



# RENAL OUTREACH

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ESRD Network 9/10

Winter 2008/Vol.XVII, No.2

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## 2006 Annual Report Now Available

The Annual Statistical Report for 2006 for ESRD Network 9/10 (The Renal Network) is now available through the Network Web site: <http://www.therenalnetwork.org>. Access to the report should also be available through each dialysis facility. This volume presents a complete picture of Network activity for the year 2006.

The Renal Network includes all chronic dialysis providers and transplant centers in Indiana, Illinois, Ohio and Kentucky.

The annual report contains a description of each of the Network goals and projects designed to meet these goals. Included are details on all Network activities and projects for 2006.

The book lists all Network governing committees and membership on the committees.

Data tables contain information on the number of patients receiving dialysis treatment and transplant during the year. Contents include the names of all dialysis facilities and information on their programs, the number of patients treated and the different treatment options offered. Similar information is included for transplant centers within the Network area.

## Is the Buttonhole Cannulation Technique Right for You?

**Lynda K. Ball, RN, BSN, CNN  
Quality Improvement Director  
Northwest Renal Network**

If you have a fistula, you might consider asking your Dialysis Caregivers about the Buttonhole Technique of Cannulation. The Buttonhole Technique is very different from rotating your sites, the technique you are used to using.

Looking for the scab from the last treatment, and avoiding that area is the key to rotating sites correctly. But with the Buttonhole Technique, staff look for the scabs and remove them, because the needles will be inserted into the exact same spot from your last treatment. A tunnel forms in the tissue between the surface of your skin and the fistula, and a flap forms in the blood vessel wall, similar to a doggie door with a hinge at the top. After the tunnel is formed, you change from sharp needles to blunt needles.

These blunt needles will slide down the tunnel and bump the "doggie door," which will cause the flap to open allowing the

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## Our Support Group at HDD

Here at Home Dialysis of Dayton (HDD), we are very concerned about our patients' social well-being as well as their physiological and emotional well-being. We have a support group every month in the Chapel of our building. Not only do we encourage the patients to come, but we welcome their family members as well. We think it is so important that home dialysis patients be exposed to other home patients to help with coping and normalizing their condition. For the in-center hemodialysis patients, much of the socialization occurs in the lobby waiting to be "put-on." However, when patients are treated at home, they are more isolated, and their caregivers are family and are very involved with the treatment process. So, the support group meetings give patients and their caregivers an opportunity to express themselves, bond together, and to learn new information.

Our support groups usually begin with a feast. A vendor, the dialysis staff, or the patients bring in the food. We all pitch in with the work - the dietitian, social worker, dialysis technician, and two nurses. We ask people to come speak to the group while we are eating. We have had Renal Support Network speakers, representatives from the Ohio Senior Health Insurance Information Program (OSHIIP) program, Social Security, Medicaid, Baxter, Amgen, and even local colleges as guest speakers. Then there is time for questions and answers. There always is additional time just to socialize. Many times a patient who has been on dialysis a long time will help a new patient who is still a bit scared about "doing it themselves." And the family member who feels powerless or helpless watching their loved one go through surgeries,

is able to talk to other family members for assurance and hope.

Every summer, our support group holds its annual picnic. We reserve a park area near a lake, break out the BBQs and ask patients to cook for us while we are all socializing. We had over 75 people there this year, even though we only have fewer than 50 patients total. We played BINGO, had a corn hole toss, gave awards to patients, had transplant reunions, and lots of FOOD!

Every year, we also have our Christmas Party. The doctors here all pitch in financially, and our own families come out to help when the support group needs it. We are very proud of this group and hope others will be inspired to start their own support group. It is a great way to educate, promote good health, and celebrate life.

By Helen Kurtz, LISW, Nephrology Social Worker, Home Dialysis of Dayton

### Buttonhole (con't)

needle to slip into the fistula. That is why there is decreased pain with this technique. There are several benefits for patients to use the Buttonhole Technique, including: less pain with cannulation; fewer missed needle sticks; fewer infiltrations and hematomas; and, decreased bleeding time after needles have been removed (Ball et al, 2007). Talk with your doctor to see if the Buttonhole Technique is right for you. A patient brochure on the Buttonhole Technique is available at <http://www.nwrenalnetwork.org/fist1st/ButtonholeBrochureForPatients1.pdf>.

Ball, L.K., Treat, L., Riffle, V., Scherting, D., and Swift, L. (2007). A multi-center perspective of the buttonhole technique in the Pacific Northwest. *Nephrology Nursing Journal*, 34(2): p. 234-241.

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## Do You Need to Learn a New Skill to be Employed?

You may qualify for free services to learn new skills to help you to stay or get back into the workforce. Please talk to your social worker or check with your state vocational rehabilitation office to learn more.

### Vocational Rehabilitation State Offices:

Illinois Department of Human Services  
Office of Rehabilitation Services (ORS)  
623 East Adams Street  
P.O. Box 19429  
Springfield, IL 62794  
1-800-843-6154 24-Hour Hotline (English or Spanish)  
1-800-447-6404 TTY  
<http://www.dhs.state.il.us/ors>

Indiana Family and Social Services Administration  
Division of Disability, Aging and Rehabilitative Services  
402 W. Washington Street  
P.O. Box 7083  
Indianapolis, IN 46207  
1-317-232-1319  
1-317-232-6478 Fax  
<http://www.state.in.us/fssa>

Kentucky Department of Vocation Rehabilitation  
209 St. Clair Street  
Frankfort, KY 40601  
1-800-372-7172 Voice  
1-502-564-4440 Local  
1-888-420-9874 TTY  
1-502-564-6745 Fax  
<http://kydvr.state.ky.us>

Ohio Rehabilitation Services Commission  
400 East Campus View Boulevard  
Columbus, OH 43235  
1-614-438-1252 Voice  
1-800-282-4536 ext. 1438 (Ohio Only)  
1-614-785-5048 TTY  
1-614-438-1257 Fax  
[http://www.rsc.ohio.gov/VR\\_Services/BVR/bvr.asp](http://www.rsc.ohio.gov/VR_Services/BVR/bvr.asp)

## ‘AAKP Says I Can!’ Campaign

The American Association of Kidney Patients (AAKP) is seeking entries for their “AAKP Says I Can!” campaign. AAKP wants to raise awareness about life with kidney disease and how patients can still have productive lives.

The perception may be that all kidney patients are hooked up to a machine all day with no time or motivation to travel, have jobs, or have a family, which is not true. The campaign goal is to approach the misconceptions that most people have about kidney patients and prove that they can live positive and fulfilling lives.

AAKP would like for patients to share their success stories to inspire other kidney patients. Call AAKP at 800-749-2257 for further information or complete the application at <http://www.aakp.org> by February 15, 2008.

The winners will be announced in March during Kidney Disease Awareness Month and will receive a free 2008 Convention registration and complimentary lodging at the official Convention hotel in Washington, D.C. The winners will also have their stories and pictures featured on posters in dialysis units, transplant units, and doctor’s offices around the country.

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## Sharing the Gift of a Positive Attitude

Some people are blessed with the gift of looking for the positive no matter how potentially bleak the situation.

Linda Fraley is such a person. (Linda is pictured below with her husband, James Krenisky.)



Linda is a 44-year-old patient with ESRD. She is currently on outpatient hemodialysis at Dayton Regional Dialysis. Because Linda is a beacon of light in our facility, I asked her if I could share her story with others.

Linda required renal replacement therapy beginning in 1998. She had a short course of hemodialysis, followed by four years on peritoneal dialysis. The removal of her gall bladder and subsequent complications led to the need to transfer permanently to hemodialysis.

Over the next several years Linda suffered from complications of diabetes that eventually led to the loss of both of her legs. Throughout these and other trials Linda has maintained a positive attitude. She works with the health care team to optimize her health status within the limits of her disease.

Linda is also very creative. Over the years she has frequently made gifts for all the staff to celebrate various holidays. Last spring Linda asked if she could decorate the facility for Easter. Once we let her go she went all out. For every holiday since she and her husband, James Krenisky, have traveled to the facility on a non-dialysis day to decorate. The patients and the staff love the change of scenery Linda brings to the facility.



This year the Halloween display was the best ever and led me to write this article. The pictures you see don't fully display her talent and efforts. Our facility is grateful to have a patient so willing to share with others.

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# New Programs to Help Patients Cope

Have you just been diagnosed with Chronic Kidney Disease (CKD)? Would you like to talk to another kidney patient who can relate to you and your situation? Would you like to talk to healthcare experts who have knowledge about CKD?

**The Renal Support Network (RSN)** has just launched a new **HOPEline** to help you and the **American Association of Kidney Patients (AAKP)** has also developed the **Healthline** to help you cope and learn about CKD.

**The HOPEline** is a centralized toll-free line that allows kidney patients and their family members to talk to other patients who can provide peer support.

You just have to call 1-800-579-1970 and you will be able to speak to a compassionate, understanding, and knowledgeable peer patient. The HOPEline is open Monday through Friday from 10:00 a.m. to 8:00 p.m. (Pacific Time).

The patients of HOPEline have completed a training program and have learned how to provide resources to fellow patients. They also desire to offer support and hope by sharing their experiences, strengths with patients and family members coping with the effects of CKD. Whether they are new to CKD or someone just needing to talk they can call the HOPEline.

Diana Headlee-Bell, a long time patient who provides support through the HOPEline says, "It's been great being able to share my story, providing resources, and encouraging patients to become involved in their renal community."

Diana also states that, "Most people are scared to speak to their doctors or dialysis staff and would rather talk to another person who has experienced similar issues." Diana added that she just wants to confirm to patients that they can get through this difficult time and there is nothing quite like finding someone who been there before.

The HOPEline patients cannot give medical or legal advice, but will be happy listen, talk, and provide hope. (**Helping Others Pursue Empowerment**) Visit the RSN Web site at <http://www.rsnhope.org> for more information on the HOPEline.

The American Association of Kidney Patients has also developed a way to give support and hope to patients with their new **Healthline**. This allows patients to participate in a free, one-hour conference call designed to educate people on a variety of topics affecting kidney patients and their families.

The conference calls feature kidney healthcare experts from across the country and provide the convenience of gaining knowledge from the comfort of home or office. Time is provided at the end of each call for participant questions.

Call (800) 749-AAKP to register for a conference call. Upcoming conference calls:

- February 7, 2008-  
Food for Thought: Your Kidney Diet
- March 20, 2008-  
Risk Factors for Kidney Disease:  
Understanding Diabetes &  
Hypertension

The Healthline was created to help you and your loved ones cope with the physical, emotional and social impact of kidney disease. For more information on the AAKP Healthline, visit <http://www.aakp.org>.

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# How Can We Help?

The Renal Network wants to help patients and family members get the information needed to live well with kidney disease. Please help us by taking a few moments to tell us what you need and how best to make it available. Please return by mail to: Patient Services Department , The Renal Network, 911 E. 86th Street, Suite 202, Indianapolis, IN 46240. Or simply fax to 317-257-8265. Thank you!

Please circle your answers:

I am a: a) Patient      b) Family member      c) Staff      d) Other: \_\_\_\_\_

1) I would like more information about:

- |                                   |     |    |
|-----------------------------------|-----|----|
| a) Dialysis at home               | Yes | No |
| b) Self-care at the dialysis unit | Yes | No |
| c) Transplants                    | Yes | No |
| d) Treatment Options              | Yes | No |
| e) Volunteer work                 | Yes | No |
| f) End-of life issues             | Yes | No |
| g) An AV fistula                  | Yes | No |
| h) Conflict management            | Yes | No |
| i) Employment                     | Yes | No |
| j) Other topics: _____            |     |    |

2) I receive the Renal Outreach, the Network patient newsletter, at:

- a) Home    b) Dialysis unit    c) Never heard of it

3) I have access to a computer:    a) Yes      b) No

4) I have access to the Internet:    a) Yes      b) No

5) I have been to the Network Web site, Kidney Patient News (<http://www.kidneypatientnews.org>) at least one time in the past year:

- a) Yes    b) No    c) Never heard of the Web site

6) How would you like to receive information? Please select your top THREE choices from the list below:

- a) Mail
- b) Web sites
- c) Workshops/Patient meetings
- d) Conference calls (Dial an 800 number to listen or participate on a call about a specific topic)
- e) Audio CD
- f) Video (VHS) tape
- g) DVD
- h) Other: \_\_\_\_\_

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# Immunization and Vaccinations

For the dialysis patient, receiving annual protection against influenza, pneumococcal disease and Hepatitis B is an important part of your healthcare.

Infections are a major cause of death in end-stage renal disease (ESRD) patients, second only to cardiovascular disease, and also contribute to significant morbidity in patients with earlier stages of chronic kidney disease (CKD). Vaccines are a strategy to attempt to reduce morbidity related to infections.

Despite the benefits, the current rates of immunizations for influenza, pneumococcal and hepatitis B immunizations are low. Some patients may say, "I've never had a flu shot in my life." The simple truth is that kidney disease places the dialysis patient and patients with the earlier stages of CKD at a higher risk for infections. Flu season lasts from October to April. So if you have never had a flu shot, this year is the right time to start.

It is important that dialysis and CKD patients discuss immunizations and vaccinations with their nephrologist. Make sure to find out the type of vaccine are recommended, when they should be given and at what dosage. Make an appointment and discuss how you can make vaccinations a routine part of your treatment plan.

For more information read: *Guidelines for Vaccinating Kidney Dialysis Patients and Patients with Chronic Kidney Disease* was developed the Centers for Disease Control and Prevention (CDC). This valuable resource can be found on the Web at [http://www.cdc.gov/vaccines/pubs/downloads/b\\_dialysis\\_guide.pdf](http://www.cdc.gov/vaccines/pubs/downloads/b_dialysis_guide.pdf).

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## RENAL OUTREACH

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Patient line: 800-456-6919

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Patient Services Director

**Patient Web site:** [www.kidneypatientnews.org](http://www.kidneypatientnews.org)  
**Email:** [info@nw10.esrd.net](mailto:info@nw10.esrd.net)

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