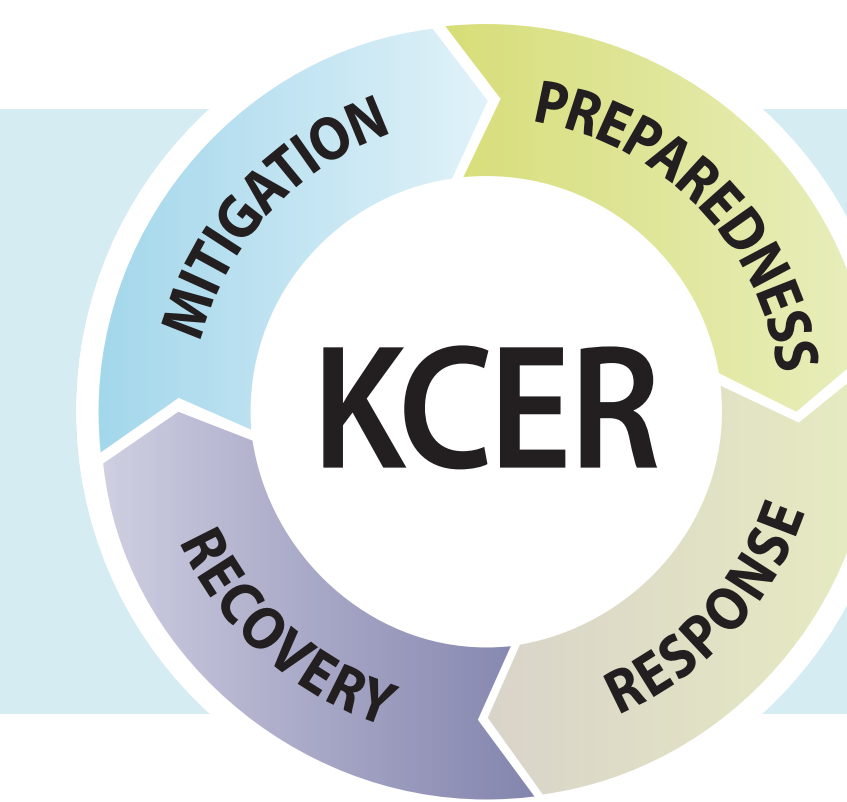


Disaster Resources Created by Patients for Patients



Kidney Community
Emergency Response

The involvement of patient subject matter experts (SMEs) in the National KCER Patient and Family Engagement Learning and Action Network (N-KPFE-LAN) ensures that the patient voice is incorporated into all KCER activities and encourages a patient perspective for emergency and disaster preparation. N-KPFE-LAN members collaborated to create several patient-centered resources during 2022 and 2023.

KCER Communications Plan

Wallet-sized resource designed to assist dialysis and kidney transplant patients with having vital information on hand in the event of an emergency or disaster.

Dialysis Patient Go-Bag

Dialysis and kidney transplant patients can use this resource to create a kit with basic items that may be needed in the event of an emergency.

Dialysis Emergency Diet Plan

In the event of an emergency, you may not be able to get dialysis treatment. This will cause extra water and waste in your body to build up and cause health problems. You need to follow a special diet to limit the buildup of water, wastes, and potassium when you can't get your treatments.

If you are on home hemodialysis or peritoneal dialysis—and can't do your treatments, this sample diet may apply to you, too.

Breakfast | Cereal and fruit

- ½ cup milk OR mix ¼ cup evaporated milk with ¼ cup distilled water, from sealed containers
- 1 serving of cereal (No bran. No granola. No cereal with dried fruits and nuts.)
- 1 tbsp. sugar, optional
- ½ can (2 ounces) fruit, drained

Lunch | Peanut or almond butter and jelly sandwich

- 2 slices of white bread
- 2 tsp. unsalted peanut butter
- ½ cup jelly or sugar-free jam
- ½ cup canned fruit, drained
- ½ cup (4 ounces) juice

Dinner | Chicken

- 2 slices of white bread
- ½ can (2 ounces) chicken
- ½ cup vegetables, drained
- ½ cup cranberry juice

Morning Snack

- 5 vanilla wafers or 10 hard candy or sour candy

Afternoon Snack

- ½ cup appleauce
- 10 jelly beans (include red)

In an emergency or disaster situation, you may not be able to get dialysis treatment. This will cause extra water and waste in your body to build up and cause health problems. You need to follow a special diet to limit the buildup of water, wastes, and potassium when you can't get your treatments.

For a complete 3-Day Emergency Diet Plan, visit [www.kidneycommunity.org](#)

Evacuating—Why Dialysis Patients Need to Follow Evacuation Orders

It's important for individuals and families to develop an emergency response plan to minimize damage before, during, and after an emergency. That also means coming up with an evacuation plan, should local authorities ask you to leave your home to find a safe location until the event passes. However, if you choose to remain in an evacuation zone, keep this in mind:

- Emergency officials may not be able to reach you to provide aid or assistance for over 72 hours.
- Nearby dialysis facilities may also be evacuated and unable to provide treatment.
- Dialysis treatments may be difficult to access for an extended period of time.
- Transportation to dialysis treatment will be unavailable within the evacuation area.
- You may be putting you and your family's health and safety at risk.

Planning is vital to making sure that you can evacuate quickly and safely no matter what the circumstances.

- Learn the types of disasters that are likely in your community.
- Always follow the instructions of local officials.
- Plan how you will leave and where you will go if you are advised to evacuate.
- Check with local officials about what special needs shelters are available for this year.
- Identify several places you could go in an emergency such as a friend's home in another town or a motel. Make sure your plan includes your pets.
- Be familiar with alternate routes and other means of transportation out of your area.
- Share your evacuation plans with your dialysis provider.
- Gather supplies that are ready for evacuation. Prepare a "go-bag."
- If you have a car:
 - Keep a full tank of gas if an evacuation seems likely. Gas stations may be closed during emergencies and unable to pump gas during power outages.
 - Make sure you have a portable emergency kit in the car.

If you evacuated for the emergency, check with local officials both where you're staying and back home to determine when you are allowed to safely return home.

Being prepared for emergencies is a serious matter for dialysis and kidney transplant patients.

If you need support before a natural disaster hits your community, contact one of the Patient Hotlines found here: [www.kidneycommunity.org/patients/patient-hotlines](#)

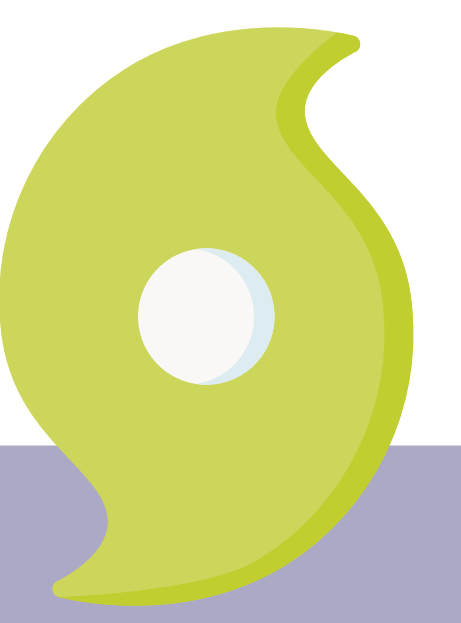
This material was prepared by the Kidney Community Emergency Response (KCER) contractor, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy nor imply endorsement by the U.S. Government. Pub. No. FL-KCER-KC2UM-02162023-01

Dialysis Patient Evacuation Resource

Educational resource for dialysis patients on the importance of following evacuation orders issued by emergency officials.

KCER's Response to Hurricane Ian

(September 26–October 14, 2022)



Impact on ESRD Community

| | | |
|--|---------------------|--------|
| | Dialysis Patients | ~5,000 |
| | Dialysis Facilities | 110 |

Key Issues

- Patients in evacuation zones did not evacuate when advised by emergency officials to do so, leading to patients requiring evacuation and possibly going many days with no access to treatment.
- Ongoing concerns with accessing reliable transportation alternatives pre- and post-event.

Best Practices

- Providers used texting applications to contact all patients, check on their status, and provide links to the emergency diet.
- Provider staging of supplies was secured prior to the storm, such as generators and water tankers, as well as pre-established contracts for water and fuel tankers in the impacted states.
- Network and provider pre-established contacts and existing relationships with response partners (i.e., emergency management, healthcare coalitions, state survey agencies, etc.) allowed for a more coordinated response to the event.