

What's new?

- ▶ What can you do to protect yourself and be safe?

Focus On You

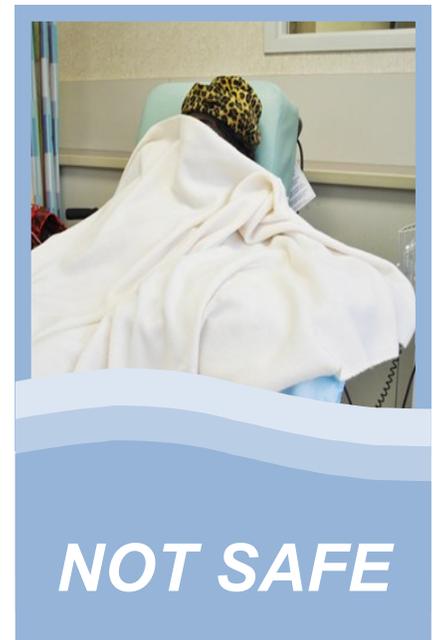
Welcome to your second issue of Greenfield Health Systems **Focus On You**, a newsletter for dialysis patients. We want to share important information with you so you are informed and educated about dialysis issues. **Focus On You** will be issued three times a year. Our topic is **safety**.

What can you do to protect yourself and be safe?

Your treatment care team makes every effort to keep you protected and safe. **As the most important member of your care team, you play an important role in your own safety.**



**ALWAYS KEEP
YOUR FACE
AND ACCESS
SITE UNCOVERED**



Why should you always keep your face and access site uncovered?

If you are on home or in-center hemodialysis and have a fistula, graft, or temporary catheter your dialysis partner or care team must see:

- your bloodlines
- your needles are secure
- there is no pulling on the lines
- your face to make sure you are not experiencing any discomfort or problems

This is a dialysis regulatory requirement.
Even if it were not, covering up is not safe.

Wearing a hat, gloves or extra layers of clothes during your hemodialysis treatment helps keep you warm. If you are uncomfortable, ask your care team for assistance.

Whether you are on peritoneal dialysis (PD), home or in-center hemodialysis, to be safe you can:



Speak up and ask questions about your dialysis treatment, medications, diet, and treatment options. Also speak up at your doctor's office and hospital. If you do not understand something, ask to have it explained again. Know what is going on with your health so you can take care of yourself.



Always keep your face and access site uncovered if you are on home or in-center hemodialysis.



Feel good about preventing infections by washing your hands before and after dialysis. If you have a fistula or graft, also wash it before dialysis. Ask your care team if you have questions. The **“GlitterBug Hand Show”** is **coming soon** to your unit. See how well you clean your hands.

PEP CONNECT

PEP Talk: Preventing Infection
Part—1 Hand Washing and Washing
Your Fistula or Graft

Educate yourself. If you are interested in home peritoneal dialysis (PD) or home hemodialysis, talk to the home nurse. Sign up for **a free Chronic Kidney Disease (CKD) class** (1-866-246-2136). **Read the PEP Connect** and **bulletin board** educational materials.



Talk to your care team and review how to take yourself off dialysis in an emergency.



You are the most important part of your treatment care team. Who can take better care of you than you?