WHY AM I COLD?

To file a grievance about the care you are receiving at your dialysis or transplant facility contact Network 15:

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REASONS WHY YOU MAY FEEL COLD AND WAYS TO KEEP WARM WHILE ON DIALYSIS

This material was prepared by HSAG: ESRD Network 15, 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. Pub#: CO-ESRD-15A130-05242018-01
REASONS YOU MAY FEEL COLD

ANEMIA

Most kidney patients have anemia. Anemia occurs when your body cannot make enough red blood cells. When you have a low red blood cell count, or anemia, feeling cold is a very common side effect.

ACCESS EXPOSURE

For safety reasons, you must always keep your vascular access site (fistula, graft, or catheter) visible to staff, allowing them to be sure your needle has not come out.

FACILITY TEMPERATURE

The Centers for Medicare & Medicaid Services (CMS) requires that dialysis facilities maintain a temperature that is comfortable to the majority of patients. Check with your facility regarding its standard temperature range.

TREATMENT TEMPERATURE

During dialysis your blood cools when it is being cleaned by the dialysis machine because it is outside of your body.

Providing a comfortable treatment environment is a high priority. Your dialysis treatment staff is committed to providing you with the best care possible in a manner that is safe and within the guidelines of the federal regulations.

Here are some ways you can stay warm during dialysis treatment.

- Wear warm clothing
  - If you bundle up, remember that staff must be able to see your fistula, graft, or catheter at all times. This allows them to be sure your needle has not come out.

- Snuggle under a blanket

- Wear a hat to help prevent heat from escaping from the top of your head
  - Cut a hole in the sleeve of your “treatment” sweater

- Wear warm socks or even gloves
  - Buy special clothing made for dialysis patients

- Request to be seated in a chair that is not under an air conditioning vent
  - Discuss home-based modality options with staff to see if there is a good option for you to dialyze in the comfort of your home

If you are having chills, please notify your treatment staff right away so they can evaluate you for a possible infection.