Network 17 Patient Newsletter

February 2017

Your “Welcome to Medicare” Preventive Visit

Did you know that when you sign up for Medicare Part B you are entitled to a free first visit with your doctor? This visit is covered by Medicare; but it must be scheduled within the first 12 months of signing up for Part B. Read below to see what you can expect at your first visit. Make note of what to bring to make the most out of your time with the doctor.

What to Expect—Your doctor will:

• Assess and record yours and your family’s medical history. Make sure to tell the doctor about any current health conditions and the prescriptions you take.
• Check your blood pressure, vision, weight, and height. This is to get a baseline for your care.
• Make sure you're up-to-date with preventive screenings and services. Such services may include cancer screenings and shots.
• Order further tests, if you need them.
• Give you a plan or checklist for free screenings and preventive services that you will need.

What to Bring—It is important that you bring:

• Any medical records, including immunization records. Even if your current doctor does the visit, bring as much information as you can. This will help to ensure nothing is overlooked.
• Family health history. Try to learn as much as you can about your family's health history before your visit. Knowing your family’s health history will help you and your doctor better know what to watch for in the future. It will also help to determine what screenings you should get.
• Prescription drugs. Bring a list of all drugs you take. That includes prescription, over-the-counter, vitamins, and supplements. Be ready to tell the doctor how often you take them and why. If you don’t want to make a list, just grab all of the bottle and bring them with you.

Source: [www.medicare.gov/people-like-me/new-to-medicare/welcome-to-medicare-visit.html](http://www.medicare.gov/people-like-me/new-to-medicare/welcome-to-medicare-visit.html)

Network 17 PAC Members Receive Community Service Awards

Congratulations to Lenora Coss and Ray Paulino! They were presented with their Community Services Awards at the CMS Quality Conference in Baltimore, MD in December 2016. The award is given each year to a group or individual who has made an outstanding effort to improve the quality of services for Network 17’s kidney patients.

Network 17 is here for you!

Do you have a concern about the care you are receiving at your dialysis facility? If you do, the Network suggests that you talk to your care staff right away. Let your doctor, nurse, or facility administrator know that there is an issue; an open discussion may resolve your problem. If it does not, contact the Network for assistance. Call 1.800.232.3773 If you do not know how to approach your care team, you can always contact the Network before speaking to them. You don’t even have to give your name. Any concern can be reported to the Network anonymously.

The Network also works to ensure that patients have access to outpatient dialysis treatment. We can assist you to avoid an involuntary discharge. If you have difficulty finding placement in an outpatient dialysis facility or have been told you are at-risk for involuntary discharge from your current facility, call the Network to discuss your case.

Don’t forget to check out the HSAG: ESRD Networks Calendar
[www.hsag.com/esrdevents](http://www.hsag.com/esrdevents)
Patient Voice  
By Janielle F.

I am 58 years old and a native Hawaiian living on the island of Oahu and the east side a country “blast” of love called Waimanalo. I’ve been on dialysis for six years and feel so good. I go to the Kailua YMCA (the Y) and workout by swimming in the gym, riding the bike, and working with light weights. I have never felt so good since hanging out at the Y. I have met people of all walks of life and medical issues. I often feel right at home. I ride the Handi-Van and meet all kinds of wonderful people. I certainly strive to survive. I am fine on dialysis and even named my access, let me introduce her. Her name is, “Leilani,” and it means string of flowers from heaven. I am spiritually involved with The Church of Jesus Christ of Latter-day Saints.

I get a ride to dialysis early so I can “talk story” with the dialysis patients discussing how they feel and how their day off was. I just give plenty of encouragement, “you only can get better.” I also love being connected with the group to learn more and receive lots of up-date education about kidney care to better my life. Mahalo team ESRD!

Know Your Facility’s Quality Incentive Program (QIP) Score

Did you know that the Centers for Medicare & Medicaid Services (CMS) rates your dialysis facility? They use the ESRD QIP to link facility payments to quality of care measures. The goal of the program is to produce better outcomes for patients. Part of that is helping patients to make informed decisions about their care. The ESRD QIP rewards facilities that provide quality care, and also helps the Network to identify and encourage facilities that need improvement.

CMS scores each facility by adding up the points they receive on quality of care measures each year. This includes data for both clinical and reporting measures. The sum of these points is called the Total Performance Score (TPS). The TPS is an overall grade of each facility’s performance. If a dialysis facility’s TPS is too low, CMS will reduce its payment for services provided by up to 2%.

Your facility’s TPS can be found on its Performance Score Certificate (PSC). Every facility is required to post its PSC in a spot that is easily visible to patients and their families. Do you want to know more about the data that makes up your facility’s TPS? Go to CMS’ Dialysis Facility Compare (DFC) website at www.medicare.gov/dialysisfacilitycompare for more details.

Would you like to receive the Network 17 Patient Newsletter by email?  
Send your email address to info@nw17.esrd.net and we’ll add you to our mailing list today!

RECIPE
BUFFALO CHICKEN DIP
Serving Size: 1/4 cup | Calories: 73

Ingredients
4 ounces cream cheese
1/2 cup bottled roasted red peppers
1 cup reduced-fat sour cream
4 teaspoons Tabasco® hot pepper sauce
2 cups cooked, shredded chicken

Key Nutritional Value
Protein: 5g  Fat: 5g  Cholesterol: 25g  Potassium: 81mg  Calcium: 31mg

Carbohydrate: 2g  Fiber: 0g  Sodium: 66mg  Phosphorus: 47mg

Preparation
1. Set the cream cheese out to soften.
2. Drain the red peppers and measure 1/2 cup. Puree in a blender or food processor to make red pepper sauce. Add pureed peppers and 2 teaspoons of Tabasco sauce. Stir until combined.
3. In a medium bowl mix cream cheese and sour cream together until smooth. Add pureed peppers and 2 teaspoons of Tabasco sauce. Stir until combined.
4. Add the chicken and gently mix. Add additional hot sauce 1/2 teaspoon at a time; taste and continue to add hot sauce to the heat level you desire.
5. Place mixture in a slow cooker for 2 to 3 hours on low heat, or bake in the oven at 350°F for 30 minutes.
6. Serve warm dip with carrots, celery, cucumber, cauliflower for dipping, or make mini roll-ups by wrapping dip inside lettuce or cabbage leaves.

Source: www.davita.com/recipes/appetizers-and-snacks/buffalo-chicken-dip/r/8487