

PATIENT



Insights

A Quality Insights Renal Network 5 Newsletter

Active People Just Like You!

Meet John Bayton! John’s kidney journey began in August 2003 when a trip to the emergency room resulted in a diagnosis of end stage renal disease (ESRD). Prior to this,



John was a busy young professional actively living his life and working as a non-profit and policy meeting coordinator. John remembers, “It was the most traumatizing and confusing moment of my life. I remember just sitting in the hospital crying my heart out. I believed that my life had ended.”

Within the past 15 years, John has experienced and can speak to the pros and cons of every ESRD treatment modality– in-center hemodialysis (HD), nocturnal in-center hemodialysis, peritoneal dialysis (PD), home hemodialysis (HHD), and transplantation. John has had two kidney transplants, his most

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elerts is the Network’s electronic newsletter.

Twice a month you get:

- ☛ Network project updates
- ☛ The latest news from the kidney disease field
- ☛ Upcoming events

Sign up today at www.qirn5.org/Contact-Us/e-lerts-Sign-Up-Form.aspx.



- ↳ Ask your facility what Network projects it is enrolled in and offer to help.
- ↳ If you don't have access to a computer, ask your dialysis team to print online information you see here.
- ↳ Get access to more information about events and opportunities. Join our distribution list! Share your email with Renée Bova-Collis at rbovacollis@nw5.e-srd.net or 804-320-0004, ext. 2705.
- ↳ Share this information with your peers.

People Like You *(Continued from page 1)*

recent in February 2019. John says, "Each treatment option I selected was based upon where I was in my life and how I wanted to live my life."

John wants other patients to know, "Life didn't end! I never let dialysis define my life. It may have meant that I had to plan a little better and pass on a few things I wanted to do, but it has never stopped me from living." Since his transplant, John says he's rediscovered three key activities he missed while on dialysis – dancing, food, and friends! "Living life unimpeded by dialysis treatments has been wonderful."

John has now returned to work and continues his advocacy efforts. He visits his former dialysis centers and answers questions about the different dialysis treatments and transplant. He uses his Instagram (@j_r_brandon) and Twitter (@jbbayton) accounts to advocate for the kidney community and to set an example that there is life with and after dialysis.

Transplant: Did You Know?

- ☞ **You can self-refer to a transplant program.** You do not need to wait to be referred by your doctor. Some transplant programs actually prefer to see patients take that initiative.
- ☞ **You can list with more than one transplant program.** This strategy can often get you transplanted sooner.
- ☞ **Rejection from one transplant center does not mean rejection from all.** Every transplant program sets its own criteria for candidates. Some programs have more experience with complex organs. Bad organs are never

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Transplant *(Continued from page 2)*

used. You always have a say before going through with a transplant.

- ☞ **Some transplant programs have more aggressive kidney acceptance policies.** You should visit each center to learn more about them and how they can meet your needs.

Thirty percent of dialysis facilities in Network 5 are enrolled in a project to help patients get waitlisted. Ask your facility about transplant or contact a transplant center near you.

Home Dialysis

Thirty percent of dialysis facilities in Network 5 are enrolled in a project to help patients do dialysis at home. Why is this important? Let's explore the top three reasons:

- ☞ **Less recovery time.** There are several different options for dialysis at home. All of them offer more gentle treatment, so you do not have that "dialysis hangover." You can take back hours of your day to do other things you enjoy.
- ☞ **Better quality of life.** Home options have better outcomes. People have more time and energy to work and play. They report less depression and anxiety. They have fewer dialysis side effects. They are able to travel more easily.
- ☞ **Fewer dietary restrictions.** Because home options make it possible to have better dialysis, many people are able to eat more of the foods they enjoy. Some people are even taken off some medications.

Ask your dialysis facility about home options for you. If you are interested, they should assist you to access those services even if they do not offer home options in that center.

Social Media



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the Mid-Atlantic
Region

Grievances



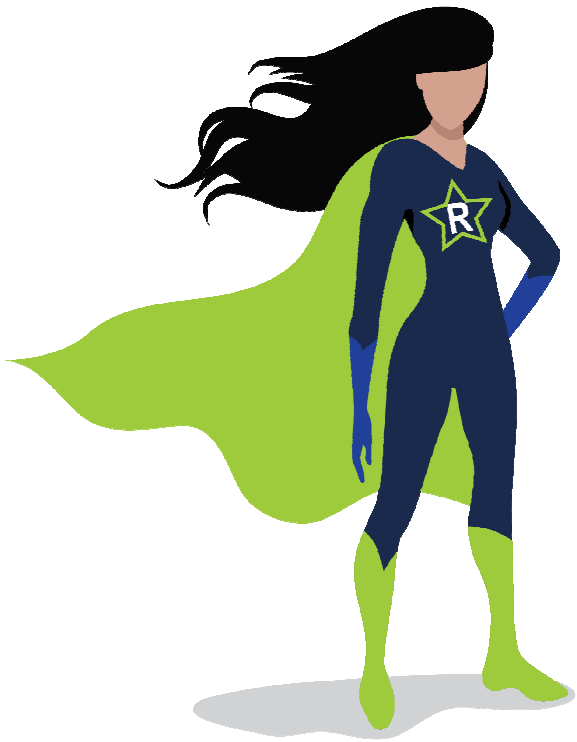
The Network is available to handle patient concerns. To file a grievance, please contact Quality Insights Renal Network 5 at

Patient Toll-Free
Phone:
1-866-651-6272

Email:
qirn5@nw5.esrd.net

Mail: 300 Arboretum Pl.
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Web: www.qirn5.org



Resources to the Rescue!

☞ My Life, My Dialysis Choice

An online tool that helps match the best treatment options to your needs and values: <https://mydialysischoice.org/>

☞ Transplant Criteria

A list of all Network 5 transplant programs' criteria:

<https://www.qirn5.org/Dialysis-Providers/Transplantation.aspx>

☞ Patient-to-Patient Videos

View videos of Network 5 patients talking about options!

https://www.youtube.com/results?search_query=forever+is+tomorrow+foundation

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