



安否確認システム

★ 我が家の避難場所

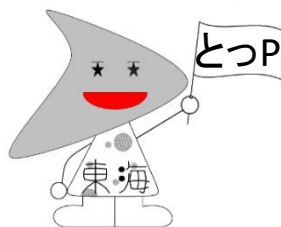
避難場所名	集合場所(住所)
①	
②	

★ 災害用伝言ダイヤル (携帯電話を利用したの伝言ダイヤルも可能)

伝言録音	伝言再生
①「171」ダイヤル ②録音の場合「1」をダイヤル ③市外局番から自宅電話番号をダイヤル ★「30秒以内」の録音	①「171」ダイヤル ②再生の場合「2」をダイヤル ③市外局番から自宅の電話番号をダイヤル

※緊急連絡先の順序

1. 家族に連絡
2. 業者へ連絡
連絡内容①病院名
②名前
③避難場所(連絡先)
3. 医療機関へ連絡する



避難中の食事管理

制限内容	対処方法
塩 分	・いつもよりも半分程度の摂取を目標にしましょう ・体重増加に直接影響しますので、減塩を心がけることが大切です
飲水量	・1日400mLに抑えましょう ・尿ある場合は、1日400mL＋尿量以内で抑えましょう
カリウム	・高カリウム血症は死に直結します ・治療ができない場合は通常よりも半分程度とし、できるだけ高カリウム食を避けましょう
配給食品	・塩分・カリウムの高いものは避けましょう ・しょうゆ・ソースはかけないようにしましょう ・おにぎりの中の梅干類は取り除きましょう



災害時に配給されそうなカリウムの多い物

バナナ・野菜ジュース・トマトジュース・チョコレートなど
カロリーメイト(チョコレート味)はカリウムが倍量ほど多い

とっさの...

PD災害対策手帳 愛称:とっP!

私は腎臓が悪く、
腹膜透析治療を継続しなければ死に直面してしまいます

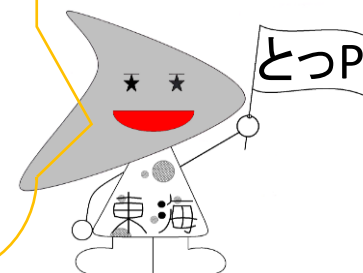
氏名	生年月日 年 月 日
医療機関名/TEL	性別 ()
自宅	() - 携帯・Mail
緊急連絡先	() - 携帯・Mail
医療機器 業者名	() - 携帯・Mail

【普段から確認しておくこと】

一人ひとり、身体の状態は異なります。
以下について主治医と相談してください

- ①腹膜透析ができなくなった場合、
何日間くらい透析をしなくてもよいか
- ②お薬の中で重要なものはどれか
- ③持ち出し物品用常備薬7～10日分ほど
ありますか
- ④病状で気をつけること
- ⑤
- ⑥

※この手帳を持ち歩いてね



地震が発生したら

PD治療はどうすればいい？

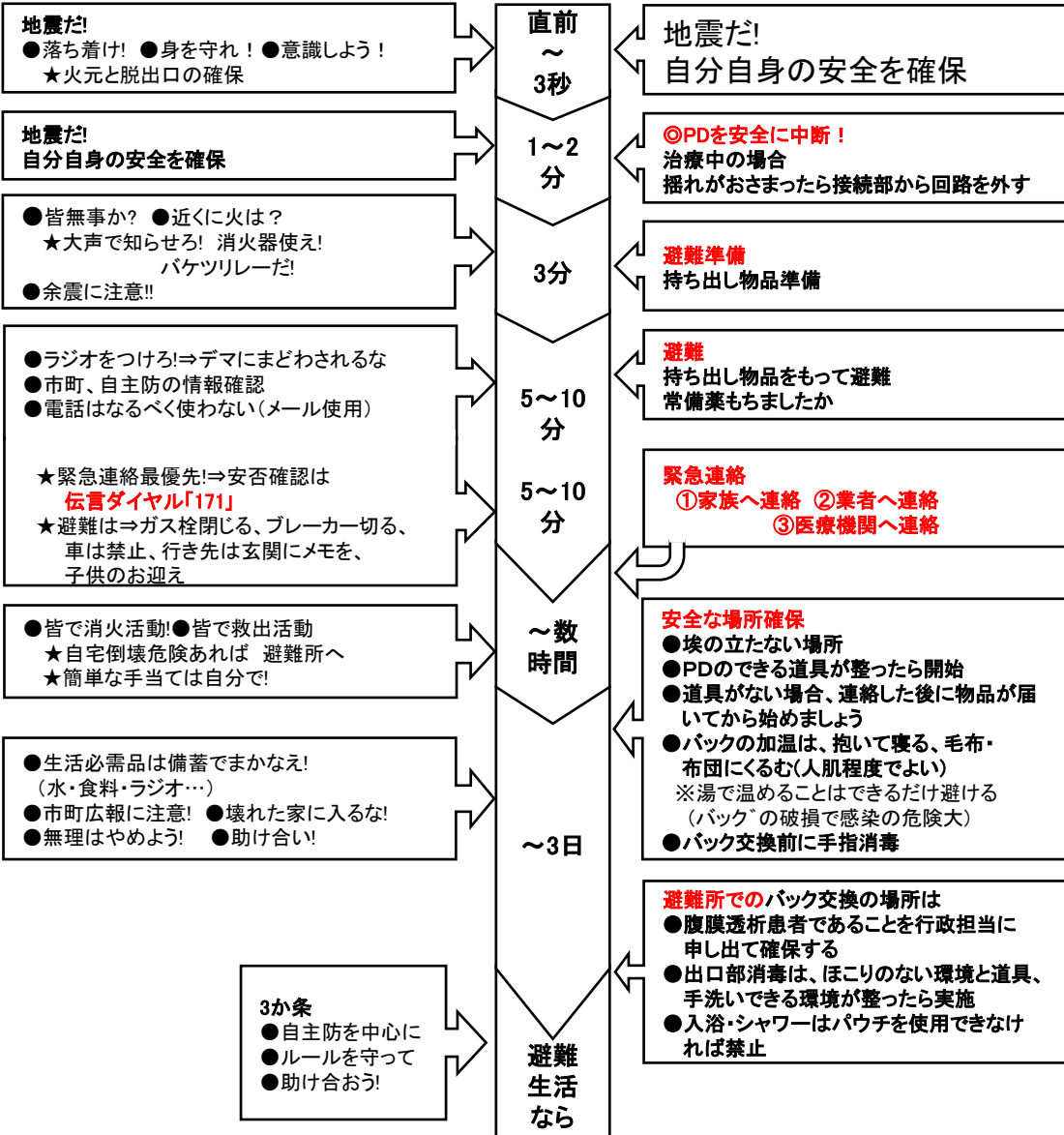
日々のPD治療が
できていれば
慌てる必要ありません



行動

経過

PD治療



持出し品と保管物品の確認

東日本大震災体験者へのアンケート結果より
ベスト20を選択しました。

★非常持出し品：一般共通

☐ 1.常備薬 7日～10日分	☐ 11.マスク
☐ 2.飲料水 2ℓ分	☐ 12.手袋・軍手
☐ 3.ラジオ 乾電池忘れずに	☐ 13.印鑑・通帳
☐ 4.非常食 3日分	☐ 14.下着
☐ 5.懐中電灯	☐ 15.雨具
☐ 6.現金 10円 100円硬貨も	☐ 16.タオル
☐ 7.携帯カイロ 10個	☐ 17.ヘルメット
☐ 8.ビニール袋 45L用	☐ 18.乾電池
☐ 9.寝袋・毛布	☐ 19.マッチ・ろうそく
☐ 10.ティッシュ・ウェットティッシュ	☐ 20.笛



常備薬に変更あったら院外薬局で予備のお薬も調整してもらってください。
お薬手帳があると薬が不足した場合便利です。
デバイス(機器類)の充電も日ごろから確認が必要です。

★保管するPD物品（安全な場所に）

項目 (A:必要)	項目 (B:可能な限り準備)
☐ 透析液 5日分	☐ 入浴用パウチ
☐ 器材、CAPD 交換キット一式	☐ ゴミ袋、ハサミ
☐ カテーテルケアセット、 消毒薬、綿棒、ガーゼ、テープ	☐ 毛布・タオル (発砲スチロールの箱)

If an earthquake occurs

Daily PD treatment

If it is done

No need to panic

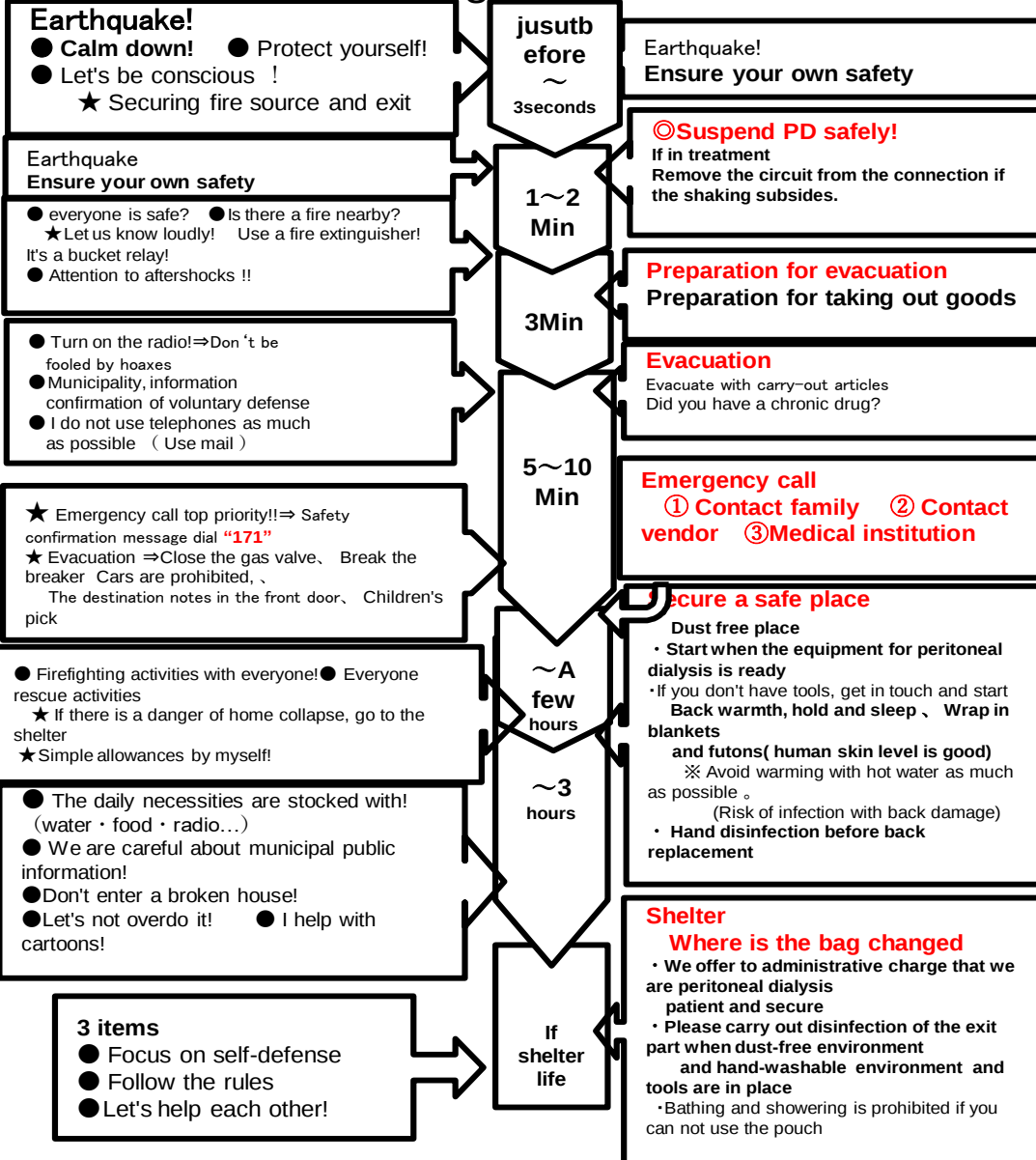
How should I treat PD ?



Action

Progress

PD treatment



Confirmation of goods for export:

We chose the **best 20** from questionnaire result to the Great East Japan Earthquake experience person

★ **Emergency goods** : General common

☐ 1. Conventional medicine 7 to 10 days	☐ 11. mask
☐ 2. Drinking water 2 minutes	☐ 12. Gloves and gloves
☐ 3. radio Don't forget the batteries	☐ 13. Seal, passbook
☐ 4. Emergency hood For 3 days	☐ 14. underwear
☐ 5. Flash ligh	☐ 15. rain gear
☐ 6. cash 10 yen Even 100 yen coins	☐ 16. towel
☐ 7. Mobile Cairo 10 pieces	☐ 17. helmet
☐ 8. Plastic bag For 45 L	☐ 18. Dry cell
☐ 9. Sleeping bag blanket	☐ 19. Match, candle
☐ 10. •Wet tissue	☐ 20. Moth

If you change to a regular medicine, please have your spare medicine adjusted at an out-of-hospital pharmacy

It is convenient when there is a shortage of medicine if there is a datebook .

The charging of the device also needs to be checked regularly.

★ **PD articles stored in a safe place**

item (A necessary)	item (B Prepare as much as possible)
☐ Dialysate 5 days worth	☐ Pouch for bathing
☐ Equipment CAPD exchange complete ki	☐ Garbage bag with scissors
☐ Catheter care set, disinfectant, Cotton swab, gauze, tape	☐ Blanket and towel (Styrofoam box)

Earthquake outbreak!!

How do you act then?...

Earthquake outbreak!!
 ●Calm down! ●Protect yourself! ●Be conscious!
 The confirmation of the fire cause and the de-exit

Rolling was settled @Stop PD safely!
 The area where a tsunami and the danger of a mountain / the landslide are predicted
 =Take refuge immediately
 ●Confirm a gas stopper! ●Is a family safe? ●Wear shoes!
 ●Confirm emergency takeout product!

3 minutes
 ●Is everybody safe?
 ●Does not the fire occur near?
 ●Be careful to aftershocks!
 ★ Tell it aloud! Use the fire extinguisher! Do a bucket brigade!

5~10 minutes
 ●Turn on a radio => do not be confused by a false rumor
 ●Confirm the self-defense information of cities, towns and villages
 ●Do not use the telephone if possible (Use an email)
 ★ Make urgently give priority to communication
 ★ Take refuge => I close a gas stopper
 The evacuation of car
 Put the memo of the destination in the entrance hall
 Pick your child up
 ● Make fire fighting together
 ● Make rescue operation together
 ● When fire extinguishing / rescue is difficult, contact the fire department
 ★ Do the simple medical treatment by oneself!!

~few hours
 ● Take PD articles,....
 ● Restore PD if possible..

~3days
 ● Serve the daily necessities by storage(Water,food,radio,...)
 ● Ask the public information of cities, towns and villages with care!
 ● Do not enter the broken house!
 ● Do not overdo it!
 ● Endure it, and help each other!

In refuge life
 ● Do it mainly on self-defense
 ● Help each other!
 Do consideration to a person supporting at the time of a disaster

Pet name : Toppie

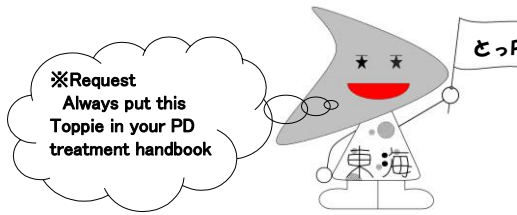
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Patient name

.....

A medical institution name

.....



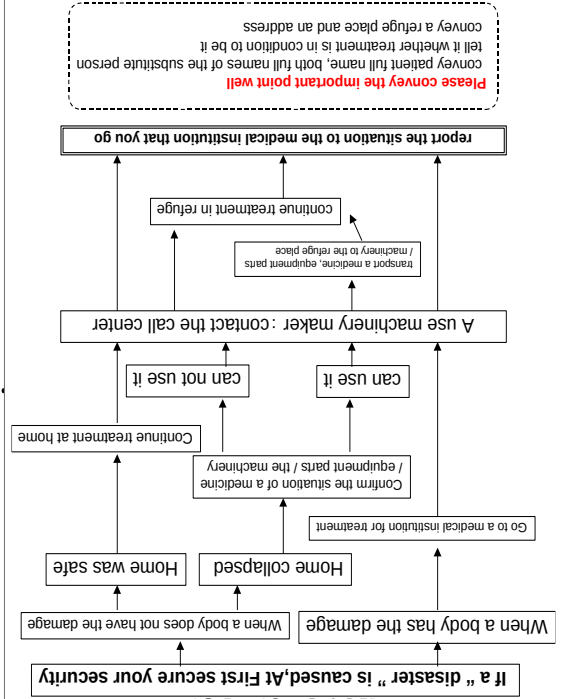
Medical institution confirmation

date / /

Tokai CAPD nursing Association`s disaster Response Team 2006.4

A manual at the time of a disaster for

⑤



Confirmed periodically

③

No.	contents	date
1	Do you finish mention of the card at disaster time? Do you perform confirmation again?	
2	Is the article to take generally prepared?	
3	Is the article for PD prepared? When do you gather it up?	
4	Do you mention an address / the e-mail address of the family? Do you perform confirmation again?	
5	Do you confirm the refuge place of the family (an area)?	
6	Do you know the method of the suffering message dial?	
7	Do you know a therapeutic method (a twin bag) at the time of the disaster? Do you practice?	
8	Do you know a medicinal solution warming method at the time of the disaster?	
9	Do you know a communication method to a hospital / the supplier at the time of the disaster?	
10	Do you always put [Toppie!] in a PD notebook?	
11		
12		
13		

Guidance date Please use the blank column in each institution

2006 The second half year	2007 The first half year	2007 The second half year	2008 The first half year	2008 The second half year	2009 The first half year	2009 The second half year
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Diet management during evacuation

⑥

■Salt: Please always aim for half intakes.
 Because it influences body weight gain
 directly, it is important to keep sodium restriction in mind.
 Quantity of water to drink: hold it down to 400mL on a day.
 When urine appears, let's control it within 400mL + volume of urine on 1st

■Potassium: The hyperkalemia is connected directly with death.
 When treatment is not possible, do half of the intakes in degree more, and avoid as possible high potassium food.
 ■Delivery food: Let's avoid the high thing of salt / the potassium.
 Soy sauce / the source will not be missing.
 Remove pickled plums in the rice ball.

Contact !!

②

A message dial for disasters

Family name (relation)	An address (phone number)	E-mail address
()	() —	
()		
()		
()		
()		

A refuge place of my home

Refuge place	A set place (address)
①	
②	

The recording of the message	Playing message
①Dial「171」	①Dial「171」
②In case of recording dial「1」	②In case of playing message dial「2」
③Dial area code+ your phone number	③ Dial area code+your phone number or disaster area
★Record within 30second	

It is possible for dialing by mobile phone

Confirmation of the carrying out products !!

⑦

★Items to bring in an emergency: generally common

Item	Check	Item	Check
Helmet、Shoes		Rope、String	
Body warmer		Box of matches、Candle	
Gloves、work gloves		Plastic bag	
Flash light		Radio	
Cash		10 yen coins	
Soap		Toilet	
A tissue		Lap Film	
Storage food the first day		Storage food the third day	
Health insurance copy		A medicine (oral medicine)	
PD handbook(TOPPIE)		A bank notebook、A seal	

Whistle		First-aid kit	
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Pocket card for disasters

①

Pet name : Toppie!

Name	Date of birth / /
	age() sex()

I take treatment of Peritoneal Dialysis for a Chronic Kidney Disease .
 Please progress in nearest emergency medical institution when I had some kind of abnormal state .In addition ,please ask the following address for communication.

	Address	Phone number
Home	() — Mobile phone E-mail address	() — Mobile phone E-mail address
Emergency① ※Name ※Relation	() — Mobile phone E-mail address	() — Mobile phone E-mail address
Emergency② ※Name ※Relation	() — Mobile phone E-mail address	() — Mobile phone E-mail address
Dialysis Center ※Institution name ※Dr Name	() — Mobile phone E-mail address	() — Mobile phone
Treatment machinery supplier Company name	Communication contents : Your name, Institution name, present status	

A underlying disease	Dialysis introduction date / /
Blood type () Rh(+ -)	Infection disease(Yes . No)
The kind of health insurance card, number	Certificate of specific illness medical treatment No.
An identification of handicapped person cost recipient No.	A certificate of the physically handicapped No.

※How to warm dialytic fluid : Use Cairto for carrying
 Wrap it in a blanket and a towel. Hold it and sleep (Warm it in body warmth).
 Soak it in the hot water of the right temperature