

Silver Award Project Utility

Facility: Dialysis Clinic, Inc--Boonville
Silver Award User: Erika Herting

Project Status: Active

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1. Description of Project:

Missouri Kidney Program Hartman Project was on emergency preparedness for dialysis patients. Due to recent disasters in the United States, the focus area will be on guidelines for a 3-day emergency diet, food resources available based on county, dialysis emergency information, patient identification card, and bag with a few items to start their emergency kit.

2. Outcomes Measured:

Increased knowledge of emergency preparedness, food resource, and dietary needs if unable to receive dialysis in a timely manner due to a natural disaster.

3. Summary of Outcomes/Results:

Each patient was provided with a bag of items to be used in an emergency. Patients were allowed to ask questions regarding the contents of the bag. Patients were able to ask questions and concerns about emergency dietary needs.

4. Impact on Patients:

Patients reported a positive experience upon receiving the bag of items. They appreciated the opportunity to learn about emergency preparedness due to the risk of tornados, fires, winter weather, and flooding in Missouri.

5. Lessons Learned:

Patients learned contact information and back-up dialysis clinic in the case of an emergency or disaster. Clinic staff can learn from this project to provide more in-depth education on emergency preparedness due to many patients not knowing the 3-day emergency diet and back-up dialysis clinic.

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3-Day Emergency Diet

Natural and man-made disasters happen in the U.S. each year. Our region has blizzards, ice storms, windstorms, tornadoes, flash floods and heat waves. In an emergency, dialysis may not be available in your immediate area. When dialysis is unavailable, your survival will depend on your ability to follow a limited diet. This information will help you prepare and manage an emergency diet plan. This plan also applies to you if you are on home hemodialysis or peritoneal dialysis and cannot get your supplies.

Grocery List

Bread /Cereal

- (6-8 daily)
- Graham crackers
 - Unsalted crackers
 - Vanilla Wafers
 - White bread
 - Puffed wheat/rice
 - Shredded Wheat
 - Animal Crackers
 - Crisped rice

Fruits

- (3-4 servings of 1/2 cup per day, canned or sealed in container)
- Peaches
 - Pineapple
 - Applesauce
 - Mixed Fruit
 - Pears
 - Mandarin Oranges

Vegetables

- (1 cup per day)
- Asparagus
 - Green beans
 - Carrots
 - Peas
 - Corn

Juices/Beverages

(Limit fluids to 2 cups or 16 oz. per day)

- Dry milk or evaporated milk (limit 1/2 cup per day)
- Cranberry, apple or grape juice (limit 1/2 c per day)
- Lemon-Lime Soda
- Ginger Ale
- Distilled or Bottled Water

Protein

(3 ounces daily, choose unsalted, if available)

- Tuna
- Chicken
- Salmon
- Turkey
- Unsalted peanut or almond butter

High-Calorie Foods

(3 per day, may add additional serving to raise blood sugar)

- Honey
- Jelly
- Sugar, or preferred sugar-free sweetener
- Marshmallows
- Hard candies (mints, sourballs, jelly beans, lollipops)

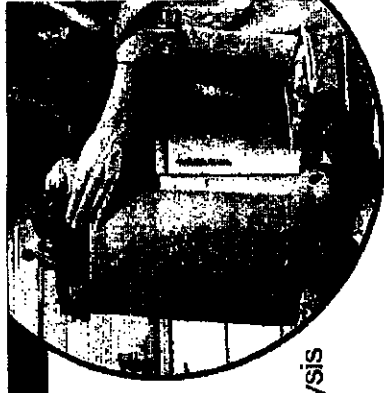
Fats

(6 servings of 1 Tbsp. per day)

- Margarine
- Mayonnaise
- Salad or Cooking Oil

Other

- Sugar-free gum
- Salt-free seasoning
- Mouthwash or breath spray
- Lemon juice



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For more information or to file a grievance, please contact:

ESRD Network 10 | 911 E. 86th St., Ste. 30 | Indianapolis, IN 46240 | Toll-Free: 800-456-6919
 ESRD Network 12 | 2300 Main St., Ste. 900 | Kansas City, MO 64108 | Toll-Free: 800-444-9965

Day 1

Breakfast

- ½ cup milk OR mix ¼ cup evaporated milk with ¼ cup distilled water
- ½ -¾ cup dry cereal
- 1 Tbsp. sugar* or sweetener (optional)
- ½ cup peaches, drained

Morning Snack (optional)

- 10 marshmallows*
- 1/2 cup applesauce

Lunch

- 2 slices white bread
- ¼ cup (1 oz) unsalted canned chicken
- 1 Tbsp. oil, margarine, or mayonnaise
- ½ cup mixed fruit, drained
- ½ cup (4 oz) distilled water

Afternoon Snack (optional)

- 5 vanilla wafers
- Honey or Jelly* (if desired on wafers)
- 10 hard candies*

Dinner

- 2 slices white bread
- ½ cup (2 oz) unsalted canned tuna
- 2 Tbsp. margarine or mayonnaise
- ½ cup green beans, drained
- ½ cup lemon lime soda*

Evening Snack (optional)

- 6 unsalted crackers
- 1 tsp. margarine
- 10 hard candies*

Tablespoon = Tbsp. Ounces = oz.
Teaspoon = tsp. C=cup

Day 2

Breakfast

- ½ cup milk OR mix ¼ cup evaporated milk with ¼ cup distilled water
- ½ -¾ cup cereal
- 1 Tbsp. sugar* or sweetener (optional)
- ½ cup pineapple, drained

Morning Snack (optional)

- 3 graham cracker squares
- 10 Marshmallows*

Lunch

- 2 slices white bread
- ¼ cup (1 oz) unsalted canned tuna or salmon
- 1 Tbsp. oil, margarine, or mayonnaise
- ½ cup peaches, drained
- ½ cup (4 oz) distilled water

Afternoon Snack (optional)

- 6 unsalted crackers
- Honey or jelly* (if desired on crackers)
- 10 marshmallows*

Dinner

- 2 slices white bread
- ½ cup (2 oz) unsalted canned turkey
- 2 Tbsp. margarine or mayonnaise
- ½ cup corn, drained
- ½ cup apple juice

Evening Snack (optional)

- 5 vanilla wafers
- Honey or jelly* (if desired on wafers)
- 10 hard candies*

Day 3

Breakfast

- ½ cup milk OR mix ¼ cup evaporated milk with ¼ cup distilled water
- ½ -¾ cup cereal
- 1 Tbsp sugar* or sweetener (optional)
- ½ cup peaches, drained

Morning Snack (optional)

- 5 vanilla wafers
- Honey or jelly* (if desired on wafers)
- 10 marshmallows*

Lunch

- 2 slices white bread
- 2 Tbsp unsalted peanut butter
- 2 Tbsp. jelly*
- ½ cup peaches, drained
- ½ cup (4 oz) distilled water

Afternoon Snack (optional)

- ½ cup applesauce
- 10 hard candies*

Dinner

- 2 slices white bread
- 2 oz. unsalted canned salmon
- 2 Tbsp. margarine or mayonnaise
- ½ cup carrots, drained
- ½ cup ginger ale

Evening Snack (optional)

- 3 graham cracker squares
- 1 tsp margarine
- 10 hard candies*



*If diabetic, consider choosing sugar free options or limiting portion sizes.

In Case of Emergency

An emergency or a disaster can occur at any time. Floods, ice storms, extreme heat, tornadoes, loss of electricity, and many other events could get in the way of your treatment. As a kidney patient, you need to know ahead of time what you can do to stay healthy during an emergency. Having an emergency kit and plan can help you be prepared.

My Emergency Kit Should Include:

- ☐ A copy of my emergency plan, including my medication list, dialysis prescription, emergency diet and phone list

Emergency supplies:

- ☐ Bottled or distilled water, one gallon of water per person per day for at least three days for drinking and sanitation
- ☐ 3-Day Emergency Diet Plan and Shopping List items
- ☐ Small radio with batteries or a hand crank
- ☐ Flashlight and extra batteries
- ☐ First-aid kit
- ☐ Whistle to signal for help
- ☐ Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- ☐ Moist towelettes
- ☐ Cleaning supplies, garbage bags and plastic ties
- ☐ Wrench or pliers to turn off utilities
- ☐ Manual can opener
- ☐ Walking shoes and change of clothes
- ☐ Cell phone and charger
- ☐ Money
- ☐ Hand sanitizer
- ☐ Plain, unscented household chlorine bleach
- ☐ Food and water for any pets
- ☐ 5 - 7 day supply of all medications

My Emergency Plan Should Include:

- ☐ A list of dialysis clinics in the area (Visit Care Compare)
- ☐ My personal information (driver's license, social security card, insurance card, medical record)
- ☐ A copy of an up-to-date medication and allergy list
- ☐ A copy of my dialysis prescription
- ☐ A personal evacuation plan in case it is needed
- ☐ My clinic's emergency number(s)
- ☐ My doctor's recommendations for my diet and fluid intake during an emergency
- ☐ **Hotline Phone Numbers**
- Dialysis Clinic Organizations:
 - Kidney Community Emergency Response (KCER): 866-901-3773
 - ESRD Network 10: 1-800-456-6919
 - ESRD Network 12: 1-800-444-9965
- ☐ A list of important phone numbers for doctors, dialysis clinic, support people and resources. Keep a printed copy in the event of losing power or internet service.

DCI Corporate Disaster
Phone #: 1-866-424-1990



Important Contact Information

Dialysis Clinic:

Address: _____

Phone: _____

Kidney Doctor:

Address: _____

Phone: _____

Back-up Dialysis Clinic:

Address: _____

Phone: _____

Back-up Transportation:

Address: _____

Phone: _____

Pharmacy:

Address: _____

Phone: _____

Utility Contacts:

Emergency Contact(s) In/Out-Of-Town:

Make sure your facility has your correct phone numbers, including emergency contacts and out of state contact numbers.

Ask Your Care Team:

- How do I contact the care team if there is an emergency or disaster?
- Where do I need to go for dialysis if the clinic closes?
- Who is the back-up clinic and what is their phone number?
- How do I get copies of my medical records?

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Dialysis Patient Identification Card

Cut out this identification card and keep it with you always. Make sure you complete the card and update it regularly as information may change. This allows you, a caregiver and clinician to be aware of your dialysis needs.

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I AM A DIALYSIS PATIENT Name: _____ DOB: _____ Address: _____ Primary Phone: _____ Other Phone: _____ Allergies: _____ Emergency Contacts: _____	Dialysis Center Information <i>Please contact the dialysis center for dialysis prescription and orders.</i> Dialysis Unit Name: _____ Phone: _____ Emergency Hotline: _____ Important Provider Information Nephrologist: _____ Phone: _____ Pharmacy: _____ Pharmacy Phone: _____
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Helpful Tips in an Emergency or a Disaster

- Stay at home unless you are hurt, as long as it is safe to do so. Instructions for dialysis patients may be available on TV, radio, or by phone or messenger.
- Take a bag or backpack stocked with emergency supplies, food, and medication with you if you will be away from home when severe weather or a natural disaster is predicted.
- If you must go to a shelter, tell the person in charge about your special health needs.
- Make sure your dialysis facility knows where to find you after an emergency or a disaster.
- Your dialysis facility will be able to provide instructions and education on emergency and disaster planning.
- Start your emergency diet as soon as an emergency or a disaster is predicted or occurs. An emergency or a disaster could delay your next regular dialysis treatment.
- If you need medical treatment, make sure your dialysis access is not used for anything other than your dialysis treatment. No one should use your access to give you fluid or medication.

*****Remember: Hospitals may not be able to give you maintenance dialysis treatments.**

Food Resources

Name of Organization	County	Address	Phone Number
Cooper County Family Support Division	Cooper	512 Jackson Road Boonville, MO 65233	855-373-4636
As the River Flows Outreach	Cooper	1640 Radio Hill Rd Boonville, MO 65233	660-882-9699
Boonslick Senior Center	Cooper	520 Ryan St Ste A, Boonville, MO 65233	660-882-2344
Cooper County Public Health Department	Cooper	17040 Klinton Dr. Boonville, MO 65233	660-882-2626
Neighbors Helping Neighbors	Cooper	509 Water St. Boonville, MO 65233	660-537-5730
Prairie Home United Methodist Church	Cooper	544 Hwy 87 Prairie Home, MO 65063	660-841-5127
Fayette Senior Center	Howard	600 S. Cleveland St. Fayette, MO 65248	660-248-3733
Fayette Ministerial Alliance Pantry	Howard	600 W. Morrison Suite 13 Fayette, MO 65248	660-248-2209
Howard County Family Support Division	Howard	103 Furr Street Fayette, MO 65248	660-248-3324
New Franklin Cares Food Pantry	Howard	113 E. Broadway New Franklin, MO 65274	573-474-1020
California Nutrition Center	Moniteau	107 W Versailles Ave. California, MO 65018	573-796-4240
Fraternal Order of Eagles	Moniteau	314 N. High St. California, MO 65018	573-796-4027
California United Methodist Church	Moniteau	201 S. Oak St. California, MO 65018	573-796-2792
Cargill Cares Food Pantry	Moniteau	303 Latham Rd California, MO 65108	573-796-6262
Moniteau County Family Support Division	Moniteau	104 N. Gerhart Road California, MO 65018	573-796-3196
Moniteau County Nutrition Center	Moniteau	421 Independence Ave. Tipton, MO 65081	660-433-2715
Meals on Wheels	Pettis	2311 W Main St, Sedalia, MO 65301	660-826-5039
Open Door Service Center	Pettis	111 West 6th Street, Sedalia, MO 65301	660-827-1613
Pettis Family Support Division	Pettis	808 Westwood Dr, Sedalia, MO 65301	855-373-4636
Salvation Army	Pettis	1200 East Broadway Boulevard, Sedalia, MO 65301	660-826-1525

Food Resources

Aging Best	Covers 19 counties	1121 Bus. Loop 70 E. Columbia, MO 65201	573-443-5823
The Food Bank for Central and Northeast Missouri	Central & Northeast MO	2101 Vandiver Dr Columbia, MO 65202	573-474-1020
The Food Bank Market	Central & Northeast MO	705 Business Loop 70 W. Columbia, MO 65203	573-874-7848
The Salvation Army Columbia Social Services	Central MO	1108 W Ash St Columbia, MO 65203	573-442-3229
United Way – Heart of Missouri	Central MO	105 E Ash St Ste 300 Columbia, MO 65203	573-443-4523
Catholic Charities of Central Missouri	Central MO	1015 Edmonds St Jefferson City, MO 65109	573-635-7719
Meals on Wheels	Central MO	800 Hospital Dr, Columbia, MO 65201	(573)886-7554