



## MEMORANDUM

To: Social Worker  
All Dialysis Facilities

From: Jenna Freeman, MSW  
Patient Services Manager

Subject: **Quality of Life Educational Material**

Date: May 13, 2011

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Enclosed you will find the resource/educational materials regarding Quality of Life for ESRD patients, including a cd provided by Renal Network 11 entitled "Exercise, Live Well & Feel Better". This educational packet should be shared with all of your patients as it provides resources for the patient's mind, body, and spirit. It is the hope of ESRD Network 18 that all patients are exposed to information that can improve their Quality of Life. *Please note that this information is not meant to replace any doctors' order(s) regarding diet or physical activity.*

### Body

- Know Your Number: Are you Getting Adequate Hemodialysis

### Body: Diet

- Cookbook All Recipes (English/Spanish)
- Eat Right to Feel Right Hemodialysis (English/Spanish)
- Fruits and Vegetables Serving Size (English/Spanish)
- Fruits and Vegetables for Your Health, Your Neighborhood and Your Life (English/Spanish)
- Living Well on Dialysis: A Cookbook for Patients and Their Families
- Nutrition and Transplantation

### Body: Exercise

- Exercise: A Guide for the People on Dialysis
- Physical Activity for Your Health, Your Neighborhood and Your Life (English/Spanish)
- Staying Fit With Kidney Disease Article
- What You Should Know About Exercise Article

### Mind

- 211 Information and Resources
- Programs and Services Brochure (English/Spanish)
- Coping Effectively: A Guide to Living Well with Kidney Failure
- Encouragement: Renal Rehabilitation Bridging the Barriers for Patients and their Families
- Home Dialysis Central Postcard
- Kidney Beginnings: A Patient's Guide to Living with Reduced Kidney Function
- Mental Health Resources for Facilities
- Mental Health Resources for Patients
- Patient Interest Checklist 1

### **Mission Statement**

*To provide leadership and assistance to renal dialysis and transplant facilities in a manner that supports continuous improvement in patient care, outcomes, safety and satisfaction.*

- Patient Interest Checklist 4
- Quality of Life with Diabetes and CKD
- Understanding Depression in Kidney Disease

Soul

- Spirituality and Religion: Resources for Healing Article
- Yoga Pose: Bound Angle
- Yoga Pose: Half Lord of the Fishes
- Yoga Pose: Self Inquiry Meditation
- Yoga Pose: Upward Facing Dog

General

- Chapter 8 Improving Quality of Care

For information on all the materials listed above and other related resources, visit the following websites:

- American Association of Kidney Patients - [www.aakp.org](http://www.aakp.org)
- American Kidney Fund - [www.kidneyfund.org](http://www.kidneyfund.org)
- California 211 - [www.211california.org](http://www.211california.org)
- Centers for Medicare and Medicaid Services (CMS) - [www.cms.gov](http://www.cms.gov)
- Champions for Change - [www.cachampionsforchange.net](http://www.cachampionsforchange.net)
- Home Dialysis Central - [www.homedialysis.org](http://www.homedialysis.org)
- Life Options - [www.lifeoptions.org](http://www.lifeoptions.org)
- MedPac - [www.medpac.gov](http://www.medpac.gov)
- National Institute of Diabetes and Digestive and Kidney Diseases - [kidney.niddk.nih.gov](http://kidney.niddk.nih.gov)
- National Kidney Foundation - [www.kidney.org](http://www.kidney.org)
- Renal Network 11 – [www.esrdnet11.org](http://www.esrdnet11.org)
- Southern California Renal Disease Council, Inc. - [www.esrdnetwork18.org](http://www.esrdnetwork18.org)
- Yoga Journal - [www.yogajournal.com](http://www.yogajournal.com)