

Disaster Planning for PD and Home HD

We Hope You Never Need the Info in this Course— but it will help you stay safe if a disaster happens to you.



Learn the 1 2 3s of Emergency Disconnect:

For PD:

1. Close your transfer set.
2. Disconnect from the PD tubing.
3. Put on a new cap.

For home HD:

1. Clamp your access.
2. Disconnect from the blood tubing.
3. Protect your access.

The next step is to grab your emergency kit and go! Leave your machine. It can be replaced—you cannot. As soon as you are safe, call 911. Call your clinic as soon as you can.

Be Ready for Power Outages at Home. You are doing a home treatment at night and the power goes out—what will you do? Think about this before it happens. Keep a working flashlight or camping lantern in reach at all times.



If You are Asleep When the Power Fails: For **PD** you can stay connected to a PD cycler. Treatment will pause. Or, you can choose to safely disconnect and do a manual drain. For **home HD**, the air detector will not work without power. If you learned how to return blood manually, follow your steps.

Know Your Emergency Risks. Some, like earthquakes, have no warning. Others, like hurricanes, may be tracked for days before they reach you. Either way, be ready. Stay tuned to weather and emergency broadcast systems. Know what to do if you see an alert.



Smoke and carbon monoxide detectors help protect you at home. Change the batteries once a year on New Year's Day.



When You Must Stay at Home in an Emergency. If bad weather is in the forecast, get a treatment in before a power or water outage can affect you. **If the power is on** and you have PD or home HD supplies on hand—**you're in luck!** Doing your treatments at home in an emergency is a big plus of home dialysis.

If the power is off:

- You can do CAPD by hand.
- You need a backup power source to do APD or home HD.
- If the power is out for days or more, you may have to evacuate so you can get treatment.

Keep your phone charged! You might lose power.

If the water is off:

- You can use hand sanitizer and do CAPD or APD.
- You can use hand sanitizer and do home HD with a NxStage machine and sterile dialysate.
- You will need back-up treatments at a clinic if your machine needs a water source.

Tell your power and water companies you do home dialysis. They may have a priority list.

Make an Emergency Kit. To start, gather these supplies in a sturdy plastic bin:

- Flashlight & batteries
- Hand crank radio
- Phone chargers & cords
- Meds (1-2 weeks)
- First aid kit
- Emergency food supply
- Can opener
- Measuring cups & spoons
- Bottled water
- Scissors & knife
- Bleach or iodine
- Toilet paper, wet wipes
- Toothbrush & toothpaste
- Blankets & clothes

If you have diabetes or other health problems, keep 1-2 weeks of emergency supplies.

Back-up Dialysis Supplies. When you do home dialysis, you should have enough supplies to last you to your next order. You also need 1-2 weeks of back-up supplies. Rotate your supplies and make sure nothing expires.

For All PD:

- Masks
- 1-2 boxes of caps
- Disinfectants: exit site & catheter
- Gauze, tape, & dressings
- Hand sanitizer, soap
- Heparin, needles & syringes (if used)
- Bleach (for cleaning)
- Extra batteries for BP cuff & scale

For home HD:

- 7-14 days of supplies for your machine
- 1 case of saline bags
- Needles, syringes, heparin
- Disinfectant for your access, alcohol pads
- Gauze, tape, bandages
- Hand sanitizer, soap
- Extra scissor clamps
- Bleach, hydrogen peroxide (for cleaning)

For APD:

- 7-14 cases of dialysate
- 1-3 cases of cassettes

For CAPD:

- 12-24 cases of dialysate
- Clamps (if used)

For NxStage machines, have enough backup sterile dialysate bags for 1-2 weeks of treatment.

Food & Water. The *3-Day Emergency Diet* is for people on dialysis who can't get treatment. If you miss a treatment and do not know when your next one will be, start the 3-day diet. This diet is not easy to follow, but it can save your life. Your clinic can give you a copy.

When You Can't Stay at Home in an Emergency. In some disasters, it is not safe to stay home. If you are told to evacuate, GO. Staying puts you at great risk because:

- You need dialysis.
- Clinics near you may be closed.
- EMTs may not be able to reach you.

Anyone who stays behind with you is also at risk.

Keep Key Papers Together. Fill a plastic folder with:

- Your health history, med list, recent blood test results, dialysis orders, and Advance Directive
- Phone numbers for loved ones, your doctor(s), clinic and backup clinic, power and water companies
- Proof of I.D. (copies of driver's license, passport, social security, Medicare card.)
- Bank and credit card information
- Home deed and car registration
- Insurance plans (health, home/renter's, car, pet)

Dialysis Emergency Resources: The Kidney Community Emergency Response (KCER) Coalition. Visit KCERCoalition.com or call (866) 901-3733. KCER has patient hotlines, emergency grant info, and weather alerts.