

Disaster Preparedness for Dialysis Patients at Seattle Children's Hospital

Introduction

Often, we feel that a disaster that would be so severe to disrupt health services will not occur. Yet, in the winter storms of 1996 dialysis patients were unable to get to their dialysis center for treatment and home dialysis patients were out of power for several days. Luckily, even though dialysis was delayed, telephone service was not interrupted so instructions could be given for dialysis and diet changes. Would you know what to do if there was no telephone service or no one was available to answer questions? Would you have the needed food or dialysis equipment at home to sustain your child for several days?

The next disaster could be an earthquake or a severe storm. Telephone service may be out; roads and bridges may be impassable and dialysis may be interrupted. It is important to be prepared. In this packet you will find checklists that will help you get ready for a natural disaster.

In addition to this packet, please refer to the National Kidney Foundation booklet "Planning for Emergencies: A Guide for People with Chronic Kidney Disease" at kidney.org/atoz/content/disasterbrochurefacilities. You can also find emergency preparedness information from the American Red Cross at redcross.org.



Insurance information

Make copies of your insurance cards and attach them to this form.

Medicare _____

Other insurance _____

Policy number _____

Emergency phone numbers

Fire 911

Police 911

Ambulance / Paramedics 911

Important phone numbers and contact information

Seattle Children's Hospital 206-987-2000

Northwest Renal Network 206-923-0714 or Toll Free 800-262-1514

FAX 206-923-0716

4702 42nd Ave SW

Seattle, WA 98116

nwrn.org

Baxter 800-284-4060

Koffel 800-456-9998

Poison Control 800-732-6985

Hazardous material 800-451-8346

Telephone repair 611

For you to complete:

Local police department _____

Local fire department _____

Local water department _____

Local electric / gas company _____

Public health department _____

Nearest hospital _____

Transportation company _____

Water treatment contractor _____

Building inspector _____

Office of Emergency Services _____

Starting on page 5 is a list of regional dialysis units.

Peritoneal Dialysis Patients

CAPD using the Ultrabag

Exchanges are done 3 to 4 times a day such as at breakfast, lunch, dinner and bedtime. These times are just a guide. If your child had dialysis last night, their first exchange will start around dinner time.

If your child has more than one type of dextrose to choose from, then do your best to figure out your child's fluid status by your observations. You can also alternate the dextrose with each exchange.

Call the on-call Nephrologist in case of power outage to make sure if you can skip the PD that night. In case of prolonged power outage, contact PD office next day during working hours. The team can look into possibly placing your family in a hotel with power, if necessary, to resume dialysis. Take steps to keep your child comfortable, in the interim.

If you need to do manual PD follow these steps:

1. Wash hands
2. Remove Ultrabag system from wrapper and inspect pull ring, tubing and frangibles.
3. Inspect solution bag according to SEAL: Strength, Expiration, Amount and Leaks, clarity.
4. Heat the dialysate bag, if able. Test the temperature on the inside of your wrist, similar to testing liquid in a baby bottle. If too hot to the touch, let it cool for 30 minutes and recheck it do not use on your child if it's too hot.
5. Hang the spring (fish) scale on the IV pole and hang the warmed solution on to the scale.
6. Place the blue clamp on the fill line below the fluid bag. Break the green frangible near solution bag.
7. Remove the clamp, slowly count to 5 and then re clamp the fill line, making sure the fluid has flowed down to the drain bag. Clamp the drain line with another clamp.
8. Put on a mask and wash or gel your hands.
9. Prep, cleanse and access the transfer set as per usual.
10. Connect the Ultrabag patient connector end to the transfer set.
11. Break the blue frangible on the patient connector end and open the twist clamp on the transfer set.
12. Unclamp the drain bag and let it drain for about 15 minutes. Ensure drain bag is in drain position (below the level of the abdomen) with shiny side facing up.
13. When drainage is complete, place a clamp on the drain line.
14. Remove the clamp from below the solution bag and instill the prescribed amount of fluid by watching the scale.
15. Once the prescribed amount is instilled, clamp the fill line again.
16. Close the twist clamp on the transfer set.
17. Make sure that fill line and drain line are clamped before you disconnect.
18. Wash or gel your hands.
19. Prep and cleanse transfer set for disconnection as per usual.
20. Disconnect the Ultra bag system from the transfer, put on a new MiniCap.
21. Weigh the drain bag on the fish scale and write down the drain volume

Supplies and preparation

To prepare for a disaster, place the CAPD supplies where they will be accessible in an emergency.

Your child's emergency dialysate bag has 2000 mL's in it.

Your child's fill volume = _____ mL's (per your healthcare provider). Try to eyeball the amount.

Dialysis emergency box

Use the following checklist to help you create a dialysis emergency box:

Manual dialysis supplies checklist:

- Pole and spring scale
- ____ boxes of ultrabags
- 2 clamps (Blue)
- ____ minicaps
- ____ Blue pads
- Directions for use
- 1 box gloves
- 1 box masks
- 4 x 4 gauze (1 box)
- ExSept
- Nutritional supplements
- Blanket
- 1-week supply of medications
- Water
- Dressing supplies:
 - 4 x 4 gauze (1 box)
 - ExSept and Gentamycin cream, swabs
 - Coverlets/tegaderms
 - Hand sanitizer

In-Center Hemodialysis Patients

Emergencies caused by severe weather or disasters can happen with or without warning. If you need dialysis, having power and water, transportation, or supplies may be very important. Some emergency situations may make it impossible for you to get to your dialysis facility. If you are unable to come to your center call your dialysis facility or doctor, they may be able to help you manage this emergency. If your unit is not operating or if you are not able to reach the unit, you may be able to dialyze at a different unit. Make sure you review the attached list of dialysis units in our region. If your unit is unable to help, the NW Renal Network (contact information on page 2) can assist patients in contacting dialysis providers to arrange treatment. In a large-scale disaster, you may not be able to get to a dialysis unit for a period of time. You should be prepared to manage without dialysis for a few days by following an emergency diet. Please refer to the enclosed National Kidney Foundation “Planning for Emergencies: A Guide for People With Chronic Kidney Disease” booklet or find it at kidney.org/sites/default/files/docs/disaster_preparedness.pdf. Information about an emergency diet starts on page 21.

Medicines

Carry a list of your child’s medicines with you at all times and update on a regular basis, such as after every clinic visit. Leave one with your child’s school, as a disaster can happen at any time.

Because growth hormone and EPO need to be refrigerated, they cannot be added to your emergency box. Your child can do without these in an emergency.

Keep 3 to 7 days’ worth of your child’s medicines with your family’s emergency food supply. If you need help increasing your monthly supply to stow some away, please call your primary nurse.

List of Regional Dialysis Units

Seattle

Elliot Bay (NKC) 600 Broadway, Suite 240, Seattle, WA 98122	206-292-2515
Broadway (NKC) 700 Broadway, Seattle, WA 98122	206-292-2771
Martin Luther King Jr. (NKC) 9700 Martin Luther King Jr. Way South, Seattle, WA 98118	206-292-2065
Scribner (NKC) 2150 North 107th Street, Suite 160, Seattle, WA 98133	206-363-5090
Seattle Kidney Center (NKC) 548 15th Ave., Seattle, WA 98122	206-720-3940
West Seattle Kidney Center (NKC) 4045 Delridge Way SW, Suite 100, Seattle, WA 98106	206-923-3562

Disaster Preparedness for Dialysis Patients

North of Seattle

Lake City Kidney Center (NKC) 14524 Bothell Way NE, Lake Forest Park, WA 98155	206-365-0775
Puget Sound Kidney Center 1005 Pacific Avenue, Everett, WA 98201	425-771-8897
Puget Sound Kidney Center South 21309 - 44th Avenue W, Mountlake Terrace, WA 98043	425-744-1095
Puget Sound Kidney Center Anacortes 809 31st Street, Anacortes, WA 98221	360-755-3586
Puget Sound Kidney Center Arlington 18828 Smokey Point Blvd, Arlington, WA 98223	360-454-5280
Puget Sound Kidney Center Monroe 18121 149th St SE, Monroe, WA 98272	360-454-5280

South of Seattle

Renton Kidney Center (NKC) 602 Oakesdale Ave. SW, Renton, WA 98057	425-251-0647
SeaTac Kidney Center (NKC) 17900 International Blvd. S, SeaTac, WA 98188	206-901-8700
Kent Kidney Center (NKC) 25316 74th Ave. S., Suites 101/103, Kent, WA 98032	253-850-6810
Enumclaw Kidney Center (NKC) 857 Roosevelt Ave. E, Enumclaw, WA 98022	360-825-2050
Auburn Kidney Center (NKC) 1501 West Valley Highway, N Auburn, WA 98001	253-804-8323

East of Seattle

Lake Washington (NKC) 1474 - 112th Avenue NE, Suite 100, Bellevue, WA 98004	425-454-0067
Kirkland (NKC) 12303 NE 130th Lane, Suite 300, Kirkland, WA 98034	425-821-8785
Snoqualmie Ridge (NKC) 53131 SE Douglas St, Suite 113, Snoqualmie, WA 98061	425-396-7090

Island, Kitsap and West of Seattle

Puget Sound Kidney Center Whidbey Island 430 SE Midway Blvd, Oak Harbor, WA 98277	360-679-6706
Port Angeles (NKC) 809 Georgiana St., Port Angeles, WA 98362	306-457-2030

To see a complete list of regional and national dialysis units, visit:

[medicare.gov/dialysisfacilitycompare](https://www.medicare.gov/dialysisfacilitycompare)

Hospitals served by acute dialysis nurses

Harborview Hospital 325 - 9th Avenue, Seattle, WA 98104	206-731-3000
Highline Hospital 16251 Sylvester Road SW, Burien, WA 98166	206-244-9970
Overlake Hospital 1035 - 116th Avenue NE, Bellevue, WA 98004	425-688-5000
The Regional Hospital 12844 Military Road South, Seattle, WA 98168	206-248-4604
Seattle Children's Hospital 4800 Sand Point Way NE, Seattle, WA 98105	206-987-2000
Evergreen Hospital 12040 NE 128th Street, Kirkland, WA 98034	425-899-1000
Northwest Hospital 1550 North 115 Street, Seattle, WA 98133	206-364-0500
Valley Medical Center 400 South 43rd Street, Renton, WA 98055	425-228-3450
THC Seattle 10560 - 5th Avenue NE, Seattle, WA 98125	206-364-2050
Providence General Medical Center 14th & Colby, Everett, WA 98201	425-261-2000

Seattle Children's offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

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