


How to teach a way to use this handbook for patient

Understanding where to evacuate during a disaster is necessary to ensure smooth evacuation behavior.
* If you share it with your family, it will be a meeting place for evacuation.

By appropriately communicating the evacuation site, the delivery of dialysate and PD equipment required for treatment from the contractor will be smooth.

As for meals, you can choose foods that you can take even if a disaster occurs. Let's check it during daily disaster countermeasure guidance.
Low salt helps with fluid management even if dialysis is not possible.
Too much potassium intake is directly linked to death. Make sure that no emergency food contains a lot of potassium.

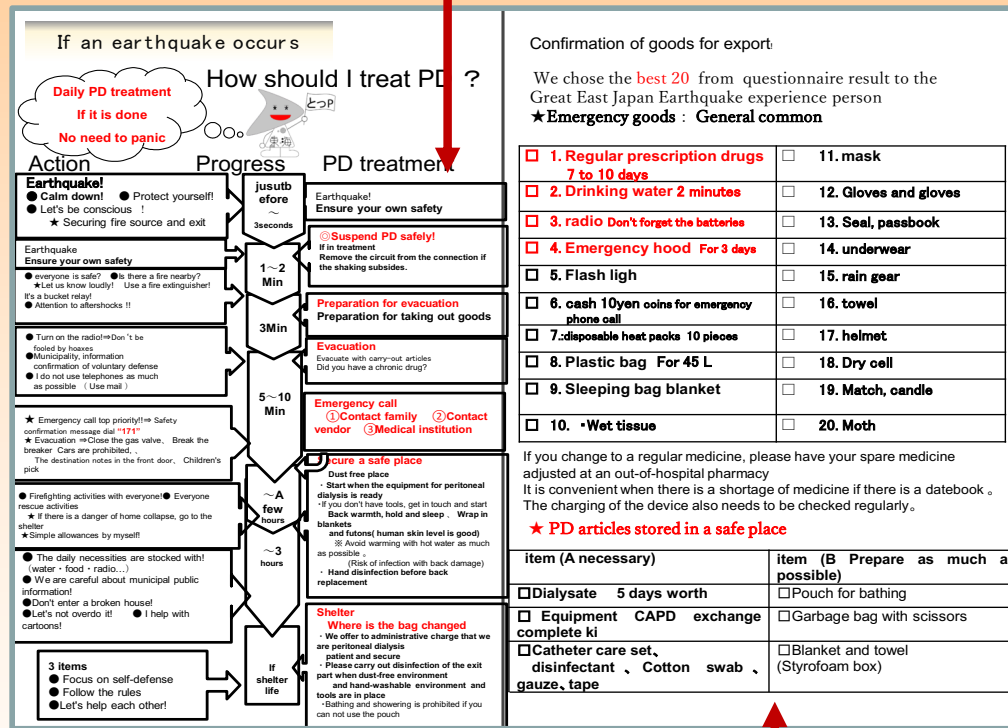
Safety confirmation system	
 Shelter mark Evacuation site of our home	
Evacuation site name	The meeting place(Street address)
①	
②	
Disaster message dial (Message dialing is also possible using a mobile phone)	
Message recording	Message playback
① "171" dial ② Dial "1" for recording ③ Dial your home phone number from the area code ★ "Within 30 seconds" recording	① "171" dial ② Dial "2" for recording ③ Dial your home phone number from the area code
Food management during evacuation	
Contents of restriction	Workaround
salt	<ul style="list-style-type: none"> Let's aim at intake of about half than usual It is important to keep in mind to reduce salt as it directly affects weight gain
Water consumption	<ul style="list-style-type: none"> Let's reduce to 400 mL a day. If there is urine, let's keep within 400 mL + urine volume per day
potassium	<ul style="list-style-type: none"> Hyperkalemia leads directly to death If you can not treat it, try to avoid a high potassium diet as much as possible and half as much as usual
Food supply	<ul style="list-style-type: none"> Avoid high salt and potassium Let's not pour soy sauce or sauce. Let's remove the dried plums in rice ball
☆ A lot of potassium likely to be distributed at the time of disaster Banana · Vegetable juice · tomato juice · chocolate etc. Calorie Mate(The chocolate taste is twice as much potassium)	

Quick PD disaster measures notebook	
Nickname : To-P ! I have bad kidneys and I will face death if I do not continue peritoneal dialysis treatment	
Name	Birthdate Year Month day
Medical institution name/TEL	sex ()
home	() - Mobile phone · Mail
emergency contact	() - Mobile phone · Mail
Treatment equipment supplier name	() - Mobile phone · Mail
【 confirm check list below with your physician 】 Everybody's physical condition is different . Please consult with your doctor about the following	
① If peritoneal dialysis can not be performed, How many days do you have to do dialysis? ② Which ones are important in your medicine ③ Do you have about 7 to 10 days of regular medicine for taking out goods ④ Be careful with your medical condition ※ Please carry around this notebook	

. Understand the common perceptions of PD-related staff, including attending physicians, and patients.
As a disaster countermeasure handbook, daily PD management is important, and based on what is being implemented, let's share with the patient how to act during a disaster

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Let's confirm the method of PD interruption at the time of bag exchange execution by disaster countermeasure guidance.
The staff should also simulate how to interrupt and be prepared for disasters.



The contents of items brought out by actual disaster victims were shown.
Regular prescription drugs are expected to have a specific type and amount of chronic diseases.
Since it is more individual than other disaster victims, we will continue to support you to manage your own medication.

Keep your pharmacy with you as it will organize your medicines according to the current prescription.

Ensuring a "safe place" at the evacuation site is well communicated to local welfare officers and government officials that they are "peritoneal dialysis patients" and "dialysis is necessary for life support" Let's keep it.

It is a good idea to keep the storage items together and place them near the entrance. The entrance is almost certainly used as an evacuation route in your home.