.
	PY2016 Performance Score Report (PSR) available to dialysis facilities and Networks on website. Comment period for dialysis facilities opens.
July 16, 2015	CMS Dialysis Facility Compare website updated with DFC measures from QDFC Preview for July 2015 report.
August 17, 2015	Comment period for dialysis facilities on PY2016 Performance Score Report ends at 5:00pm ET (Reports still available to view and download).
August 25, 2015	Comment period for PY2019 Proposed Rule for all parties ends at 5:00pm ET

Note: Dates are subject to change. Additional dates will be posted as they become available.

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End Stage Renal Disease Network of Texas, Inc. (aka: Network 14)
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...Continued from page 1

ESRD QIP: Proposed Rule for Payment Year 2019

Register Now!

Date: Wednesday, July 29; 2-3:30pm ET

To Register: <http://www.eventsvc.com/blhtechnologies>. Space may be limited; register early.

CMS will host an MLN Connects National Provider Call on the End-Stage Renal Disease (ESRD) Quality Incentive Program (QIP), a pay-for-performance quality initiative that ties a facility's quality scores to a payment percentage reduction over the course of a Payment Year (PY). This call will focus on the upcoming ESRD Prospective Payment System (PPS) proposed rule, which would operationalize the ESRD QIP in PY 2019. A question and answer session will follow the presentation.

Agenda:

- ESRD QIP legislative framework
- Proposed measures, standards, scoring methodology, and payment reduction scale for PY 2019
- Methods for reviewing and commenting on the proposed rule

Links to all of the QIP-related calls, slides, registrations and instructions on how to register in the QIP 1.0.0 system can be found on the Network 14 website at <http://esrdnetwork.org/professionals/qip/>.

*Network 14 announces that
Nephrology Today & Tomorrow 2015 will not be held.*



We hope to see everyone in 2016!

Like us on Facebook.

To access go to www.facebook.com and log in to your account. Look under "liked pages," and type in ESRD Network of Texas.



Follow us on Twitter
@ESRDNetworkofTX



DO NOT EMAIL any patient-specific information (name, date of birth, Social Security Number, etc.) to the Network 14 office.



Finalized PY 2017 Clinical Measures Vascular Access Type: Catheter \geq 90 Days

**Hemodialysis Vascular Access –
Minimizing Use of Catheters as Chronic Dialysis Access—Lower rate desired**

Measure Description	Percentage of patient-months for patients on hemodialysis during the last hemodialysis treatment of month with a catheter continuously for 90 days or longer prior to the last hemodialysis session. NQF#0256
Numerator	<p>Number of Medicare patient-months at the facility during the measurement period.</p> <p>Exclusions:</p> <ol style="list-style-type: none"> 1. Patients younger than 18 years and 3 months 2. Peritoneal patients 3. Claims with both a fistula and graft reported 4. Claims with fistula, graft, and catheter reported 5. Patients not on chronic dialysis as defined by a completed 2728 form, a REMIS/CROWNWeb record, or a sufficient amount of dialysis reported on dialysis facility claims
Minimum Claims	4 consecutive months
Data Source(s)	<ol style="list-style-type: none"> 1. Medicare Claims 2. REMIS, CROWNWeb, and other CMS ESRD administrative data (form 2728 to obtain the diagnosis date of ESRD and date of birth)

Additional Information

1. If claim indicates fistula and catheter, then only the fistula is counted.
2. If a claim indicates catheter and graft, then only the graft is counted.
3. Measure uses data prior to performance or comparison period (e.g., October – December 2014 for the performance period) to determine catheter history.
4. Last claim of the month used for calculation.



American Association of Kidney Patients' Medical Advisory Board Chairman Debuts New Chronic Kidney Disease Book

A new medical textbook on chronic kidney disease featuring chapters from many famous nephrologists and edited by Stephen Fadem, M.D., the chairman of the Medical Advisory Board of the American Association of Kidney Patients (AAKP), a nephrologist, and a chronic kidney disease patient, has been released today by Nova Science Publishers. The book, *Essentials of Chronic Kidney Disease*, is designed to help clinicians who have patients with kidney disease to develop an organized and structured approach for treatment that is based on evidence and expert opinion. Several chapters have been contributed by noted American nephrologists, including Andrew Levey, M.D., Richard Glassock, M.D., Garabed Eknoyan, M.D., and William Mitch, M.D.

An estimated 26 million Americans are affected by CKD, including 400,000 individuals who are undergoing treatment for end-stage renal disease (ESRD), or kidney failure. Most commonly caused by diabetes or high blood pressure, kidney failure is expected to claim more than two million lives by 2030. Without dialysis or kidney transplant, patients suffering from kidney failure will not survive.

Proceeds from the book are being donated to the American Association of Kidney Patients. The book is available for purchase on Amazon.com: <http://bit.ly/EssentialsCKD>.



ICH CAHPS Review

Need help deciphering your ICH CAHPS?

ICH CAHPS is intended to serve as a compass for providers to gauge patients' perceptions with their experience of care and is a valuable tool for providers focused on patient centered care. Facilities should analyze ICH CAHPS results for Quality Assurance & Performance Improvement (QAPI), include patient and staff feedback on results, develop effective action plans, and establish short and long term goals

to address opportunities for improvement as identified by the survey scores. Network 14 has staff and tools available to help you analyze your results. By collaborating with the Network, we can tailor interventions specifically for your facility.

For assistance or questions, email Jason Simmington, QI Specialist, at jsimmington@nw14.esrd.net.



NHSN Enrollment

The link <http://www.cdc.gov/nhsn/dialysis/enroll.html> provides a step-by-step guide for successful completion of enrollment into NHSN.



NHSN Help Desk



NHSN Help Desk



Possible Duplicate Patients in CROWNWeb

Have you tried to admit a patient to your unit in CROWNWeb and received a message that there is a possible duplicate patient? It may have looked something like this:

Possible duplicate patients outside of your scope have been identified. It is recommended that you contact your ESRD Network to investigate the possible duplicate(s) for the patient you are admitting. You may not admit this patient without the assistance of your ESRD Network.

This warning applies to dialysis units that are not part of a batch submitting organization (BSO) and do not electronically upload their data. Mostly, these are the independently owned units that make up a small percentage of the units in Texas.

If your unit is part of a BSO (DaVita, FMC, DCI, NRAA), and you are manually admitting your patients into CROWNWeb—STOP! As a unit that is part of a BSO, you should not be manually admitting patients to your unit in CROWNWeb.

For DaVita and FMC units: Your corporate help desk electronically admits patients to your unit no sooner than one week after the patients' first treatments. If the patient you are trying to admit has started treating at your unit recently, please wait another week for the patient to show up on your roster in CROWNWeb.

If it has been more than two weeks since the patient first started treatment and has still not shown up in CROWNWeb, please download your corporate CROWNWeb error report to determine if this patient's record has issues that you need to resolve in your internal system in order for your corporate help desk to successfully admit the patient to your unit.

For DaVita: This error report is called the "Fix-It File" and can be accessed through your corporate Village system. If the patient is not on the Fix-It File, or if correcting the Fix-It File issues does not resolve the problem, please contact the DaVita Help Desk for further assistance at 888-782-8737 or through the online support application.

For FMC: This error report is called the "CROWNWeb Error Monitoring Report" and can be accessed through your corporate intranet. If the patient is not on the CROWNWeb Error Monitoring Report, or if correcting the issues does not resolve the problem, please contact the FMC Help Desk for further assistance at 800-662-1237 Ext. 4357 or Helpdesk@fmc-na.com.

For NRAA units: Your data is also electronically uploaded from your internal system, including your patient admissions. If patients are missing from your roster, they may be on an error report distributed by your EMR vendor. If you have access to this report, check for errors associated with the patient that is missing, or contact your EMR vendor for further assistance.

If you have questions, contact the Information Management Department at 972-503-3215, ext. 318, 322, or 326, or by email at crownweb@nw14.esrd.net. **DO NOT email patient information to the Network office.**



Network 14's 5-Diamond Patient Safety Program



5 DIAMOND STATUS

- 1 DaVita Facility in El Paso
- Ameri-Tech Kidney Center Bedford
- Christus Children's Kidney Center
- FMC Austin South
- FMC Greenway Kidney Center
- NNA Marble Falls
- Plaza Drive Dialysis
- RCG Center Dialysis
- Reeves County Hospital Dialysis
- Renal Center of Frisco
- Renal Center of Lewisville
- Renal Center of Nederland
- Renal Center of Orange
- Satellite Dialysis Kyle
- Satellite Dialysis Round Rock
- Satellite Dialysis Southwood
- Satellite Healthcare Metric
- Satellite Healthcare Mueller
- Texas Children's Hospital Dialysis
- University Dialysis West
- USRC Delta Dialysis
- USRC Mid Valley Weslaco Dialysis
- USRC Rio Grande Dialysis
- UTSW Dallas Dialysis
- Wilbarger General Hospital Dialysis of Vernon

4 DIAMOND STATUS

- Liberty Dialysis Bryan

3 DIAMOND STATUS

- Stafford Dialysis

2 DIAMOND STATUS

- Angelo Kidney Connection
- Dialysis Services of West Texas
- NRI El Paso East
- Renal Center of Plano
- 1 Satellite Healthcare Facility in Austin
- University Dialysis South

1 DIAMOND STATUS

- Childress Regional Medical Center Dialysis
- 1 DSI Facility in Laredo
- FMC West Seguin
- Global Dialysis Plus, Inc.
- 2 Renal Ventures Facilities in Dallas
- Scott & White Killeen Dialysis West
- SNG Renal Solutions Dialysis Center

The new program year began January 1, 2015. All facilities must re-register to participate. Any facilities that did not achieve 5-Diamond status must start from the beginning.

Don't see your facility? Make sure that you receive the recognition you deserve by asking if you have an acknowledgement form on file!



ESRD Network Coordinating Center
**Kidney Community
 Emergency Response**



KCER and FDA Alerts and Recalls

The ESRD Network of Texas, Inc. is notified by both the Kidney Community Emergency Response (KCER) and the Federal Drug Administration (FDA) when there is a product alert or recall.

You can access information concerning recalls and alerts from our website at <http://esrdnetwork.org/our-network/news> under Special Alerts and Recalls.



KCER Emergency Preparedness Resources

KCER has emergency preparedness training modules for dialysis facilities, pandemic planning, and personal preparedness available. Slides and training scripts are also available on the Network 14 website at <http://esrdnetwork.org/disaster-planning/>.



**A written summary of the Forum of ESRD Network's 4th Annual
Creating a Culture of Quality Conference is now available.**

Please visit the Forum's website to view or download the summary at
<http://esrdnetworks.org/quality-conference-march-2015/2015-creating-a-culture-of-quality-conference-summary/view>



PATIENT ENGAGEMENT MATERIALS FOR AUGUST 2015

Materials for the Patient Engagement Calendar for the month of August 2015 can be located on our website at <http://esrdnetwork.org/patients-families/pfcc/>.

www.esrdnetwork.org → Patient and Families → Patient Engagement and Patient-and Family-Centered Care



Save for renal network flyer



August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8 <i>EMResource and PART updates due</i>
9	10	11	12	13	14	15 <i>Quarterly DFC Preview ends</i>
16	17 <i>PSR Preview Period ends</i>	18	19	20	21	22
23	24	25 <i>PY 2019 Proposed Rule comment period ends</i>	26	27	28	29
30	31 <i>CROWNWeb June Clinical Month Closes</i>	<p>“ Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish. ”</p> <p style="text-align: right;">— John Quincy Adams</p>				



Patient's Corner

Written for patients



National Kidney Foundation[®]

The National Kidney Foundation has patient education, tips, recipes, and a lot more available on its website at <https://www.kidney.org/>.



Like us on Facebook.
 To access go to www.facebook.com and log in to your account. Look under "liked pages," and type in ESRD Network of Texas.



Follow us on Twitter
 @ESRDNetworkofTX



2015 Patient Engagement Calendar

Each month a new educational topic is available for Texas ESRD patients. August's topic is "Cherish your Vascular Access." If you have not received your education flyer for August, ask your social worker for a copy, or these materials can be located on the Network 14 website at <http://esrdnetwork.org/patients-families/pfcc/>.

www.esrdnetwork.org → Patient and Families → Patient Engagement and Patient-and Family-Centered Care



To contact the Network for assistance or to file a grievance:
 Patient Toll-free Number: 1-877-886-4435 (patients only please)
 Facility staff: 972-503-3215
 Email: info@nw14.esrd.net

Facility staff: Post both the English and Spanish pages by the patients' scales, as well as near the sink that the patients use to wash their accesses, and in the lobby/waiting room.



The DPC Education Center is a great resource for dialysis patients and their families. For more information, go to the DPC website at <http://dpcedcenter.org/>.



American Association of Kidney Patients
2015 National Patient Meeting
September 25-27 in Nashville, TN
Nashville Airport Marriott

For more information go to AAKP's website at
<https://www.aakp.org/community/programs-events/aakp-national-patient-meeting.html>



Things A Dialysis Patient Should Avoid Saying



Here at the Network office, we receive calls on a weekly basis from dialysis patients who tell almost the same story. *"My name is Mr/Ms. ABC, and I need help with being placed in another dialysis clinic. My current clinic has kicked me out because they say I threatened someone or something."* In many cases, when the Network staff questioned the patient about what was said, the Network staff discovered that the patient did make a statement that could be taken as a threat. In many of those cases, the patient stated that they were misunderstood or that they "didn't mean what they said."

Continued on page 13...



...Continued from page 12

The problem is that in today's world, every threat has to be taken seriously. Most dialysis facilities have a **zero tolerance policy for threats or acts of violence**.

Even with help from the Network staff and the patient's previous dialysis clinic, finding placement for a dialysis patient who has been discharged for threatening staff and/or other patients or threatening to destroy property is almost impossible. Patients are forced to receive their dialysis treatment from their local hospital, and then only when the patient is in distress.

In order to help you, we have listed some of the things **NOT** to say to your fellow patients and dialysis staff:

- "I am going to get my gun and shoot up this place!"
- "Let's take this outside and I will show you who is boss!"
- "Don't be surprised if you go out to your car this afternoon and find that it has been damaged!"
- "I'm going to rub you out!"
- "I'm going to get my knife and cut you!"
- "I know where you live, and I have no problem coming to your house to finish this!"

ALWAYS remember – DO NOT bring weapons into the dialysis clinic. Just having a weapon on you can result in immediate dismissal, even if you have a permit to carry the weapon.

During a disagreement, if you feel that your anger is getting harder and harder to control, tell the person you are speaking to that you need to stop the conversation before you say something that you should not. If you are not on your machine, walk away. If you are on your machine, turn away.

If you find that your anger is not going away and stays for days, talk to your clinic's social worker, the facility administrator, the facility charge nurse, or one of your doctors. If you are being spoken to by someone in a rude or disrespectful manner, let the Facility Manager know and ask them to address the problem. If the Facility Manager is the one that is being disrespectful, you can contact the corporation's regional office, the Texas Department of State Health Services, or the ESRD Network of Texas.



Energy Pill

If someone offered you a pill that will take your fatigue away, make your heart and muscles stronger, and will improve your mood and blood pressure... would you take it? Most likely yes! Although that brilliant pill has yet to be discovered, there is something that might give you the same results. It's free, fun, and available to everyone. Exercise!

Benefits of exercise in dialysis patients have been studied for over 30 years. In fact, in 1996 the U.S. Surgeon General issued the following statement: "significant health benefits can be obtained by including a moderate amount of physical activity... on most, if not all, days of the week." Exercise doesn't have to be strenuous to be beneficial. Going for a walk, gardening, stretching in the mornings, and pedaling a stationary bike, for instance, will help reduce the risk for cardiovascular mortality. It will also improve your blood pressure, help control diabetes, and will give you a boost of energy.

You might be thinking "I'm too tired to exercise...", and that's understandable. However, we want you to take the Exercise Pill Challenge today and experience its benefits for yourself. It may sound like a hard pill to swallow, but once you give it a chance, it will become smaller and easier, while the benefits from it will continue to flourish every day. Here is a guide to exercising with ESRD developed by the Life Options Rehabilitation Advisory Council, administered by the Medical Education Institute, Inc.: <http://lifeoptions.org/catalog/pdfs/booklets/exercise.pdf>.

Flu Season is Fast Approaching—Get Your Flu Shot!

Flu season will be upon us before we know it. Make sure to meet with your healthcare team to discuss receiving your annual flu shot as well as other vaccinations that you might need. In many cases, Medicare will pay for the vaccination.

Also, did you know that you can download vaccination information from the ESRD Network of Texas website? There is information for both patients and providers at http://www.esrdnetwork.org/patients-families/patient-education/Healthy_Living and http://www.esrdnetwork.org/professionals/inclusive_care/vaccinations/.

A new card for patients to keep track of their vaccination records is available for download.

Don't have a computer or internet access? Ask your facility social worker to assist you with educational materials on vaccinations.



El Centro de Educación de DPC

El Centro de Educación de DPC es un magnífico recurso para los pacientes de diálisis y sus familias. Si desea obtener más información, visite el sitio de DPC en <http://dpcedcenter.org/>.



Asociación Americana de Pacientes con Problemas Renales
Reunión nacional de pacientes 2015
Del 25 al 27 de septiembre en Nashville, TN
Nashville Airport Marriott

Si desea obtener más información, visite el sitio de AAKP en <https://www.aakp.org/community/programs-events/aakp-national-patient-meeting.html>

Cosas que un Paciente de Diálisis No Debe de Decir



Aquí en la Oficina de la Red, recibimos las mismas llamadas cada semana, de pacientes que narran casi la misma historia. *"Mi nombre es Sr./Sra. ABC y necesito ayuda para que me atiendan en otra clínica de diálisis. Mi clínica actual me ha corrido porque dicen que le amenacé a alguien, o algo."* En muchos casos, cuando el personal de la Red pregunta que fue lo que dijo el Paciente, el Personal de la Red supo que el Paciente había hecho una declaración que se podría interpretar como una amenaza. En muchos casos, manifiesta el paciente que le habían malentendido o que "no hablaba en serio."

Continuado en la página 17...



El problema yace en que en el mundo actual, hay que tomar en serio todas amenazas. En la mayoría de las instalaciones, hay **Política de Cero Tolerancia para amenazas o actos de violencia.**

Aún con la ayuda del personal de la Red y de la clínica anterior de diálisis del paciente, es casi imposible colocar a un paciente de diálisis que ha sido dado de alta por amenazas hacia el personal y/o hacia otros pacientes o amenazas de destrucción de bienes. Se ven obligados los pacientes a acudir a su hospital local para recibir tratamiento de diálisis, y solamente se puede proporcionar cuando el paciente está afligido.

Para ayudarle, hemos enumerado algunas cosas que **NO** se deben decir a los otros pacientes y al personal de diálisis.

- ¡Agarro mi arma y les disparo a todos!
- ¡Vamos afuera y le enseño quien es el jefe!
- ¡No se sorprenda si sale al coche esta tarde y encuentre que está dañado!
- ¡Le voy a hacer pedazos!
- ¡Voy a conseguir mi cuchillo y le corto!
- ¡Sé donde vive y no se me dificulta venir a sus casa para terminar este!

SIEMPRE recuerde – NO traiga armas a la clínica de diálisis. Por el simple hecho de portar un arma, le pueden dar de alta inmediatamente, aunque tenga permiso para portar el arma.

Durante un desacuerdo, si siente que se le hace más y más difícil controlar el enojo, díglele a la persona con quien está hablando que usted necesita dejar de conversar para no decir nada indebido. Si no está sobre su máquina, apártese caminando. Si está sobre su máquina, dele la espalda al otro.

Si parece que no se va a desaparecer el enojo, y permanece enojado durante unos días, hable con el trabajador social de su clínica, el administrador de las instalaciones, la enfermera encargada de las instalaciones, o con un médico suyo. Si alguien le falta respeto o le habla en forma bárbara, avísele al Gerente de las Instalaciones y pregúntele como se puede responder al problema. Si el Gerente de las Instalaciones es aquel que le falta respeto, puede comunicarse con la oficina regional de la Corporación, con el Departamento de Servicios de la Salud del Estado de Texas, o con la Red de ESRD de Texas.



We Need YOU!!!

Network 14 PAC needs representation
from West Texas.

Attention: Patients, Family Members, and Care Partners

The ESRD Network of Texas, Inc. (Network 14) needs a few good men and women to serve on the **Patient Advisory Committee (PAC)**.



PAC members cover all treatment types (hemodialysis, peritoneal dialysis, home hemodialysis, and transplantation). The **PAC** members include patients, family members, and care partners from all areas of Texas. The **PAC** holds regular conference calls and at least two face-to-face meetings each year (travel is required and expenses are paid by Network 14). **PAC** members work with Network 14 to improve the quality of care and quality of life for Texas ESRD patients. **PAC** members also serve on the Medical Review Board and the Board of Directors.

If you are interested in joining the **PAC** to represent the ESRD patients in your community, please do the following to be considered:

1. Mail or fax a brief letter explaining why you want to be on PAC to Network 14 at the address or fax number below.
2. Ask a member of your ESRD Care Team to send a letter of recommendation to the ESRD Network of Texas.
 - a. OR if you are a care partner or family member of a patient, ask one of the staff members or the physician to send a letter of recommendation on your behalf.

Don't forget to include **YOUR NAME, ADDRESS, PHONE NUMBER**, and the **NAME OF YOUR DIALYSIS OR TRANSPLANT FACILITY** in your letter of recommendation.

For questions, please contact **Rachelle DuBose Caruthers, LMSW**, at rcaruthers@nw14.esrd.net or 469-916-3800.



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Patient Phone: 877-886-4435
Fax: 972-503-3219
E-mail: info@nw14.esrd.net



Rincón del paciente

Escrito por pacientes



National Kidney Foundation[®]

La Fundación Nacional del Riñón (NKF) tiene educación para el paciente, sugerencias, recetas y mucho más. Para acceder esta información, consulta <https://www.kidney.org>.



Diga que le agrada nuestro sitio (Like) en Facebook

iiiLa Red de ESRD de Texas ha entrado al mundo de los Medios Sociales!!!

Diga que le agrada nuestro sitio (Like) en Facebook

<https://www.facebook.com/pages/ESRD-Network-of-Texas/415497655222823>

Calendario de Participación del Paciente para 2015

Cada mes hay un nuevo tema educativo disponible para los pacientes de ESRD de Texas. El tema de julio es "Cuide de su acceso vascular". Si todavía no ha recibido su volante educativo de julio, pida una copia a su trabajador social o puede encontrar estos materiales en el sitio web de Network 14 en <http://esrdnetwork.org/patients-families/pfcc/>.

Para comunicarse con la Red y pedir ayuda o presentar una queja:

Número de Teléfono Gratuito para Pacientes: 1-877-886-4435 (solamente pacientes por favor)

Personal de las Instalaciones: 972-503-3215

Correo electrónico: info@nw14.esrd.net

Instrucciones al Personal de las Instalaciones- cuelgue las paginas en inglés y español cerca de las basculas de los pacientes y el fregadero que usan los pacientes para lavar sus accesos y en el vestíbulo/sala de espera.



Píldora de energía

Si alguien le ofreciera una píldora que eliminara la fatiga, fortaleciera su corazón y sus músculos, y mejorara su estado de ánimo y la presión arterial, ¿la tomaría? ¡Lo más probable es que sí! Aunque esa píldora maravillosa aún no se ha descubierto, hay algo que podría darle los mismos resultados. Es gratis, divertido y está disponible para todos. ¡El ejercicio!

Por más de 30 años se han estudiado los beneficios del ejercicio en los pacientes de diálisis. De hecho, en 1996, el Ministro de Salud de EE. UU. emitió la siguiente declaración: "pueden obtenerse importantes beneficios para la salud si se incluye una cantidad moderada de actividad física... varios días a la semana, si no es que todos los días de la semana". El ejercicio no tiene que ser agotador para que sea beneficioso. Salir a caminar, hacer jardinería, estirarse en las mañanas y pedalear en una bicicleta estacionaria, por ejemplo, ayuda a reducir el riesgo de una muerte por una enfermedad cardiovascular. También mejora la presión arterial, ayuda a controlar la diabetes y le da una dosis de energía.

Probablemente esté pensando "Estoy demasiado cansado para hacer ejercicio..." y eso es comprensible. Sin embargo, queremos que hoy acepte el Desafío de la píldora del ejercicio y experimente los beneficios usted mismo. Puede sonar como una píldora difícil de tragar, pero si le da la oportunidad, se volverá más pequeña y fácil de tragar y los beneficios que recibirá seguirán floreciendo día con día. Aquí encontrará una guía para ejercitarse con ESRD desarrollada por el Consejo Asesor de Rehabilitación de Life Options, administrado por Medical Education Institute, Inc.: <http://lifeoptions.org/catalog/pdfs/booklets/exercise.pdf>.

La temporada de gripe está por llegar, ¡vacúnese contra la gripe!

Antes de que nos demos cuenta, estaremos en plena temporada de gripe. Asegúrese de reunirse con su equipo de cuidado de la salud para hablar sobre cómo recibir la vacuna anual contra la gripe así como otras vacunas que pudiera necesitar. En muchos casos, Medicare pagará la vacuna.

Además, ¿sabía que puede descargar información sobre vacunas del sitio web de ESRD Network of Texas? Encuentre información tanto para pacientes como para proveedores en http://www.esrdnetwork.org/patients-families/patient-education/Healthy_Living y http://www.esrdnetwork.org/professionals/inclusive_care/vaccinations/.

Ya está disponible una nueva tarjeta para descargar para que pueda llevar un registro de vacunación. ¿Tiene computadora o acceso a Internet? Pídale al trabajador social de su centro que le ayude con material educativo sobre las vacunas.



**END STAGE RENAL DISEASE
NETWORK OF TEXAS**

4040 McEwen Road
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Teléfono para pacientes: 877-886-
4435

Fax: 972-503-3219

Correo electrónico: info@nw14.esrd.net



¡Lo necesitamos!

Network 14 PAC ne-
cesita representantes
del oeste de Texas.

Atención: Pacientes, familiares y participantes en el cuidado

ESRD Network of Texas, Inc. (Network 14) necesita algunos buenos hombres y mujeres para servir en el Comité de Asesoría del Paciente (**PAC**, por sus siglas en inglés).

Los miembros de **PAC** cubren todo tipo de tratamiento (hemodiálisis, diálisis peritoneal, diálisis en el hogar y trasplante). Los miembros de **PAC** incluyen a pacientes, familiares y participantes en el cuidado de todas las áreas de Texas. El **PAC** realiza multiconferencias regulares y al menos dos reuniones en persona cada año (es necesario viajar y Network 14 paga los gastos). Los miembros del **PAC** trabajan con Network 14 para mejorar la calidad de la atención y la calidad de vida de los pacientes de ESRD de Texas. Los miembros del **PAC** también forman parte de la Junta Revisora Médica y la Junta Directiva.

Si usted está interesado en unirse al **PAC** para representar a los pacientes de ESRD en su comunidad, le agradeceremos que haga lo siguiente para poder tomarlo en cuenta:

1. Envíe por correo o por fax una breve carta donde explique por qué desea formar parte del PAC para Network 14 a la dirección o número de fax que se incluye a continuación.
 2. Pida a un miembro de su Equipo de atención de ESRD que envíe una carta de recomendación a ESRD Network of Texas.
- a. O bien, si usted es un familiar o participa en el cuidado de un paciente, pida a uno de los miembros del personal o al médico que envíe una carta de recomendación para usted.



No olvide incluir **SU NOMBRE, DIRECCIÓN, NÚMERO DE TELÉFONO** y el **NOMBRE DE SU CENTRO DE DIÁLISIS O DE TRASPLANTE** en su carta de recomendación. Si tiene alguna pregunta, comuníquese con **Rachelle DuBose Caruthers, LMSW**, en rcaruthers@nw14.esrd.net o llame