DIALYSIS FACILITY COMPARE

Dialysis Facility Compare (DFC) is a website for kidney patients and their families. It provides information on more than 5,500 dialysis centers throughout the country. It is a tool that can help you compare facilities and choose one that’s right for you or your loved one. The DFC helps you learn:

- How well dialysis centers care for their patients.
- How often each dialysis center used best practices when caring for its patients and kept patients healthy.
- How patients responded to a survey about their experience at dialysis centers.

DFC is one of many resources you can use when deciding where to get dialysis. When you are looking for a new center, talk to your doctor and current dialysis staff about what this information means and how you can use it to make an informed decision.

Visit DFC at www.medicare.gov/dialysisfacilitycompare.

PROTECT YOURSELF AND OTHERS: GET A FLU SHOT!

The Centers for Disease Control and Prevention (CDC) suggests that most people get a flu shot each year. This is especially important if you have kidney disease. Kidney disease makes you more vulnerable to contagious diseases. For transplant recipients, immunosuppressant medicines further increase the risk of infection. For these reasons, it is also important for those around you to be vaccinated as well. As always, consult your physician before taking any new medication or supplement. For more information, visit www.cdc.gov/flu.

PATIENT’S VOICE

My ESRD Friends, infection control starts with you. Any access or wound you have on your body is subject to bacteria. When you have to use needles for insertion, your area is open to any bacteria in the area. My mantra, for twenty seven years, is “keep it clean.” Not only clean your site at the clinic, but wash with soap and water every day; some also use 3% hydrogen peroxide to clean the exterior. Use a good lotion after cleaning to help the skin stay soft and flexible. PROTECT YOUR LIFE LINE.

Harvey C., PAC Member
During the holidays, it’s natural to want to travel or have more flexibility when it comes to dialysis treatments. It’s also possible that something has changed in your life, and your currently modality no longer fits for you. Well, you may have the option to change your treatment; and home hemodialysis is one of them. It is vital that you learn about all of your options; then you and your healthcare team can make an informed decision about whether or not home dialysis is a good fit for you.

**Home Hemodialysis:**
- Uses a special machine in the home setting. (You do not have to buy the machine.)
- Allows you to make your own schedule for dialysis.
- Requires patient and/or caregiver training. (Training may take from three to eight weeks.)
- Could be one of three different types:
  - **Standard:** Three times a week or every other day for three to five hours at a time
  - **Short daily:** Five to seven days per week for 2.5 to 4 hours at a time
  - **Extended hours:** Three to six times per week, most often while sleeping

**Peritoneal Dialysis:**
- Uses the lining of your abdomen, or belly, to filter your blood inside your body
- Could be one of two types:
  1. **Continuous ambulatory peritoneal dialysis (CAPD)**
     - Does not require a machine.
     - Can be done in any clean, well-lit place.
     - Can be done for the duration and at the times you choose, as long as you perform the required number of exchanges each day.
     - Allows you to travel, as long as you bring your dialysis bags or have them delivered to your destination.
  2. **Automated peritoneal dialysis**
     - Uses a machine called a cycler to fill and empty your belly three to five times at night while you sleep.
     - Requires that the last fill (in the morning) remain in the abdomen for the full day.
     - Allows exchanges to be done at night, while you sleep.
     - May prevent the need for exchanges during the day.

If you are interested in home hemodialysis, have an open and honest talk with your healthcare team. If you have a caregiver, speak with him or her, as well, about how home dialysis may impact your life. For more information on the different treatment options available, including home hemodialysis, visit the National Institutes of Health Kidney Disease page: [https://goo.gl/kHVcZo](https://goo.gl/kHVcZo).

---

### Recipe

**Slow Cooker Lemon Chicken**  
Serves 8

- 1 Tbl olive oil
- 2 cloves garlic, minced
- 1 tsp oregano
- 3 Tbl lemon juice
- 13 oz reduced sodium chicken broth
- 2 lbs bone-in chicken breast, skin-on

1. Heat olive oil in large skillet.
2. Add garlic and oregano to warm in oil.
3. Cook garlic and oregano for 1 minute then add chicken breast.
4. Brown chicken on all sides.
5. Add browned chicken to crock pot then pour in chicken broth
6. Cook on low setting for 6–8 hours
7. Add 3 Tbl of lemon juice during the last hour of cooking
8. Serve with rice or green beans (not included in nutritional analysis)

**Key Nutritional Values**

- Calories: 202
- Phosphorus: 206 mg
- Potassium: 298 mg
- Sodium: 182 mg

*Source: www.dciinc.org*