

Kidney *Chronicles*

END-STAGE RENAL DISEASE NETWORK OF NEW ENGLAND

DECEMBER 2015

HELPFUL TIPS
TO EMPOWER
ESRD PATIENTS
AS CONSUMERS



Improving Healthcare
for the Common Good®

'Tis the Season to Get More Involved in Your Care

The Patient Advisory Committee (PAC)

The PAC provides a connection between the Network, patients, caretakers, and dialysis unit staff in order to encourage cooperative support within the New England renal community. The PAC's mission is to identify and act upon areas of concern and support to ESRD patients, ultimately improving their quality of life.

Interested? PAC members are appointed by dialysis facility staff. Members must be one of the following:

- An ESRD patient currently on hemodialysis or peritoneal dialysis,
- A transplant patient who is associated with a specific dialysis facility, or
- A spouse or immediate family member of a dialysis patient.

If you are a patient, to become a PAC member you must:

- Follow your treatment plans,
- Be in good standing with your facility, and
- Have a positive attitude and a concern for quality of care issues.



How the Network Serves You

- Advocates on your behalf;
- Answers your questions about treatment, modality choices or other issues;
- Develops and provides educational materials, i.e., newsletters, for you and your family;
- Works with renal professionals to improve the care provided to you;
- Helps keep you informed and updated to support your involvement in your care and treatment options; and
- Evaluates and resolves grievances.

Meet Roy Graham, Patient Advisory Committee Chair

"As like any other father, husband, brother, uncle, son and career person, I was preparing myself for a long, successful, and healthy life. I wanted to be able to enjoy all of the trappings of the events and successes that would follow for my loved ones. I was looking forward to all of these milestones, until December of 2011 when my life came to a halt and I was diagnosed with end stage renal disease (ESRD) or kidney failure.

My medical team told me I needed to go on dialysis and that I would eventually need a kidney transplant. My family and I were shocked by the diagnosis, and I felt isolated in my affliction. Luckily for me, my wife did some research and sought out organizations like IPRO ESRD Network of New England and Donate Life Connecticut. These



organizations not only helped me as a dialysis patient, but also provided my wife with support and encouragement as my caregiver.

In November 2013, I was blessed with a kidney transplant from a living donor and shortly after, I became a Patient Advisory Committee (PAC) member. Currently, I am the New England Region PAC chair, and I am very

fortunate that I can now share my unique experiences. I want other ESRD patients to know that they can live active lifestyles and continue to enjoy the things that they love.

My mission as the PAC chair is to spread this philosophy to other ESRD patients and to help improve their quality of life."

Sincerely,

Roy Graham, PAC Chair

If you are interested in helping the dialysis community and meet the requirements outlined above, please visit our website at <http://networkofnewengland.org/patients/pac/> for more information OR contact Kayla Abella, Community Outreach Coordinator at (203) 285-1223 or kabella@nw1.esrd.net

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**[www.Facebook.com/
NetworkofNewEngland](http://www.Facebook.com/NetworkofNewEngland)**

To file a grievance, please contact:

IPRO End-Stage Renal Disease Network of New England
1952 Whitney Avenue, 2nd Floor, Hamden, CT 06517

Main: (203) 387-9332

Patient Toll-Free: (866) 286-3773

Fax: (203) 389-9902

E-mail: info@nw1.esrd.net

Web: networkofnewengland.org



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