



# **Emergency Preparedness Information For Kidney Function Clinic Patients**

Jan/10

# Table of Contents

Introduction .....	2
Survival Instructions .....	3
Emergency Information .....	4
Medical Alert .....	5
Your Medical Condition and History .....	6
Diet for Kidney Function Clinic Patients .....	7
Medications .....	8
Water Disinfection .....	9
Emergency Diet Plan .....	10
Survival Diet .....	11
Supplies for Three Days Survival Diet .....	12
Radio Broadcasting During an Emergency .....	13
Renal Services Telephone and Fax Numbers.....	14

## 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 Kidney Function 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](http://www.pep.gov.bc.ca/hazard_preparedness/AllHazards_Web.pdf)
- [www.getprepared.gc.ca](http://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 survival diet. **(See page 11.)**
3. Wait at home for instructions and details about the Kidney Function 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 Kidney Function 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.
  1. Keep an extra pair of glasses with your emergency supplies.
  2. Please notify the Kidney Function 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 with abnormal kidneys.

### ***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 problem.

### ***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): \_\_\_\_\_

Approximate Level of Kidney Function: \_\_\_\_\_ %

Type of Vascular Access & Location:

Central Line: \_\_\_\_\_ Graft: \_\_\_\_\_ Fistula: \_\_\_\_\_

Location: Left Right Arm Leg

## Medications

- Know what medications you are taking, their names, strength, and how often you take them (for example: Tums 500 mg/one with each meal and at bedtime).
- Know which medications are absolutely necessary for your survival.
- Carry a list of medications (amount, frequency) with you at all times.
- Keep a two-week emergency supply on hand at all times. Rotate the medication every 2-3 months, and check expiration dates. Take this with you if you are evacuated.
- If you travel, carry two or three days of supplies in your hand-carried baggage and don't let it out of your sight. In disasters, luggage always gets lost or misplaced. Suggestion: Keep the medication in a "fanny pack" that you can wear, not carry. That way, your hands are free. Periodically check this supply to make sure it hasn't expired. Also, if you use eye drops for eye conditions, include them in your emergency medicine supply.

### Medications/Dosage/Frequency:

Medication	Dosage	Frequency	Medication	Dosage	Frequency



## Emergency Diet Plan

This information will help you to plan for an emergency when dialysis may not be available (for example, a snowstorm, earthquake, flood or hurricane). You will need to limit your potassium, fluid, protein and salt more than usual until you have dialysis again. Remember that it could be 2-3 days since your last dialysis when a disaster strikes. ***Preparing ahead could SAVE YOUR LIFE.***

While planning for an emergency, follow these guidelines:

- The attached “Survival Diet” outlines food you must eat daily to survive until dialysis is available again.
- Keep 3 day’s supplies for your “Survival Diet” in a back pack that can be carried by one person. You will be ready to move to a shelter if necessary or to travel elsewhere for dialysis.
- Select foods that you can replace regularly so that they will not get too old. Check expiry dates every six months and replace as needed.
- You may **not** have electricity, water or cooking equipment, so plan meals that do not need to be cooked.
  - Canned foods such as beef stew, macaroni and cheese do not need preparation and can be eaten cold.
- If you are being evacuated and have time, you may want to add some butter or margarine to your pack for extra calories.
- Remember that foods lower in salt will make you less thirsty.
- In some emergencies (such as a snowstorm), you can stay in your home but may not know when your next dialysis will be. You may have access to fresh or frozen foods that you could have in place of some foods from your “Survival Diet” pack.
- If your power goes out, foods in your refrigerator will keep from one to three days if only opened briefly.
- Keep a copy of these guidelines with your 3-day food supply (in your pack) and at your work.

## Survival Diet for One Day

Breakfast 1/2 cup canned fruit, drained

1/2 cup cold cereal (shredded wheat, puffed wheat  
or puffed rice)

5 low salt crackers + 2 tbsp. jelly

1/2 cup Rice Dream

Snack Hard candy

Lunch 15 low salt crackers

6 tbsp jelly

1/2 cup canned fruit, drained

1/2 cup juice

Hard candy

Snack 4 cookies

1/2 cup canned fruit, drained

Evening 1 cup canned stew or macaroni and cheese

10 low salt crackers

4 tbsp. jelly

1/2 cup canned fruit, drained

1/2 cup juice

If you are hungry, you can have an additional 10 low salt crackers and 6 cookies each day. You could also have 2 tbsp. peanut butter.

# Supplies for Three Days Survival Diet

Keep these supplies in your "Survival Diet" pack.

## FOODS:

- 12 4 ounce cans of fruit (applesauce, pears, peaches, pineapple only)
- 1 Package of (3) shredded wheat biscuits or 2 cups of puffed rice or puffed wheat
- 6 4 ounce boxes of juice (apple or cranberry)
- 1 Box low salt crackers
- 1 Box low salt cookies
- 2 Bottles jelly
- 2 Bags hard candy (barley sugar, humbugs, peppermints, hard fruit candies)
- 3 8 ounce cans of stew or macaroni and cheese
- 1 Small jar of peanut butter (optional)

## EQUIPMENT:

- 1 Can opener (small, hand operated)
- 1 Sharp pen knife
- 1 Small piece of aluminum foil
- 1 Container with lid
  
- Ziploc bags
- Paper towels
- Disposable plates, bowls and plastic knives, forks and spoons
- Waterproof matches and candles
- Flashlight and battery operated radio
- Water purification tablets
- Eye dropper
- Copy of "Survival Diet" information

## SUBSTITUTION LIST:

Foods on the survival diet may be replaced with items listed here if you have access to them.

- 1 cup canned entree - 2-3 oz meat + 1/2 cup noodles or rice
- 2 eggs + 1 slice white bread
  
- 5 unsalted crackers - 1 slice white bread
- 4 slices white melba toast
- 2 graham crackers
  
- 1/2 cup fruit - small apple
- 1/2 cup canned or frozen berries
  
- 1/2 cup reconstituted evaporated milk = 1/2 cup fresh milk or cream

## 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.
1. 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  
3<sup>rd</sup> 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. 6<sup>th</sup> 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