

Advice for patients with Chronic Kidney Disease and their families

Health Advice



- Patients with Chronic Kidney Disease should get the flu vaccination as this is the best protection against the flu for vulnerable groups
- All patients should ensure that they have sufficient supplies of all prescription medicine and food
- Renal Transplant patients should keep several extra days' supply of anti-rejection medication in case of emergency or unable to get to the GP/Pharmacy
- Haemodialysis patients
 - **should not miss** dialysis sessions regardless of weather conditions
 - **should have** alternative travel backup plans in case of local road blockages
 - **should make contact** with their dialysis unit for check for any change in operating times or deferrals due to severe weather conditions

Stay Safe



- Ensure that you are registered as a vulnerable patient with Irish water / electrical supplier/ gas supplier
- Keep details of Meter point numbers and your Eircode close to your phone
- In icy weather, wear well-fitted shoes with non-slip soles if you have to go out but try to limit walking outside during the cold weather
- Consider wearing a personal alarm so that family or neighbours are alerted if you fall
- If you have a fall, even a minor one, make sure you visit your doctor for a check-up.

Keeping Well and Warm



- Keep warm, eat well and avoid unnecessary travel. You should eat regular hot meals
- Keep active indoors
- Have sufficient fuel supplies to maintain adequate heating in your home
- Ask your relatives and neighbours for help if you need it
- Keep emergency contact details in close proximity to your phone

Fall Prevention in your home



- Leave a low energy light on at night time, preferably one with a high light output
- Use a non-slip shower or bath mat
- Make sure wires or cords from lamps, telephones etc. do not trail where you walk
- Arrange furniture so that you can easily move around all your rooms
- Remove rugs or use non-slip tape or backing so rugs will not slip
- Consider installing hand rails on both sides of the stairs

Tips for Chronic Kidney Disease Patients

In Winter, it can be difficult for everyone to get about and conduct day to day activities. It is even more difficult for vulnerable patients with Chronic Kidney Disease.

Patients should remember to take extra care and be prepared during a cold spell by stocking up on a small supply of these freezer and store cupboard essentials.

TIPS FOR EMERGENCY FOODS AND DRINKS



Vegetables & Fruits

Frozen carrots, broccoli, green beans, cauliflower, tinned tomatoes, tinned pears, peaches, mandarins, pineapple.



Cereals, Breads & Pasta

Porridge, Weetabix, Rice Krispies. Have a sliced pan or a pack of home bake baguettes in the freezer. Cream crackers, rice cakes. Bag of rice, pasta, plain noodle, cous cous.



Dairy

A carton of long life milk, a tub of frozen yoghurt, a tin of custard or rice pudding.



Meat/Fish/Poultry

Plan ahead by freezing some fresh cuts of meat/fish/chicken, for example, pork chops, fillets of salmon, chicken breast. Breaded fish, fish fingers, tinned salmon or tuna. Bottle of liquid egg whites.



Fats, Spreads & Oils

Mayonnaise, rapeseed or olive oil, balsamic or flavoured vinegar, herbs, spices, sweet chilli sauce, gravy powder, cornflour for cooking and sauces.



Treats *

A pack of Meringue nests, jelly, long life cream, Jam, honey. Packet of Marietta, Rich Tea or Ginger Nut biscuits. Marshmallows, Mints.



Fluids

Bottled water, squash, Carton of apple Juice. Tea bags.

Tips to help limit your fluid intake: take your medicines with the fluid you have at meal times, drain the juice or syrup from tinned fruit before eating. Include the milk you have in cereal in your fluid allowance.



Emergency Hypo box

A few cans of fizzy lemonade or Lucozade. A couple of packs of glucose tablets or a few bottles of **Lift Glucojuice**.

A word on food safety: As a general rule and to maintain quality, food should not be stored in a freezer for longer than 6 months (provided that your freezer is suitable for storing foods for this length of time). Check your freezer's star rating for length of storage time.

***Some of the treats listed may not be suitable for people with diabetes**

Tips for Chronic Kidney Disease Patients

We can't always predict when something will derail our treatment plans. We can however take some simple steps to stay healthy and be prepared just in case

- 1 Plan Ahead** – Consider getting the flu vaccine. Talk to your dietician about a meal plan in an emergency. Have an emergency kit containing supplies and medications.
- 2 Be in the Know** – Make contact with your hospital/dialysis unit to check if your dialysis session time has been changed or deferred. Have backup travel plans in place in case of road disruptions. Keep medications and contact details in close proximity to the phone.
- 3 Self Advocate** – Consider wearing a medical alert bracelet. Have an emergency contact person. Inform Irish water / electrical supplier/ gas supplier utilities companies that you require power and water.
- 4 Stock Up** – Create a first aid kit with bandages, creams and tablets and have enough medication for 5–7 days. Have an emergency food supply of non-perishables to last up to 3 days. Have phones and laptops charged. Maintain adequate heating for your home.
- 5 Check Up** – check your emergency kit every 6 months to ensure it is well stocked and within expiry date. Update your contacts and phone numbers.

