

PATIENT

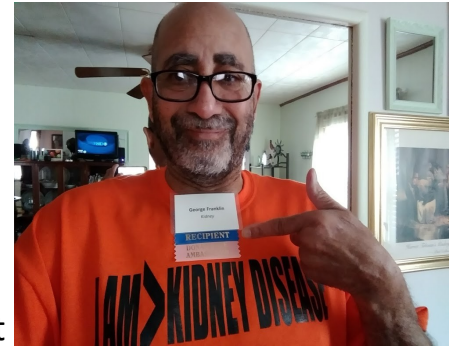


Insights

A Quality Insights Renal Network 5 Newsletter

Active People Just Like You!

Meet George Franklin! He has lived with ESRD for over 40 years! George was a hemodialysis patient for 3 years starting at the age of 18. He still remembers the nursing team who cared for him during that time. He credits his team for helping him through some of the hardest years of his life. When George was 21, he received a kidney from an organ donor who passed away in a car accident. In 2015, George was recognized at the NKF gala for being 40 years post transplant. One of his nurses even attended this Gala. She and George remain close to this day. On November 4th, 2018, George will celebrate 43 years since his transplant. Transplant is something George is very passionate about. He encourages everyone on dialysis to find a living donor. "The quality of life is so different with a kidney, than without."



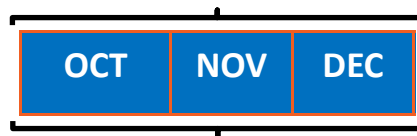
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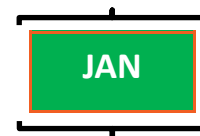
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Open Enrollment for Medicare is approaching!!



October 15th through
December 7th



Coverage begins
January 1st

The Open Enrollment Period for Medicare runs from October 15th to December 7th. It is sometimes referred to as the Annual Election Period. During this time, you can change plans or switch from Parts A

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- ↳ *Share this information with your peers and encourage them to participate, too.*
- ↳ *If you don't have access to a computer, ask your dialysis team to print online information you see here.*
- ↳ *Ask your facility what Network projects they are enrolled in, and offer to help.*
- ↳ *Ask your Social Worker for additional guidance on Medicare open enrollment*

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People Like you

Today, George is extremely active in his community. He volunteers for multiple Organ Procurement Organizations (OPOs) in his area. He also volunteers for the National Kidney Foundation (NKF), and the American Association of Kidney Patients (AAKP).

George is also involved with the Transplant Games of America Athletes. He was a former member of their Advisory Council and is now the chairman. These athletes hold a very special place in George's heart since he has also competed in both national and international games.

As a competitor, George has won 12 medals in swimming and bowling. He has attended 10 National games and competed in 8. He also competed at the first International games in Southeast England and the third International games when they were hosted in New York City. It was in New York where George won his very first International medal.

George is also a member of the PAC (Patient Advisory Committee). This has provided him with the opportunities to work on different Network Projects, including KCER, the Transplant Wait List and those on Home Dialysis. All of these projects have also allowed him the opportunity to work directly with CMS. "My working on these different Projects has allowed me to share my knowledge and, again, to soak up knowledge from my fellow PAC members. Every single project that I've worked on has been fulfilling and I hope I've added something to the educational pot!"

Something George feels is critically important for ALL transplant recipients is MONTHLY LABS! When labs are taken consistently on a



Medicare Part D

The open enrollment period for Part D is also from October 15th—December 7th. Medicare part D prescription plans can help alleviate the large costs of medications for ESRD patients.. For additional information on Part D enrollment, please refer to the following link:

<https://www.ehealthmedicare.com/medicare-part-d-articles/medicare-part-d-enrollment/>



Vaccines and Dialysis Patients

Dialysis patients often have some of the weakest immune systems. A weakened immune system makes it harder to fight off infections. This is why it is important to stay up to date on all vaccinations. The three most common and recommended vaccinations are flu (or influenza), hepatitis B and pneumococcus (or pneumonia).

- ☞ The flu can be very dangerous for people with weakened immune systems. This is because the flu is easily passed from person to person contact. The flu vaccine should be received every year in the fall before flu season begins.
- ☞ Pneumococcal is a serious bacterial infection that affects the lungs and can cause pneumonia. If the bacteria enters the bloodstream, it can lead to sepsis. Sepsis can affect multiple organs and if not treated in time, can lead to death.
- ☞ Hepatitis B is a very serious infection that attacks the liver. Hepatitis B can be carried by people who have no symptoms. This is why it is extremely important for dialysis patients to receive their Hepatitis B vaccinations. This vaccination usually

Social Media



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Kidney Patients of the
Mid-Atlantic Region

Grievances



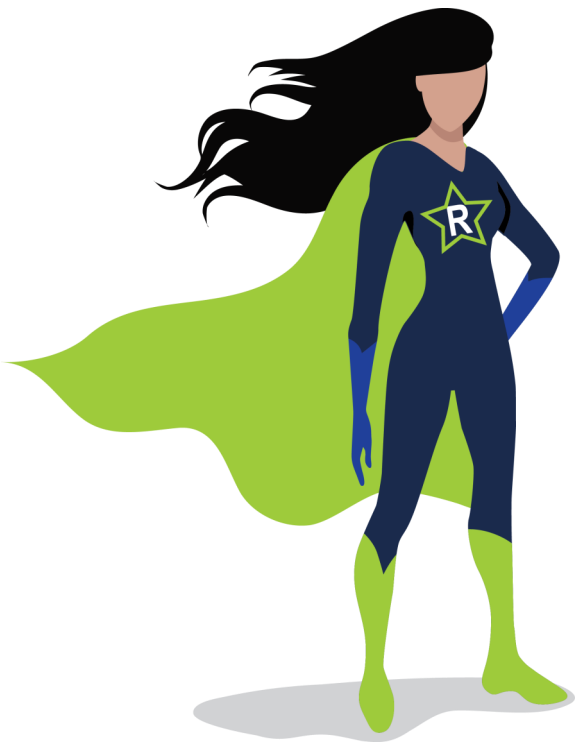
The Network is available to handle patient concerns. To file a grievance, please contact Quality Insights Renal Network 5 at

Patient Toll-Free
Phone:
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qirn5@nw5.esrd.net

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Web: www.esrdnet5.org



Resources to the Rescue!

☞ Medicare Open Enrollment

A Medicare webpage to help you select plans:
(<https://www.medicare.gov/sign-up-change-plans>)

☞ Medicare Part D

A Medicare webpage about Part D drug coverage:
(<https://www.medicare.gov/index.php/drug-coverage-part-d>)

☞ Vaccines and Dialysis Patients

A National Kidney Foundation Booklet:
(https://www.kidney.org/sites/default/files/PatBro_Vaccines_and_%20Dialysis.pdf)

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Quality
Insights

Renal Network 5

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