



Emergency Preparedness Information For Kidney Transplant Patients

Jan/10

Table of Contents

Introduction	2
Survival Instructions	3
Emergency Information	4
Medical Alert.....	5
Your Medical Condition and History	6
Transplant	7
Medications	8
Transplant Recipients with Reduced Kidney Function	
Preparing Your Emergency Pack	9
Supplies for Three Days Emergency.....	9
Substitution List	10
Emergency Diet Plan	11
Sample Emergency Diet Meal Plan	12
Transplant Recipients with Stable Kidney Function	
Preparing Your Emergency Pack	13
Supplies for Three Days Emergency.....	14
Water Disinfection	15
Radio Broadcasting During an Emergency	16
Renal Services Telephone and Fax Numbers.....	17

Introduction

Disasters often strike quickly, and without warning.

In this manual, disaster is defined as a major event that directly affects care to you.

Power and water may not be available for several days if it is a big disaster. Telephones may not work. You may not be able to use roads and bridges, emergency rooms will be crowded, and hospitals will give first attention to people who are injured. For these reasons, the Transplant Clinic may not be available.

This booklet gives some ideas on how to handle the first several days until things can return to normal. Patients and families should study this booklet and make a plan.

More information can be found in the “Individual & Neighbourhood All-Hazard Emergency Preparedness Workbook” from the BC Provincial emergency Program.

- www.pep.gov.bc.ca/hazard_preparedness/AllHazards_Web.pdf
- www.getprepared.gc.ca

This site is available in English, French, Punjabi and Chinese. It is also available in Audio, Braille, Large Print and Diskette.

Keep this booklet in your “Kidney Foundation Manual”

Survival Instructions

Here are some simple instructions.

1. Stay at home, unless you are hurt.
2. Begin emergency diet plan. **(See page 11.)**
3. Wait at home for instructions and details about the Transplant Clinic on TV, radio, messenger or phone. **(CKNW 980 AM)**
4. If you must go to an emergency shelter, tell the person in charge about your special needs.
5. Patients must take as much responsibility as possible for getting where they have to go and keeping in contact with the Transplant Clinic.
6. You may have to be moved from your home. This may not be by ambulance or HandiDart but with military vehicles, volunteers, or by air. Bring your medications with you. See the section on Medications for more details.
7. Keep an extra pair of glasses with your emergency supplies.
8. Please notify the Transplant Clinic of address and telephone changes.

Medical Alert

Why you should wear a medical alert?

If you are injured or unable to talk, medical workers need to know quickly that you are a person on dialysis or a transplant recipient.

How does it work?

Your medical alert is worn as a bracelet or necklace and bears an international symbol.

If needed, the computerized medical information you gave will be available in seconds to doctors and nurses...anywhere in the world. This important information will help medical personnel to give proper care...and could save your life.

In a disaster, the phone lines may be down. However, the alert will tell the medical people that you have a kidney transplant

Helpful Tips:

1. A bracelet should be worn on the **opposite** side of your fistula. If it was on your access arm it could stop the blood flow and damage your fistula if it was pulled up your arm.
2. A necklace might be missed if your upper body clothes are rolled up.

Usually your medical alert is custom engraved with your main medical conditions, personal ID number and a 24-hour hotline number.

Medical Alert: Personal I.D. Number: _____

24 Hour Hot Line Number: _____

Your Medical Condition and History

NOTE: A copy of this sheet should be with you at all times.

If you need to go to another hospital or clinic in the event of a disaster, or if your records are unavailable or destroyed, this information will help any temporary care givers in understanding your special needs. You should update this annually and when treatment modalities change.

Date Completed: _____

Cause of Kidney Disease: _____

Other Medical Problems: _____

Infectious Precautions: _____

Allergies: _____

Blood Type (if known): _____

Modality (Type) of Treatment :

Kidney Transplant Recipient

Transplant

NOTE: A copy of this sheet should be with you at all times.

Date of transplant: _____

Organ(s) transplanted: _____

B.C.T.S. ID number: _____

Transplant centre: _____ Phone Number: _____

Regional transplant clinic: _____ Phone Number: _____

Regional transplant physician: _____ Phone Number: _____

Pharmacy: _____ Phone Number: _____

BC Transplant Society (toll free): 1-800-663-6189

Name of clinical drug trial (if applicable): _____

Your study number: _____

Preparing your Emergency Pack for Transplant Patients (with Reduced Kidney Function)

- Keep a 3-day supply of foods and equipment for your “Emergency Diet” in a backpack that can be carried by one person. This way you will be able to quickly move to a shelter or to travel elsewhere, if necessary.
- **Check this pack every six months for expiry date and replace as needed.**
- Select foods that you can replace regularly so that they will not get too old.
- You may not have electricity, water or cooking equipment, so plan meals that do not need to be cooked.
- Keep important equipment such as can openers and hand sanitizers in your backpack.
- Keep a copy of these guidelines with your 3-day food supply (in your pack) and at your work.

Supplies for Three Days Survival for Transplant Patients (with Reduced Kidney Function)

Keep these supplies in your “Emergency Diet” pack. (check expiry dates every six months)

Line the pack with a plastic garbage bag to keep it dry-an orange bag could also be used as an emergency signal.

If you are diabetic: keep instant glucose tablets, sugar, hard candy, low potassium fruit juice or sugared pop on hand to treat low blood sugar.

FOODS:

- 12 4 ounce (125 ml) cans of fruit (applesauce, pears, peaches, pineapple only)
- 1 Small box shredded wheat biscuits or puffed rice or puffed wheat
- 1 Box low salt crackers
- 1 Box low salt cookies
- 2 Bottles jelly, jam or honey
- 1 Small jar of peanut butter
- 3 Bags hard candy (barley sugar, humbugs, peppermints, hard fruit candies)
- 3 85-213g cans of low salt tuna or salmon or 156g cans “33% less salt” flaked chicken or turkey
- 1 Container of Rice Dream or 100g package of skim milk powder or 1 can of evaporated milk.
- 3 2L bottles of water and/or water disinfection equipment (see page 15)

- continued next page

Supplies for Three Days Survival for Transplant Patients (with Reduced Kidney Function) (continued)

Keep these supplies in your “Emergency Diet” pack. (check expiry dates every six months)
Line the pack with a plastic garbage bag to keep it dry-an orange bag could also be used as an emergency signal.

EQUIPMENT:

- ✓ Can opener (small, hand operated)
- ✓ Sharp penknife
- ✓ Whistle
- ✓ Pair of scissors
- ✓ Waterproof matches and candles
- ✓ Flashlight (either battery operated or hand cranked)
- ✓ Radio (either battery operated or hand cranked)
- ✓ Batteries for flashlight and radio (with spares)

- ✓ Water purification tablets
- ✓ 1 Litre container for water purification
- ✓ Household bleach and eye dropper for water purification – if desired (see page 13)
- ✓ Aluminum foil
- ✓ Container with lid
- ✓ Ziploc bags
- ✓ Plastic garbage bags – orange bags can also be used as emergency signals
- ✓ Paper towels
- ✓ Disposable plates, bowls and plastic knives, forks and spoons

❖ Copy of this guide with completed up-to-date information

Substitution List – foods may be replaced if you have access to them:

Food Items	Substitutions
85-170g can tuna or salmon or 156g can 33% Less Salt Flaked Chicken or Turkey	2-3 oz low salt meat, fish, poultry <u>or</u> 2 eggs
5 unsalted crackers	1 slice bread <u>or</u> 4 slices white melba toast <u>or</u> 2 graham wafers <u>or</u> ½ cup plain rice or noodles
½ cup canned fruit	½ cup fruit juice – (apple, cranberry) <u>and</u> Small apple <u>or</u> ½ cup fresh or frozen berries
½ cup reconstituted evaporated milk or powdered skim milk	½ cup fresh milk or cream

Emergency Diet Plan for Transplant Patients (with Reduced Kidney Function)

While planning for an emergency, follow these guidelines.

Remember that certain medications (eg. prednisone) must be taken with food.

Preparing ahead could SAVE YOUR LIFE.

- **You should have 6-8 cups (1.5 – 2L) of fluid a day. If you have been instructed to follow a fluid restriction – continue.**
- **Do not use salt or salt substitutes.** Use salt free foods when possible. Remember that foods lower in salt will make you less thirsty.
- **Eat less protein foods** such as meat, fish, poultry, eggs and peanut butter.
- If you have diabetes, use instant glucose tablets, sugar, hard candy, low potassium fruit juice or sugared pop to treat low blood sugar. Do not use high potassium fruit juice (eg. orange juice).
- If you are being evacuated and have time, add some butter or margarine to your pack for extra calories.
- Some emergencies (such as a snowstorm), allow you to stay in your home but you may not be able to get to clinic for a while. You may be able to use fresh or frozen foods that you could have in place of some foods from your Emergency Diet Meal Plan (see Substitution List – page 10). Use these foods first.
- If your power goes out, foods in your refrigerator will keep for 1 to 2 days if the door is only opened briefly. Use these foods first.
- Use disposable plates and utensils. Throw away after use.

Sample Emergency Diet Meal Plan for Transplant Patients (with Reduced Kidney Function)

Breakfast

1 cup cold cereal (puffed wheat, puffed rice or
2 shredded wheat biscuits)
1/2 cup (125ml) Rice Dream or 1/2 cup milk prepared from
dry milk powder or 1/4 cup evaporated milk mixed with
1/4 cup purified or distilled water.
5 low salt crackers + 2 Tbsp. jelly, jam or honey
1/2 cup canned fruit* (packed in juice)

Snack Hard candy

Lunch 15 low salt crackers & 6 Tbsp jelly, jam or honey
1/2 cup canned fruit* (packed in juice
Hard candy

Snack 4 cookies
1/2 cup canned fruit* (packed in juice)

Dinner 1 can (85-170 grams) drained tuna or salmon (preferably
low salt) **Or**
1 can (156 grams) "33% Less Salt" Flaked Chicken or
Turkey
15 low salt crackers & 4 tbsp. jelly, jam or honey
1/2 cup canned fruit* (packed in juice)

- Drink 1.5-2L of fluid (bottled, purified or distilled) a day.
- If you are hungry, you can have another 10 low salt crackers, 6 cookies each day and 2 Tbsp of peanut butter each day.
- See substitution list. (page 10)

* **For example: Applesauce, pears, peaches, pineapple**

Preparing your Emergency Pack for Transplant Patients (with Stable Kidney Function)

While planning for an emergency, follow these guidelines.

Remember that certain medications (eg. prednisone) must be taken with food.

Preparing ahead could SAVE YOUR LIFE.

- Keep a 3-day supply of foods and equipment for your “Emergency Diet” in a backpack that can be carried by one person. This way you will be able to quickly move to a shelter or to travel elsewhere, if necessary.
- **If you are diabetic:** keep instant glucose tablets, sugar, hard candy, low potassium fruit juice or sugared pop on hand to treat low blood sugar.
- **Check this pack every six months for expiry date and replace as needed.**
- Select foods that you can replace regularly so that they will not get too old.
- You may not have electricity, water or cooking equipment, so plan meals that do not need to be cooked.
- Keep important equipment such as can openers and hand sanitizers in your backpack.
- If you are being evacuated and have time, add some butter or margarine to your pack for extra calories.
- Some emergencies (such as a snowstorm), allow you to stay in your home but you may not be able to get to dialysis for a while. You may be able to use fresh or frozen foods that you could have in place of some foods from your Emergency Diet Meal Plan (see Substitution List – page 10). Use these foods first.
- If your power goes out, foods in your refrigerator will keep for 1 to 2 days if the door is only opened briefly. Use these foods first.
- Use disposable plates and utensils. Throw away after use.

Supplies for Three Days Survival for Transplant Patients (with Stable Kidney Function)

Keep these supplies in your “Emergency Diet” pack. (check expiry dates every six months)

Line the pack with a plastic garbage bag to keep it dry-an orange bag could also be used as an emergency signal.

Some suggested food items:

Beverages: <input type="checkbox"/> Water <input type="checkbox"/> Juice <input type="checkbox"/> Canned Milk <input type="checkbox"/> Coffee, tea, hot chocolate (optional)	Foil Pouch Products: <input type="checkbox"/> Stews <input type="checkbox"/> Sauces <input type="checkbox"/> Pasta Dishes
Canned Foods: <input type="checkbox"/> Prepared meat <input type="checkbox"/> Poultry <input type="checkbox"/> Seafood <input type="checkbox"/> Meat Spreads <input type="checkbox"/> Fruit <input type="checkbox"/> Vegetables <input type="checkbox"/> Stews, baked beans, spaghetti	Instant Foods: <input type="checkbox"/> Dried Soups <input type="checkbox"/> Sauces <input type="checkbox"/> Cereals <input type="checkbox"/> Cookies <input type="checkbox"/> Crackers <input type="checkbox"/> Candies and jellies <input type="checkbox"/> Peanut Butter
Freeze-dried Products: <input type="checkbox"/> Meats <input type="checkbox"/> Poultry <input type="checkbox"/> Vegetables <input type="checkbox"/> Fruit <input type="checkbox"/> Stews <input type="checkbox"/> Soups	

EQUIPMENT:

- ✓ Can opener (small, hand operated)
- ✓ Sharp penknife
- ✓ Whistle
- ✓ Pair of scissors
- ✓ Waterproof matches and candles
- ✓ Flashlight (either battery operated or hand cranked)
- ✓ Radio (either battery operated or hand cranked)
- ✓ Batteries for flashlight and radio (with spares)
- ✓ Water purification tablets
- ✓ 1 Litre container for water purification
- ✓ Household bleach and eye dropper for water purification – if desired (see page 15)
- ✓ Aluminum foil
- ✓ Container with lid
- ✓ Ziploc bags
- ✓ Plastic garbage bags – orange bags can also be used as emergency signals
- ✓ Paper towels
- ✓ Disposable plates, bowls and plastic knives, forks and spoons

❖ Copy of this guide with completed up-to-date information



Water Disinfection

1. Before disinfecting water, first let water sit for 30 minutes to allow dirt to sink to the bottom. Then pour the clear water through a clean cloth or handkerchief to remove any extra dirt or floating matter.
2. Water purification tablets. Use as directed.
3. OR you may boil water rapidly for 5 minutes. Because of chemicals in the water, swimming pool or spa water should not be used as a source of drinking water.
4. In an emergency water may be disinfected with **5.25%** sodium hypochlorite solution (household chlorine bleach). Do not use bleach that contains additives such as scent. Use the following proportions:

One eye dropper = 0.05 mL

Clear Water:	One litre	2 drops
	Four litres	8 drops

Cloudy Water:	One litre	4 drops
	Four litres	16 drops

- Mix water and bleach well by stirring or shaking in a container. Let stand for 30 minutes before using. There should be a slight bleach smell in the water. If not, repeat the dosage and let stand for an extra 15 minutes.

Radio Broadcasting During an Emergency

Listen to CKNW 980 because they will pass on all St. Paul's Hospital emergency information if it is possible.

RENAL SERVICES TELEPHONE AND FAX NUMBERS

Hemodialysis Unit

St. Paul's Hospital
1081 Burrard St.
Vancouver, BC V6Z 1Y6
Tel: **604-806-8453**
Fax: 604-806-8449

Powell River Community Dialysis Unit

Powell River Hospital
3rd Floor 5000 Joyce Ave.
Powell River, BC V8A 5R3
Tel: **604-485-3287**
Fax: 604-485-3243

Sechelt Community Dialysis Unit

St. Mary's Hospital
211-5544 Sunshine Coast Highway
Sechelt, BC V0N 3A0
Tel: **604-885-9183**
Fax: 604-885-7564

Vancouver Community Dialysis Unit

100-520 W. 6th Ave.
Vancouver, BC V5Z 1A1
Tel: **604-660-1752**
Fax: 604-775-1558

Kidney Function Clinic

Integrated Care Clinic

Kidney Function Clinic Richmond

St. Paul's Hospital
1081 Burrard St.
Vancouver, BC V6Z 1Y6
Tel: **604-806-9125**
Fax: 604-806-9653

North Shore Community Dialysis Unit

117 - 260 W. Esplanade
North Vancouver, BC V7M 3G7
Tel: **604-904-1157**
Fax: 604-904-0751

Richmond Community Dialysis Unit

120 - 4651 #3 Rd.
Richmond, BC V6X 2C3
Tel: **604-207-2562**
Fax: 604-207-2586

Squamish Community Dialysis Unit

Squamish Hospital
38140 Behner Dr.
Squamish, BC V8B 0J3
Tel: **604-892-8243**
Fax: 604-892-8264

Post Transplant Clinic

St. Paul's Hospital
1081 Burrard St.
Vancouver, BC V6Z 1Y6
Tel: **604-806-8970**
Fax: 604-806-8076

Independent Dialysis Program

St. Paul's Hospital
1081 Burrard St.
Vancouver, BC V6Z 1Y6

Peritoneal Dialysis -Tel: **604-806-9017**
Fax: 604-806-9179

Home Dialysis

North Shore: Tel: **604-904-1157**
Fax: 604-904-0751

Richmond: Tel: **604-207-2562**
Fax: 604-207-2586