

6. Caregiver Emergency Checklist

THE RENAL PREPAREDNESS PROJECT *Caregiver Emergency Checklist For family members, caregivers, and support persons of dialysis patients.*

Patient I Am Supporting: _____ **My**
Name: _____ **My**
Phone: _____

BEFORE AN EMERGENCY — Do These Now

- ☐ Know the patient's dialysis schedule (days and times)
- ☐ Have a copy of the patient's medication list
- ☐ Know the location of the patient's emergency kit
- ☐ Have the dialysis center's phone number saved in your phone
- ☐ Know the location of 2 backup dialysis centers
- ☐ Know the patient's fluid restriction limit
- ☐ Know the patient's dietary restrictions
- ☐ Have a copy of the patient's insurance cards
- ☐ Know the patient's nephrologist's name and phone number
- ☐ Confirm the patient is registered with the county Special Needs Registry
- ☐ Review the evacuation plan together
- ☐ Know where the patient keeps their Dialysis Emergency Card

DURING AN EMERGENCY — Do These First

- ☐ Help the patient grab their emergency kit
- ☐ Call the dialysis center to notify them of the situation
- ☐ Confirm the patient has all medications
- ☐ Follow the pre-planned evacuation route
- ☐ Monitor the patient for signs of missed treatment:
 - Swelling in legs or face
 - Shortness of breath
 - Confusion or unusual fatigue
 - Chest pain ☐ If 2+ dialysis sessions will be missed — go to the nearest ER ☐ Call 911 if the patient is in distress

AFTER AN EMERGENCY

- ☐ Confirm the patient's next dialysis appointment
- ☐ Refill any medications that were used
- ☐ Restock the emergency kit
- ☐ Update the evacuation plan if needed
- ☐ Check in with the nephrologist for a follow-up visit
- ☐ Contact FEMA (1-800-621-3362) if disaster assistance is needed
- ☐ Contact 211 for local recovery resources

Key Phone Numbers

- Patient's Dialysis Center: _____
- Backup Center #1: _____
- Backup Center #2: _____
- Nephrologist: _____
- Emergency Contact: _____
- FEMA: 1-800-621-3362
- NKF Cares: 1-855-653-2273211: Local resource [△] This checklist is a preparedness tool, not a substitute for medical advice. In a life-threatening emergency, call 911. The Renal Preparedness Project | renalpreparednessproject.org | 501(c)(3) Nonprofit 211: Local resource [△] This checklist is a preparedness tool, not a substitute for medical advice. In a life-threatening emergency, call 911. The Renal Preparedness Project | renalpreparednessproject.org | 501(c)(3) Nonprofit

