

- ## OBJECTIVES
1. Review Emergency (ER) Diet educational materials
  2. Evaluate different types of diets to fit the ER situation
  3. Support patient's preparation for emergencies including their families and/or caregivers
  4. Work with healthcare team in preparation for emergencies

EMERGENCY DIET EDUCATIONAL MATERIALS AVAILABLE:

National Kidney Foundation  
[www.kidney.org](http://www.kidney.org)  
 Click on Patients  
 Tab and scroll down to:  
**Emergency Resources**  
 ER Renal Diet & ER Renal & Diabetic Diet  
 developed by the Council on Renal Nutrition  
 Toll Free Help Line (1-888-335-4363)

EMERGENCY DIET EDUCATIONAL MATERIALS AVAILABLE:

- Centers for Medicare & Medicaid Services  
**Preparing for Emergencies:  
 A Guide for People on Dialysis**  
 Specific foods for 3 days  
 Developed by the Northern California CRN.  
[www.medicare.gov/publications/pubs/pdf/10150.pdf](http://www.medicare.gov/publications/pubs/pdf/10150.pdf)  
 pdf - 2007-04-11.

## Emergency Meal Planning For Kidney Patients

- Specific meal plans for people with CKD
- Additional plan for both CKD & diabetes
- More restrictive than usual renal nutrition parameters to control build-up of
  - potassium, phosphorus, urea & fluid

**Start diet at beginning of the emergency,  
before any dialysis treatments are missed!**

## What a Patient should know about Emergency Meal Planning

1. Very important to follow the diet plan.
2. Always keep a copy of the diet in your emergency kit. (everything on the list!)

## What a Patient should know about Emergency Meal Planning

3. Remember to check dates for freshness & replace regularly. (Rotate)
4. Be careful with perishable foods to avoid food poisoning. (If a jar or can is opened, do not keep over 4 hrs unless refrigerated.)

## What a Patient should know about Emergency Meal Planning

5. Use a fridge thermometer to check if food is over 40°. It is only good for 4 hrs after that, then throw it away.
6. Greater challenge to keep food safe in different parts of the country and different times of the year.

## What a Patient Should Know About Emergency Meal Planning

- 7 Use disposable plates and utensils. Throw away after use.
- 8 Have packets of moistened wipes.
- 9 Keep distilled or bottled water handy for mixing milk or juice. (Mix only 4 ounces at a time.)

9

## What a Patient Should Know About Emergency Meal Planning

- 10 Limit fluid intake to 2 c or 16 oz a day. Chew gum to help cope with thirst. Try regular or sugar-free lemon drops and/or mints.
- 11 Do not use salt or salt substitute with your meals. Use salt-free foods when possible.

10

## What a Patient Should Know about Emergency Meal Planning

- 12 Avoid high-potassium foods. Limit the kinds and portion sizes of fruits & vegetables. Eat only those listed in this booklet. (ie applesauce, peaches, pears and pineapple in little ½ cup containers).

11

## What a Patient Should Know About Emergency Meal Planning

13. If you have diabetes, treat low glucose levels:
  - instant glucose tablets
  - sugar packets or hard candy (jellybeans)
  - regular soda pop
  - low-potassium juices: cranberry, pineapple or apple juice (avoid high-potassium orange juice)

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12

## Some Points for All Patients to Remember

- Plan ahead. Have emergency supplies, extra medicines and diet needs on hand.
- Stay indoors. Listen to your emergency broadcast radio for instructions about what to do.

## Some Points for All Patients to Remember

- If you are an in-center hemodialysis patient and you are unable to get to your dialysis unit, contact police or Emergency Medical Services (EMS) to advise them of your need for assistance.
- If you have to go to a shelter, tell the person in charge about your special needs as a kidney patient. Have your clinic information with you.

## Some Points for All Patients to Remember

- If you eat out in a restaurants or a shelter choose wisely and stay within your diet and fluid restrictions.
- If possible, take your Emergency Diet Kit with you to the shelter.

## 3-Day Emergency Meal Plan

- Sample meal plans provide ~40–50 gm protein, 1500 mg sodium, 1500 mg potassium, <500 cc or 16 oz fluid for each of the 3 days.
- Meal plans are stricter than a normal kidney diet to keep waste products from building up in the blood during the emergency situation.

## 3-Day Emergency Meal Plan

2 cups or 16 ounces of fluid each day will help prevent edema or swelling & shortness of breath.

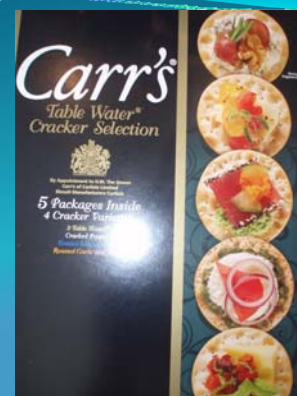
If the disaster should continue for more than 3 days, repeat the meal plan, beginning with Day 1.

## FOOD LABELS

- Read the food labels before you purchase the foods that you are going to add to your ER Kit.
- Many convenience foods have extra potassium, sodium and phosphorus added.
- Many food labels do not have Potassium or Phosphorus on the label.

## 3-Day Emergency Grocery List

Item	Amount (per person)
<b>Bread/Cereal (use 6–8 servings per day) or Low Sodium Crackers</b>	White bread 1 loaf 1 package of 30-40 crackers
Dry cereal, unsalted, sweetened or unsweetened puffed wheat or rice, shredded wheat	6 single-serve containers or 1 box
Vanilla wafers or graham crackers or unsalted crackers	1 box





21



22



23

## 3-Day Emergency Grocery List

<b>Unsweetened Fruits/Juices (limit to 2-4 servings per day)</b>	
Canned or sealed plastic container: applesauce, pears, peaches, pineapple, mandarin oranges, fruit cocktail	6 single-serve containers
100 % Cranberry or apple juice	12 single-serve boxes or pouches
Or Sugar-Free Powdered drink mixes (fruit-flavored, fruit punch or lemonade) or Sugar-free lemon -lime or diet ginger ale soda	2 packages  Or 1 canister 6 cans

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24





## 3-Day Emergency Grocery List

<b>Fish/Meat (limit to 3 oz. per day; low sodium)</b>	
Tuna, salmon, meat, turkey, chicken	6 small cans
peanut butter, unsalted	1 jar
<b>Milk (limit to ½ cup per day)</b>	
Evaporated milk	3 small cans
Dry milk solids	2 packages

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## Peanut & Almond Butter



29



30

## 3-Day Emergency Grocery List for People on Dialysis

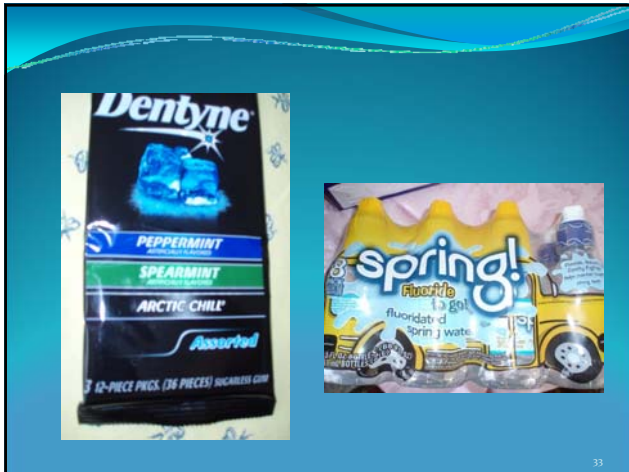
Sweets (use as desired to increase calories)	Not for diabetics
Marshmallows	1 large bag
Jelly beans, sourballs, hard candies, clear mints	5 bags total
Honey pasteurized	1 jar
White sugar	1 small bag
Jelly or Jam	1 jar

31



32

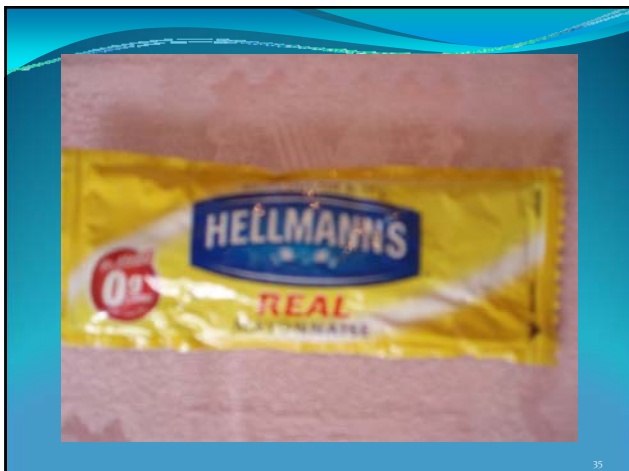




### 3-Day Emergency Grocery List

Fats (use 6 or more servings per day)	
Salad or cooking oil	1 bottle 32 oz
Mayonnaise (perishable after opening)	Individual packets or 3 small jars
Margarine no saturated fat	1 pound
Other	
Distilled or bottled water	(5) one-gallon jugs or the equivalent in smaller bottles

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### CKD Diet - Day 1

**Breakfast**

- ½ cup milk prepared from dry milk and ½ cup distilled water, or ¼ cup evaporated milk with ¼ cup distilled water
- 1 single serving of cereal (½–¾ cup)
- 1 tablespoon sugar
- ½ cup pineapple (single serving)

**Morning Snack**

- 5 vanilla wafers
- Honey or jelly as desired on wafers
- 10 sourballs

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## CKD – Day 1

### Lunch

2 slices white bread  
¼ cup low-sodium tuna (open new can daily)  
1 tablespoon margarine or mayonnaise (individual packet or open new jar daily)  
½ cup pears (single serving)  
Powdered drink mix with ½ cup distilled water  
10 mints

### Afternoon Snack

6 unsalted crackers  
Honey or jelly as desired on crackers  
10 jelly beans

## CKD Diet - Day 1

**Dinner:** 2 slices of white bread  
½ Cup (2 oz.) low-sodium chicken  
(open a new can daily)  
2 Tbsp. Margarine or mayonnaise (individual packet)  
½ Cup Peaches (single serving)  
½ Cup Cranberry juice (individual box or pouch)

### Evening Snack:

3 graham crackers  
Honey or Jelly as desired on crackers

10 Mints

## 3-DAY Emergency Diet Kit



## Evacuation Meal Plan

### Very Limited Space

3 Nutrition Energy Bars for each day:  
low in Potassium & Sodium and high in  
calories and meet the diet parameters.

**Example:** Balance Gold (caramel nut  
blast)

has a ↓ Glycemic Index with 23 Vit/min.

## Evacuation Meal Plan

Balance Nutrition Energy Bar  
continued:

Nutrition Facts:

Calories:	210
Protein:	15 gm
Carbs:	23 gm
Fat:	7 gm
Sodium:	150 mg
Potassium:	115 mg

41

## EVACUATION DIET KIT



42

## Evacuation Meal Plan

- Add bottled water if the evacuation crew allows water. Take small bottles and take as many as allowed.
- Mints or Hard Candy or gum.

The dialysis clinic should have enough bottled water and Nutrition Energy bars for the patients if they are unable to get back to their homes.

43

## EVACUATION DIET KIT



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44

## Ways to Assist Patients & their Families to be Prepared

Education  
Clinic Activities  
Motivation  
Evaluation

45

## EDUCATION

- Provide Patient Education materials  
Can use the Resources from NKF & The Centers for Medicare & Medicaid Services or other available education materials.
- Teach how to read food labels
- Reinforce the importance of being prepared
- Evaluate patient's progress toward being prepared
- Encourage patient to continue their preparations

46

## CLINIC ACTIVITIES

- Demonstrate what the 3 day diet looks like by having Lobby Days with real food as examples
- Plan contests with Multidisciplinary team to reinforce importance of being prepared where the prizes are part of the Emergency Kit.
- Generate patient buddies to support each other in acquiring the needed items.
- Review Case Studies or 'What if Scenario'
- Schedule Mock Drills

47

## What Do You Have In Your Pantry?

This is a fun & educational way to find out if you are prepared.

**Game:** Check off the item that you have in your pantry that are listed on the paper.

The items have points assigned.

Add your points.

The total score will give you an idea if you are ready for an Emergency.

48

## MOTIVATION

- “Finding a way to encourage others to both understand and believe in a new point of view may not be enough to propel them into action. Individuals must actually care about what they believe if their belief is going to get them” to be prepared.
- Even if the patient believes and understands the necessity of personally preparing for an emergency, they may not actually act and get prepared. The patient must really care about the belief if they are to actively be prepared.

"Influencer, The Power To Change Anything"  
Kerry Patterson, Joseph Grenny, David Maxfield,  
Ron McMillan, Al Switzler

49

## Six-Cell Balancing Tool

	Motivation	Ability
Individual	1 Do I enjoy the activity itself?	2 Can I do what is required?
Social	3 How will others respond?	4 Will others provide me with the resources I need?
Organizational	5 What rewards will I receive?	6 Do our structures and systems facilitate my efforts?

"Influencer The Power to Change Anything" Kerry  
Patterson, Joseph Grenny, David Maxfield, Ron  
McMillan, Al Switzler

50

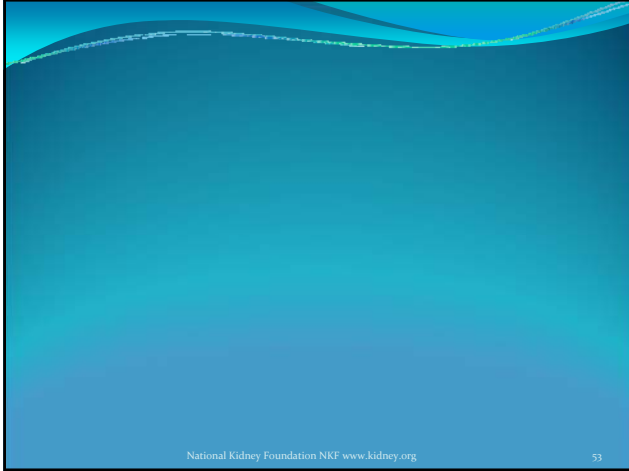
## EVALUATION

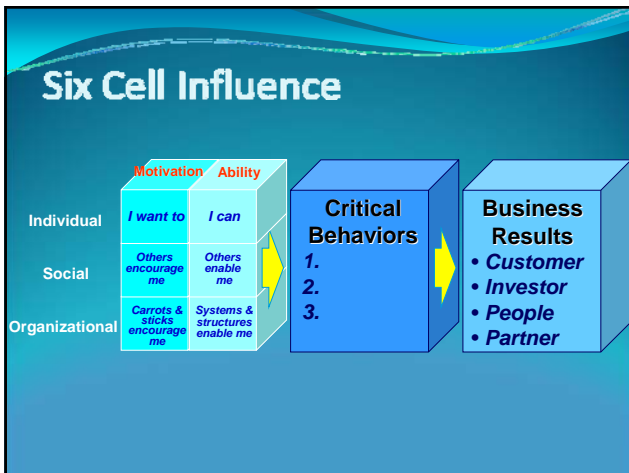
- The Kidney Community has come together after evaluating the devastation of the Hurricanes in 2005.
- The Kidney Community Emergency Response Coalition (KCERC) was formed.
- Many volunteers have spent countless hours making recommendations and implementing ways to improve the care of our Kidney patients when a disaster strikes.
- We will continue to evaluate and improve the response to improve the lives of our patients. We hope we do not have to go through the ultimate test of having another Katrina. We are all in this together!

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52







### Emergency Meal Planning For Kidney Patients

“This meal plan is for you to use during an emergency or natural disaster when you may have to miss dialysis. It is important to follow a limited diet if dialysis has to be missed.”

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