

# Q4 Network NOTES

*Quality Insights Renal Network 4 Patient Newsletter*

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## Quality Improvement Projects 2016

A new year is here and Quality Insights Renal Network 4 (QIRN4) has entered into a new contract cycle with the Centers for Medicare & Medicaid Services (CMS). What does that mean for you as a patient and for your dialysis facility? It means QIRN4 will be working on eight new quality improvement projects! These projects are geared toward meeting three AIMs (also known as *the Triple Aim*):

1. Better Care through Patient Engagement
2. Better Health for ESRD Patients
3. Reduced Cost of ESRD Care by Improving Care

This year, each of the Quality Improvement Projects will have at least two patient volunteers to express the patient's voice and experience. This will guide the interventions that will be used at the chosen focus facilities.

QIRN4 will report the progress of these projects in future *Network Notes*. Thanks to all the patients who volunteered to help us.

## Patient Advisory Committee Update

As of February 1, QIRN4 has **211** appointed Patient Representatives. The Patient Advisory Committee (PAC) is made up of Patient Representatives. The PAC is designed to help QIRN4 identify patient concerns and educational needs of the patients in Network 4.

The next PAC meeting will take place on the following dates (the meeting is repeated three different times): *Meeting materials will be sent to the PAC the week before the meeting.*

- March 8 at 2:00 p.m.
- March 8 at 7:00 p.m.
- March 9 at 2:00 p.m.

**Patient Representatives are required to attend one of these meeting dates and times.** If a facility does not have a Patient Representative, the facility social worker must attend as a Patient Representative.

***If your dialysis facility does not have an appointed Patient Representative, please consider becoming one. Talk to your social worker or visit our website at [www.qirn4.org](http://www.qirn4.org) for more information.***



610 Freedom Business  
Center, Suite 102  
King of Prussia, PA 19406  
(610) 265-2418

(800) 548-9205  
(Patients Only)

[www.qirn4.org](http://www.qirn4.org)

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## Patient Learning and Action Network Opportunities

The National Patient Learning and Action Network (National P-LAN) is a group of patients from across the country that meets at least quarterly to design and implement quality improvement activities and educational campaigns that promote patient-centered care and encourage family engagement.

**QIRN4 is still looking for volunteers to join the National Patient Learning and Action Network.** If you would like to volunteer and represent Network 4 patients by attending these national calls, please contact Tish Lawson at (610) 265-2418 ex. 2841 or email [plawson@nw4.esrd.net](mailto:plawson@nw4.esrd.net).

## Navigating Kidney Disease

One of our most important tasks at QIRN4 is to help with your care concerns. What will we do if you contact us with a concern you are having? First, we will not share information about your situation with anyone without your permission. We can:

- Provide immediate advocacy,
- Conduct a detailed Quality of Care Review, or
- Offer a referral to an agency that may better meet your needs

We also help patients with concerns about access to care. Access to care may involve:

- Danger of losing admission status at a clinic
- Being involuntarily discharged from a clinic
- Difficulty finding a clinic to provide care

If you have concerns about kidney care received by yourself or a loved one, or if you are told or even suspect that your clinic is considering proceeding with an involuntary discharge, call the QIRN4 office at (800) 548-9205. Network staff will work with you to help you try and resolve the problem.

As always, QIRN4 is here to help with **any** concerns about the care you receive.

## Filing Grievances

To file a grievance, please contact QIRN4 by using the following contact information.

Quality Insights Renal Network 4  
610 Freedom Business Center, Suite 102  
King of Prussia, PA 19406  
Patient Toll-Free Number: (800) 548-9205  
[www.qirn4.org](http://www.qirn4.org)



## Recipe of the Month: Chili Rice with Beef

Yield: 4 servings  
Serving size: 1 cup

### Ingredients

2 tablespoons vegetable oil  
1 pound lean ground beef (or turkey or chicken)  
1 cup onion, chopped  
2 cups rice (or pasta), cooked  
1 ½ teaspoons chili con carne seasoning powder  
¾ teaspoon black pepper  
½ teaspoon sage

### Directions

1. Heat oil; add beef and onion. Cook, stirring occasionally until browned.
2. Add rice and seasonings. Mix together.
3. Remove from heat. Cover and let stand 10-14 minutes.

### Suggestions

- May add 1/4 cup chopped green pepper and/or celery.
- May add any of the following seasonings: thyme, garlic powder, onion powder, white pepper, red pepper, oregano, or lemon pepper.

### Nutritional content per serving

360 calories; 1 grams trans-fat; 78 milligrams sodium; 23 grams protein; 65 milligrams cholesterol; 427 milligrams potassium; 14 grams total fat; 26 grams carbohydrate; 233 milligrams phosphorus; 4 grams saturated fat; 2 grams fiber; 34 milligrams calcium

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