

# OUTReach

THE OFFICIAL PUBLICATION OF REACH KIDNEY CARE | FALL 2015

## YOUNG PATIENT EMPOWERED THROUGH REACH EDUCATION

The 2015 American Association of Kidney Patients (AAKP) brought together approximately 200 of the most engaged kidney care advocates in the U.S. at the Annual Patient Meeting in Nashville, Tennessee. Erica Boles, a first time AAKP attendee, visited the DCI booth and told of her kidney disease journey and how Reach Kidney Care has helped along the way.

Erica's family has a history of kidney disease. In 2010, she was diagnosed with type I diabetes, and in 2012, she was told she also had chronic kidney disease (CKD). Just two years later, at 20-years-old, Erica began peritoneal dialysis. She made this decision after attending a CKD education session with her Reach care coordinator, Christa Lawson, at the Reach Kidney Care clinic of Middle Tennessee.

"Reach really helped me determine which type of dialysis I wanted. It also helped me to better understand what was happening in my body," Erica said. "I think I made a good decision based off of what they told me. I felt really comforted talking with Ms. Christa."

Erica stated she enjoyed the AAKP meeting because of the opportunities to connect and learn from others with kidney disease. Now 21-years-old, Erica remains on peritoneal dialysis, and awaits a kidney transplant. She remains in positive spirits, despite her kidney failure at such a young age.

"I believe in being proactive about your health," she said. "But most importantly, having a great attitude goes a very long way in helping you cope with kidney issues."



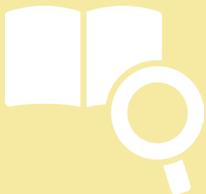
Erica was all smiles at the DCI booth.

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& MORE!  
READ ON >>

# WHAT PATIENTS ARE SAYING...



## Better together: Reach Kidney Care offers more than education to high school sweethearts

Carl was the boy who worked at the flower shop in 1967.

On a whim, he went on a blind date with a young lady named Diane. Just two days after their high school graduation, after six months and six days of dating, they were married.

Now, 47 years later, Carl, known as Poppie to his family, is calm and strong. And Diane, she is still in love with the boy she married. Three daughters and ten grandkids later, this remarkable pair has known joy and sorrow. Through it all, they have had hope.

In March 2010, Carl was hospitalized for three days and finally diagnosed with Wegener's disease. In spite of how bad he was feeling, his first question to his new doctor was if he would be able to make it to a reunion picnic in May. This tiny detail demonstrates Carl's determination and hopeful attitude that has helped him overcome many health obstacles.

Four years later, this same doctor, Dr. William Pettus of Nephrology Associates, whom Carl and Diane lovingly refer to as their 'Angel Doctor,' suggested a kidney consultation at Reach Kidney Care of Middle Tennessee.

Although they had no clue what to expect at Reach, they scheduled their appointment, because for them, anything Dr. Pettus says, goes.

At first, Diane said Reach helped them make better sense of what exactly kidney failure is. Diane compared the complexity of kidney disease to a child learning the alphabet for the first time.

*"It's hard to remember everything until you hear it over and over again."*

"It's hard to remember everything until you hear it over and over again," she said.

While Reach provided the Higgins that opportunity to learn everything about kidney care and treatment options, it also presented something of greater value to them.

Reach is a support system, one where, Carl says, you walk in and feel like family. One where the staff knows your children by name. One where the authentic compassion continues drawing them back. Carl explained his definition of the word 'care': Contact, Accept, Relate, Encourage.

"And that's what we feel when we come here," he said.

*Continued on last page.*



"Knowing this is something I don't have to go through alone made me feel a lot more confident."  
-Katie Herron



"Reach gave me a way to change my lifestyle that I could actually do. That extended my life."  
-Tom Bostetter

## SCOUTS AND SPROUTS

In March, DCI Moberly created an accessibility-friendly garden area with the help of Boy Scout Troop 13. By June, patients were enjoying salad days, with fresh vegetables, along with homemade dressings, all from the garden as well. Patients were also given copies of these renal-friendly salad dressing recipes.

The hands-on experience of gardening and the opportunity to try new renal-friendly foods was a truly enjoyable and educational experience. Staff and patients alike are looking forward to continued use of the garden for years to come!

## WEST PLAINS HEALTHY SHOPPER

Our Reach team in West Plains, MO, led a grocery store tour with DCI dietitian Janice Daniels and Reach Care Coordinator Amber Stone. On the tour, participants learned how to read food labels and understand how food choices impact overall kidney health.

“Diabetes and high blood pressure are two leading causes of kidney disease, and most people don’t know that simply adjusting the way we eat can greatly reduce the risks for either of these diseases, which often lead to kidney failure,” Amber said.



Take a look at how some of this year's Purpose Projects educated their local communities about kidney disease!



## REACH ACROSS MONTANA

Our DCI clinic and Reach Kidney Care in Billings, MT, created an inspiring and educational video about kidney disease in Montana. Through Reach Across Montana, our team encouraged those who may live far from physicians to ask questions or connect with a healthcare provider.

Since the launch, the video was shared over 145 times on Facebook and viewed over 7,268 times! The video was also featured on Montana Rural Health Initiative's website. Check it out on our [YouTube channel](#).

## HAMILTON MINORITY HEALTH FAIR

The Reach Kidney Care team in Lysterly, TN, provided free height, weight, blood pressure and kidney screenings at a countywide minority health fair.

“We had a seventeen-year-old girl come...and we identified her blood pressure to be over 200,” Catherine Medley, Reach Coordinator, said. “We immediately explained to her why she needed to see a doctor, and how the repercussions of high blood pressure related to her overall health and kidney disease.”

# DID YOU KNOW OCTOBER IS NATIONAL PHARMACY MONTH?

With that in mind, here are a few tips to remember:

## 1. MEDICATIONS IMPACT YOUR KIDNEYS, KIDNEYS IMPACT YOUR MEDICATIONS

Know your kidney function and share it with your doctor and pharmacist. Never assume they know what your kidney function is.

## 2. MEDICATIONS ONLY WORK IF YOU TAKE THEM

There are several reasons why you may not take medications as prescribed. Talk with your pharmacist who may be able to recommend a medication that is easier to take, a more affordable equivalent, or share resources to help you remember to take your medicines.

## 3. GET IMMUNIZED

Patients with kidney disease are at increased risk for the flu and pneumonia. Getting vaccinated lessens the severity of a potential infection.

## 4. KEEP, UPDATE, SHARE

Keep a list of all of your prescription, over-the-counter, herbal medications or vitamins and vaccinations received. Update and share your medication list with your doctor and pharmacist after every hospitalization, doctor visit, or purchase at the pharmacy.

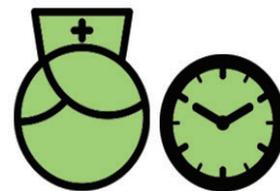
## 5. UP AND AWAY

Medications should be stored up and away out of a child's and any pet's reach. Always dispose of any unused or no longer necessary medications.

## 6. MEDICATION THERAPY MANAGEMENT (MTM) – IS IT FOR YOU?

MTM is a pharmacist service where your medications are reviewed for safety and appropriateness. The pharmacists at Reach MTM specialize in kidney disease. [Take the quiz](#) on the Reach MTM website to see if you can benefit from MTM services!

# SPARTANBURG CASE STUDY



AT FIRST VISIT, A REGISTERED NURSE SPENDS **60-90** MINUTES TALKING WITH PATIENT.

**29%** OF REACH PATIENTS STARTED HOME DIALYSIS IN 2014  
 COMPARED TO THE NATIONAL AVERAGE OF LESS THAN **9%**



Our Reach MTM pharmacists are “nuts” about helping people with their medication management!

*The above likeness was generated by the Peanuts Movie character creator.*

**79%** OF REACH PATIENTS STARTED DIALYSIS WITH A FISTULA IN PLACE.  
 (THE NATIONAL AVERAGE IS 20%)

# COORDINATOR'S CORNER

## Darwin News

To date, 1,218 complete encounters have been documented by 27 users. To learn more about the Darwin CKD Application, check out the [latest WebEx session](#). If you have feedback or additional questions, please [email](#) Tayla Satkwich.

## Promo Goods 101

Did you know that promotional items are available for your Reach Kidney Care area? Items include: business cards, tablecloths, brochures, pens, trifold panels and boards, retractable banner stands, and other printable material via Parris Printing. Please contact the [Public Information](#) team if you would like to order promotional goods for your area. We would be happy to assist you!



## OUTREACH TIPS

HAVING TROUBLE ENGAGING WITH YOUR COMMUNITY? HERE'S WHAT OTHER REACH AREAS ARE DOING:

### RAFFLE

A FREE BLOOD PRESSURE CUFF TO INCREASE ENGAGEMENT AT REACH EVENTS (AMBER STONE, WEST PLAINS)

### FLU SEASON CARD

SEND A POSTCARD OR EMAIL REMINDER FOR FLU VACCINATIONS, INCLUDE A TIE-IN TO REACH (RACHEL SHERBERT, SPARTANBURG)

### SUPPORT GROUP

FACILITATE A SUPPORT GROUP MEETING EITHER IN PERSON OR ON SOCIAL MEDIA (JODI OGLESBY, KANSAS CITY)

### INCLUDE FAMILY

REACH OUT TO FAMILY MEMBERS WHO MAY ALSO ATTEND AN APPOINTMENT (ED DENNIS, MIDDLE TENNESSEE)

### FOLLOW UP

SEND NEW REACH "WE MISS YOU" CARD TO PATIENTS WHO HAVE MISSED APPOINTMENTS!

Has your Reach team recently used a unique and successful promotional tactic? Let us know and we will include your tip in the next issue!



## Nicole Greene, now serving Middle Tennessee

Nicole Greene joined the Reach Kidney Care of Middle Tennessee team in September as a dialysis care coordinator. Previously, Nicole worked for several years as an in-center nephrology nurse.

Nicole said she is most looking forward to being a part of the new Reach initiative, and empowering patients to get the most out of life by achieving their health goals.

Nicole finds herself bonding with patients over a shared love of cooking and eating. She said she loves discussing food and sharing new recipes with her patients.

We're thrilled to have you join us!

## MAKING A MARK IN ALBANY, GA

For many people, summer marks a season of relaxation and family vacations. But this summer, our Reach Kidney Care clinic in Albany, Georgia, was hard at work in their community! In May, the Reach team provided free blood pressure screenings, weights, and body mass index information in a community outreach program.

The Reach team also educated attendees about how diabetes and hypertension affect the kidneys, and the importance of controlling the disease process, adhering to prescribed medications, and of following up with appointments with health care providers. In addition, they distributed pocket cards with the most important facts about chronic kidney disease.

It was all part of the team's effort to reach out to the community they are a part of. Currently, the Albany team serves 245 CKD patients.

"It was a very rewarding experience to be able to participate in this community-based project," said Sharon Cooper, care coordinator for the Reach Kidney Care program in Albany.

Thank you Reach of Albany, keep up the great work!



Bottom Row: Sarah Winkfield, LPN, CKD Educator, Kate Askew, LPN, Sharon Cooper, RN, BSN, CNN, Nurse Manager Home Dialysis/CKD Education.

Top Row: Ta'Shelya Bynum, Director of Henderson Community Center & Sha'Neidra Hayes, RN, BSN



## Celebrate autumn with a kidney-friendly pumpkin pie recipe!

With Thanksgiving right around the corner, pumpkin-flavored foods are in high demand! You've seen the pumpkin-flavored coffee, pumpkin muffins, even pumpkin pie Pop Tarts...but inevitably, these foods are high in sugar, fat and other ingredients that do not promote kidney health.

Luckily, we've found a renal-friendly, easy-to-make pumpkin pie recipe for you to share with your patients! Thanks to Robin Scull from DCI Clarion, for sharing this delicious recipe!

### INGREDIENTS

- 15 OZ. PUMPKIN PIE FILLING
- 8 OZ. LIGHT CREAM CHEESE
- 8 OZ. LIGHT COOL WHIP
- 1 TSP. PUMPKIN PIE SPICE
- 2 9"-GRAHAM CRACKER PIE CRUSTS
- 2 T. PER SERVING COOL WHIP (FOR SERVING)

### DIRECTIONS

1. COMBINE PUMPKIN, CREAM CHEESE, AND SPICE IN MIXER UNTIL WELL BLENDED.
2. FOLD INTO 8OZ OF COOL WHIP GENTLY, SO THAT IT STAYS FLUFFY.
3. SPOON INTO PIE SHELLS. CRUST SHOULD BE WELL FILLED.
4. COVER AND REFRIGERATE FOR 1 HOUR.
5. TO SERVE, TOP WITH 2 T. COOL WHIP ON EACH PIECE WITH A LIGHT SPRINKLE OF CINNAMON FOR THE PERFECT FINISHING TOUCH!

### Nutrition Facts

Serving Size	181g	
Servings	16	
<b>Amount Per Serving</b>		
<b>Calories</b> 720	Calories from Fat 318	
<b>% Daily Value *</b>		
Total Fat 35g	<b>54%</b>	
Saturated Fat 9g	<b>46%</b>	
<i>Trans</i> Fat 0g		
Polyunsaturated Fat 2g		
Monounsaturated Fat 22g		
Cholesterol 8mg	<b>3%</b>	
Sodium 547mg	<b>23%</b>	
Total Carbohydrates 93g	<b>31%</b>	
Dietary Fiber 5g	<b>18%</b>	
Sugars 27g		
Protein 8g		
Vitamin A	46%	Vitamin C 2%
Calcium	8%	Iron 20%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

\* Potassium: 88mg, Phosphorous: 49mg

*Be sure to keep an eye out for our DCI renal-friendly cookbook, coming to you this Winter!*

# Expanding Kidney Disease Education in the Chattahoochee Valley

Nephrology Nurses Week is celebrated annually from Sept. 13 - 19, and this year, pictures and stories were shared through social media to recognize the efforts of our wonderful DCI nurses and technicians. This week of gratitude inspired us to also highlight a Reach Kidney Care coordinator who is doing outstanding things in their community.

When Sharon Anthony, RN, BSN, took the Reach Care Coordinator position for Reach Kidney Care of the Chattahoochee Valley in January, her program had 55 active patients. Since then, she has expanded it to include more than 100 additional patients, now serving a total of 158 patients in her area.

*"I don't know if I've told you this, but I love my job!"*

In the first few months, Sharon worked on gaining referrals from doctors to the chronic kidney disease (CKD) program. Her strategy included presentations to healthcare providers and community groups and joining the efforts of other community health initiatives.

Her efforts yielded 20-30 referrals a month, which she also attributed to the Nephrology Associates physicians who actively referred patients into the program. Sharon said the physicians see

the value of increased education for their patients, which only further contributes to the success of her program.

Sharon makes sure there is availability in her schedule for visits with first-time dialysis patients or patients who have arrived unexpectedly at the hospital with a kidney failure diagnosis.



*Sharon discussing kidney care with her patient, Eugene.*

Now, she has about 10-15 CKD referrals a month, but is able to focus efforts toward working on 120 Day Education with new patients. Her duties are quickly evolving from seeking new CKD patients to managing the referrals.

"She is providing a service to our

community that is changing their lives," said Lori Peters, local administrator."

Sharon's dedication and passion are what help the Reach Kidney Care of the Chattahoochee Valley program stand out in the community. "Sharon comes into my office six times a week and she says, 'I don't know if I've told you this, but I love my job!'" said Lori. "And she really does."

Sharon said most patients appreciate knowing they have someone alongside them to answer questions or help them along the way. She added, "The Nephrology Associates of Columbus are already such wonderful physicians who care about their patients and provide a great education. What I can do is spend that extra time with the patients, let them know that I'm just a phone call or visit away. I try to give them hope and ease their fear."

Sharon said she loves to make a difference in patient's lives, whether that patient is a CKD patient or an existing dialysis patient transitioning toward better care. She said she enjoys the variety of tasks she is assigned, the variety of patients she is able to meet, and the ability to figure out how to get each goal accomplished.

"When I have made a patient smile or feel better, I walk back to my office that day, thankful for such an awesome job," she said.

## Higgins story, continued

The Higgins soon learned that their Reach care also goes beyond education and support.

They said one of the best parts about Reach is the care coordination. Reach staff is able to coordinate care between all of the patient's doctors and medical records, creating a more seamless experience in the sometimes hectic world of doctor appointments, new medication, and health updates.

Carl and Diane said Reach offers the opportunity to go through something challenging with a team behind you. They believe in the power of a support system coupled with a positive attitude to conquer any hurdle.

Carl says he can't let his health get in his way because all he can focus on is today.

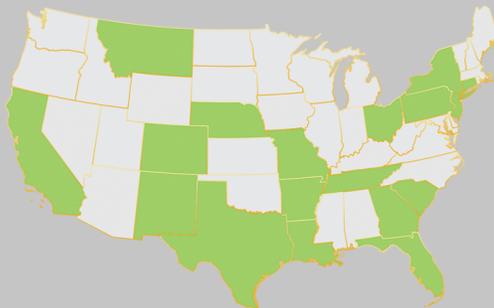
"When I get up in the morning, I can make myself have a good day or a bad day," he said. "And I try to have a good day, every day."



Ed Dennis, NP, breaks down kidney disease to Carl and Diane Higgins.

# KNOW THE FACTS:

REACH KIDNEY CARE IS NOW IN **25** LOCATIONS



AND SERVES **3,250+** CKD PATIENTS

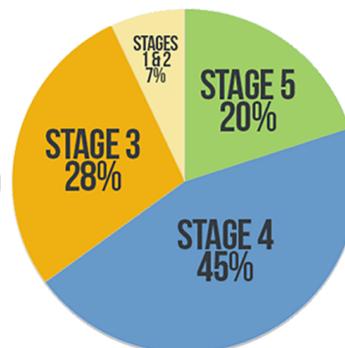
REACH **DOUBLED** PATIENTS SEEN IN 2015.



& IS DCI'S FASTEST GROWING PROGRAM!



**80%** OF REACH PATIENTS USED REACH RESOURCES BEFORE STAGE 5 OF CKD.



**23 MILLION AMERICANS HAVE CKD. ONLY 7% OF PEOPLE WITH STAGE 3 CKD KNOW THEY HAVE KIDNEY DISEASE.**



Dialysis Clinic, Inc.  
A Non-Profit Corporation

CAN'T WAIT UNTIL THE NEXT ISSUE OF OUTREACH FOR THE LATEST NEWS?

FOLLOW US ON SOCIAL MEDIA!



DO YOU HAVE CONTENT IDEAS FOR THE NEXT ISSUE?

SEND THEM OUR WAY! EMAIL [ERIKA.OAKVIK@DCIINC.ORG](mailto:ERIKA.OAKVIK@DCIINC.ORG) TO BE FEATURED IN THE WINTER OUTREACH.

CHECK OUT [REACHKIDNEYPATIENTCARE.ORG](http://REACHKIDNEYPATIENTCARE.ORG) FOR MORE KIDNEY CARE RESOURCES!