



## Emergency Preparedness for Dialysis Patients

During natural disasters and severe weather conditions, it is important that dialysis patients are fully prepared. Being completely reliant on power and water for effective dialysis treatment, dialysis patients are at risk in times of emergency. Having no access to running water, electricity, and telephones, there is little possibility for a dialysis patient to communicate with their dialysis facility for treatment and medications. For such individuals, preparation is a matter of life and death!

A dialysis patient needs to take the following precautionary measures in order to fully prepare themselves:

- ◆ Be familiar with the **Emergency Preparedness Plan** of your dialysis facility.
- ◆ Make sure your dialysis facility has all your personal emergency contact information as well as for your relatives and friends.
- ◆ Keep current copies of your medical and dialysis history.
- ◆ Keep your medical alert ID card on hand.
- ◆ Set aside a week supply of your current medications and proper instructions of Kayexalate (a medication used for removal of excess potassium).
- ◆ Be familiar in caring for your vascular access.
- ◆ Make a emergency supplies kit with the following items:
  - Flashlight or battery-powered lantern
  - Extra batteries
  - Important personal items
  - Manual can-opener
  - Paper goods
  - Plastic ware – paper plates, bowls, cups
  - First-aid kit
  - Water
  - Napkins
  - Radio
  - Candles and matches
  - Create a dietary plan for a minimum of 3 days

After entering a shelter, it is important to inform the shelter's director about your special needs.

Preparation is essential for a dialysis patient and helps managing the consequences of any emergency.

*Source: The End Stage Renal Disease Network of Texas, An Emergency Preparedness Guide for Dialysis & Transplant Patients.*

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