

EMERGENCY PREPAREDNESS

AAKP is helping kidney patients and care partners be prepared for emergencies.

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Emergencies and disasters can strike at any moment and it's important for patients, care partners, and families to have a plan in place. In addition, dialysis patients should feel confident in asking their facilities what emergency preparedness plans and procedures they have developed to keep patients safe and supported throughout an emergency situation.



TOP TIPS FOR KIDNEY PATIENTS AND EMERGENCY PREPAREDNESS:

Change Your Mindset – Emergency situations CAN and DO happen.

Knowledge is Power – Stay AWARE of what is happening.

Plan Ahead – Become knowledgeable on the various TYPES OF EMERGENCIES that can pose a threat to kidney patients and what you can do to plan ahead.

Broaden Your Circles – Build formal and informal NETWORKS to increase your RESOURCES.

KEY QUESTIONS FOR PATIENTS AND FAMILIES FOR EMERGENCY PREPAREDNESS:

- Do I have a personal emergency preparedness plan?
- Does my kidney facility and care team have a plan?
- Have I been asked how my plan fits into my team/facility plan?
- What personal information do I need to update?
- What supplies do I need to have on hand?
- Does my medical team have my or my designee's contact information?
- Do I have 24-hour access to my medical team/facility?
- Who outside of my community or state knows my plan?
- Have I been asked my views about my facility/care team's plan?
- If something happened today or tomorrow, would I be ready?



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List of Items Patients Should Always Have Ready:

The first step of your emergency plan is developing an emergency bag. Below, read about what should go into this important bag. It's also wise to keep a written checklist for yourself and prepare an emergency folder with important information.

EMERGENCY BAG

Keep stored away safely at all times

- Change of clothes, toiletries, and personal items
- Phone and charger
- Snacks and water bottle
- Hand sanitizer, gloves, wipes, and face mask
- PD catheter supplies
- Insulin pump and glucometer (if diabetic)

EMERGENCY CHECKLIST

- Emergency folder (see next column)
- Pill bottles (not just your pillbox)
- Glasses and hearing aids if applicable
- Portable medical equipment (eg.: CPAP machine)
- A wrist band and place on your dialysis arm (to remind health care staff not to use that extremity for BP checks, IVs, or lab draws)
- Notify your doctor, dialysis unit, or transplant coordinator
- Notify your work or school that you're unwell and won't be in the following day

EMERGENCY FOLDER

- Contact information for:
 - Your next of kin and/or family members
 - Primary care physician
 - Nephrologist and dialysis unit
 - PharmacistNote: Make sure to also have their after-hours numbers
- Copy of your ID
- Insurance information
- Copy of your doctor's last clinic note
 - This should be information regarding your dialysis schedule, dialysis access (eg. fistula), and your kidney transplant if you've had one
- Copy of most recent lab work
 - If relevant, your EKG, X-ray/CT/MRI results
 - Documentation of medical devices (e.g. stents, pacemaker, etc.)
 - Proof of vaccination
 - Current medication list and allergies

Additional Resources



Healthcare Ready helps communities prepare for, respond to, and recover from disasters and disease outbreaks. Learn more at healthcareready.org.

The Kidney Community Emergency Response (KCER) can help kidney patients with information and resources before, during, and after emergencies. To reach the KCER Helpline, call (866) 901-3773 or email KCERInfo@hsag.com. Learn more at kcercoalition.com.