End Stage Renal Disease (ESRD) National Coordinating Center (NCC):
Staying Healthy Inside and Outside the Dialysis Clinic

This is a podcast from the ESRD NCC.
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Staying Healthy Inside and Outside the Dialysis Clinic

Sheila McMaster, MSN, RN, CNN, CPHQ
Quality Improvement Director
Network 8, Inc.

Laci Smalley, RD, LDN
Renal Dietitian
Fresenius Kidney Care
Types of Infections in Dialysis Patients

Respiratory Infections:
• Cold
• Bronchitis

Bacterial Infections:
• Urinary tract
• Pneumonia

Dialysis patients may also experience serious infections related to their dialysis access. For hemodialysis patients, an arteriovenous fistula has the lowest likelihood of infection. A dialysis catheter carries the highest risk of infection.
Nephrologists strongly suggest permanent accesses, such as a fistula or a graft, for patients who can maintain those accesses.
What Is a Dietitian?

A renal dietitian is an expert in nutrition for people on dialysis. He or she specializes in nutrition related to anyone with kidney disease. The dietitian helps improve the patient's overall quality of life by working together on things like diet, labs, fluid balance, and body weight.
Lab Values to Watch

**Albumin** measures protein in the blood. It is important for the body to have enough protein.

**Potassium** helps control heart and muscle function. High potassium can affect the way the heart beats.

**Phosphorus** can move from the bones to other areas, like the vessels and the heart. This can lead to heart disease and other health risks.

**Salt** is in everyone’s body but, eating too much can raise blood pressure. It also increases thirst, which will lead to fluid overload.
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