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 www.kidney.org/sites/default/files/docs/disaster_preparedness.pdf. You can also find emergency preparedness information from the American Red Cross at www.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  866-987-2000
Northwest Renal Network  206-923-0714 or Toll Free 800-262-1514
FAX 206-923-0716
4702 42nd Ave SW
Seattle, WA  98116
www.nwrn.org
Baxter  800-284-4060
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.
Disaster Preparedness for Dialysis Patients

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.

Supplies and preparation

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

The following supplies should be stored and ready for use:

- Gloves
- Pole and spring scale
- Mask
- 2 clamps (blue)
- Bag of dialysate
- Blue pad and minicap
- 4 x 4 gauze (2 packages)
- ExSept

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.

Steps for CAPD using the Ultrabag:

1. Heat the dialysate bag by running it under hot water, wrapping it in a towel and placing it on the hood of a running car, or using a heating pad. It should only be warmed to the touch. Test the temperature on the inside of your wrist, similar to testing liquid in a baby bottle.
2. If there is no power to heat the dialysate, you can place the bag, in outer wrapping, in a bed or sleeping bag to allow body heat to warm the solution. If you can’t heat the dialysate, just do your best and know that your child will get cold. Take steps to keep your child comfortable.
3. Put on a mask (everyone in the area should wear a mask), wash your hands and put on gloves.
4. Hang the ultrabag from spring scale on the pole and place the drain bag on the floor.
5. Break the frangible below the dialysate fluid bag and let the fluid drain into the drain bag for 5 seconds (count to 5).
6. Clamp the line below the dialysate fluid bag and connect to the transfer set.
7. Open the twist clamp and break the frangible below the connection.
8. Let the fluid drain completely from your child. Your child may have some pain or a pulling or pinching sensation when they are empty.
9. Clamp the line above the drain bag once it is empty.
10. Unclamp the line below the dialysate fluid bag, which should be placed up high to allow the dialysate to inflow using gravity.
11. Allow the right amount of dialysate to inflow and then clamp. If you feel that too much has gone in, then unclamp the drain bag and drain a small amount.
12. Open the minicap package, disconnect and recap.
Dialysis emergency box
Use this checklist to help you create a dialysis emergency box.

- **Hand dialysis supplies:**
  - ____ boxes of ultrabags
  - 2 clamps
  - ____ 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
  - 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 www.kidney.org/sites/default/files/docs/disaster_prepardness.pdf. Information about an emergency diet starts on page 21.

Medicines

A list of your child's medicines should be carried with you at all times and updated on a regular basis, such as after every clinic visit. You should 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.
Disaster Preparedness for Dialysis Patients

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

Olympic View Kidney Center (DaVita)  
125 - 16th Ave. E, South Building, 5th Floor, Seattle, WA 98122  
206-323-8900

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

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

Skagit Valley Kidney Center  
208 South 14th Street, Mt Vernon, WA 98274  
360-428-8260

Puget Sound Kidney Center Arlington  
18828 Smokey Point Blvd, Arlington, WA 98223  
360-454-5280
South of Seattle

Renton Kidney Center (NKC)  425-251-0647
602 Oakesdale Ave. SW, Renton, WA 98057

SeaTac Kidney Center (NKC)  206-901-8700
17900 International Blvd. S, SeaTac, WA 98188

Kent Kidney Center (NKC)  253-850-6810
25316 74th Ave. S., Suites 101/103, Kent, WA 98032

Enumclaw Kidney Center (NKC)  360-825-2050
857 Roosevelt Ave. E, Enumclaw, WA 98022

Auburn Kidney Center (NKC)  253-804-8323
1501 West Valley Highway, N Auburn, WA 98001

East of Seattle

Lake Washington (NKC)  425-454-0067
1474 - 112th Avenue NE, Suite 100, Bellevue, WA 98004

Totem Lake (NKC)  425-821-8785
12303 NE 130th Lane, Suite 300, Kirkland, WA 98034

Snoqualmie Ridge (NKC)  425-396-7090
53131 SE Douglas St, Suite 113, Snoqualmie, WA 98061

Island, Kitsap and West of Seattle

Puget Sound Kidney Center Whidbey Island  360-679-6706
430 SE Midway Blvd, Oak Harbor, WA 98277

Port Angeles (NKC)  306-457-2030
809 Georgiana St., Port Angeles, WA 98362

Eastern Washington

Mid-Columbia Kidney Center (DaVita)  509-545-0205
6825 Burden Blvd, Pasco, WA 99301

Mt Adams Kidney Center (DaVita)  866-544-6741
3220 Picard Place, Sunnyside, WA 98944

Spokane Kidney Center (FMC)  509-473-1010
610 S Sherman Ave Suite 101, Spokane, WA 99202

To see a complete list of regional and national dialysis units, visit:
www.medicare.gov/dialysisfacilitycompare/

Hospitals served by acute dialysis nurses

Harborview Hospital  206-731-3000
325 - 9th Avenue, Seattle, WA 98104

Highline Hospital  206-244-9970
16251 Sylvester Road SW, Burien, WA 98166
Disaster Preparedness for Dialysis Patients

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 interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. 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 child’s needs are unique. Before you act or rely upon this information, please talk with your child’s healthcare provider.

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