

If an earthquake occurs

Daily PD treatment

If it is done

No need to panic

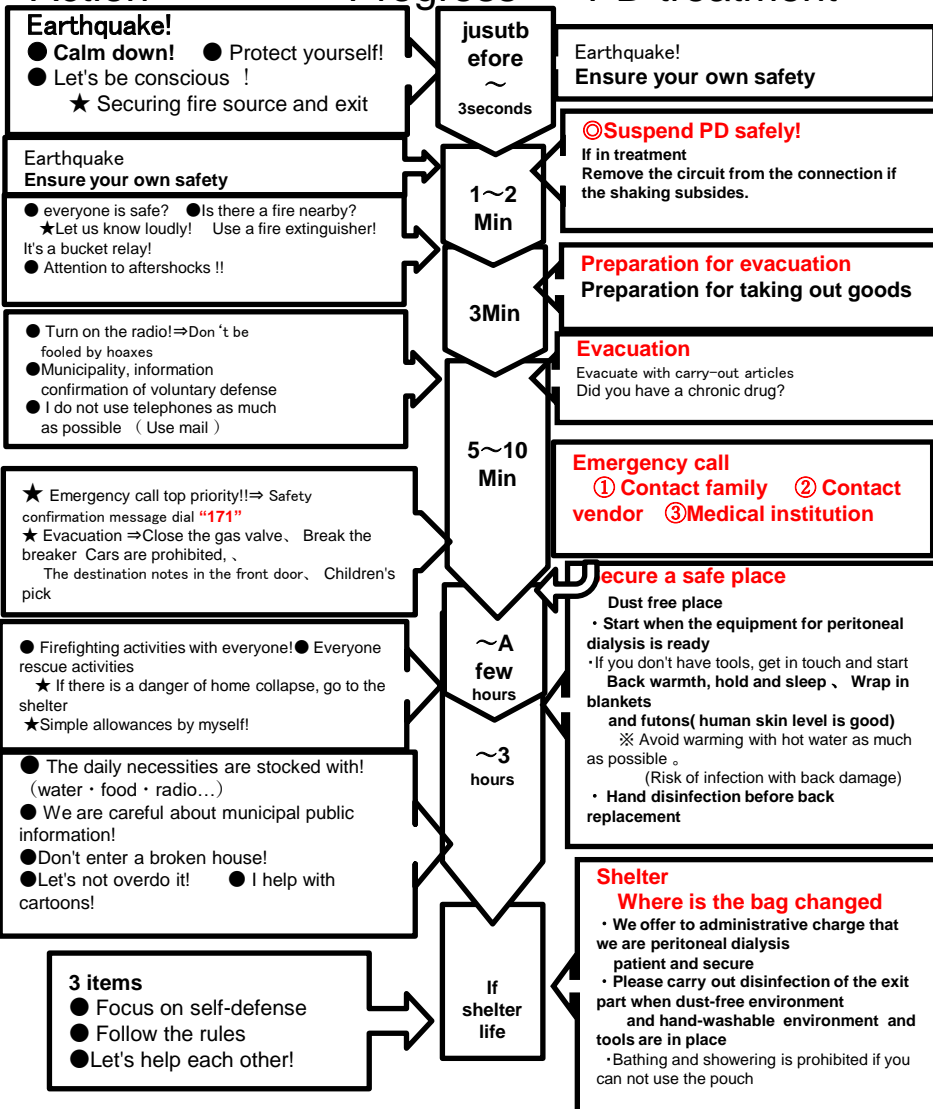
How should I treat PD ?



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

<input type="checkbox"/> 1. Conventional medicine 7 to 10 days	<input type="checkbox"/> 11. mask
<input type="checkbox"/> 2. Drinking water 2 minutes	<input type="checkbox"/> 12. Gloves and gloves
<input type="checkbox"/> 3. radio Don't forget the batteries	<input type="checkbox"/> 13. Seal, passbook
<input type="checkbox"/> 4. Emergency hood For 3 days	<input type="checkbox"/> 14. underwear
<input type="checkbox"/> 5. Flash ligh	<input type="checkbox"/> 15. rain gear
<input type="checkbox"/> 6. cash 10 yen Even 100 yen coins	<input type="checkbox"/> 16. towel
<input type="checkbox"/> 7. Mobile Cairo 10 pieces	<input type="checkbox"/> 17. helmet
<input type="checkbox"/> 8. Plastic bag For 45 L	<input type="checkbox"/> 18. Dry cell
<input type="checkbox"/> 9. Sleeping bag blanket	<input type="checkbox"/> 19. Match, candle
<input type="checkbox"/> 10. •Wet tissue	<input type="checkbox"/> 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)
<input type="checkbox"/> Dialysate 5 days worth	<input type="checkbox"/> Pouch for bathing
<input type="checkbox"/> Equipment CAPD exchange complete ki	<input type="checkbox"/> Garbage bag with scissors
<input type="checkbox"/> Catheter care set, disinfectant 、 Cotton swab 、 gauze、 tape	<input type="checkbox"/> Blanket and towel (Styrofoam box)



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 ②Dial "1" for recording ③Dial your home phone number from the area code ★ "Within 30 seconds" recording	①"171"dial ②Dial "2" for recording ③Dial 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.
<p>★ A lot of potassium likely to be distributed at the time of disaster</p> <p>Banana・Vegetable juice・tomato juice・chocolate etc.</p> <p>Calorie Mate(The chocolate taste is twice as much potassium</p>	

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

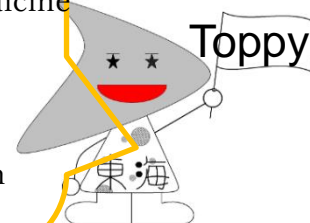
Name		Birthday	
Medical institution name/TEL		Year	Month day
		sex ()	
home		() - Mobile phone・Mail	
emergency contact		() - Mobile phone・Mail	
Treatment equipment supplier name		() - Mobile phone・Mail	

【 Confirming from usual 】

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



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.

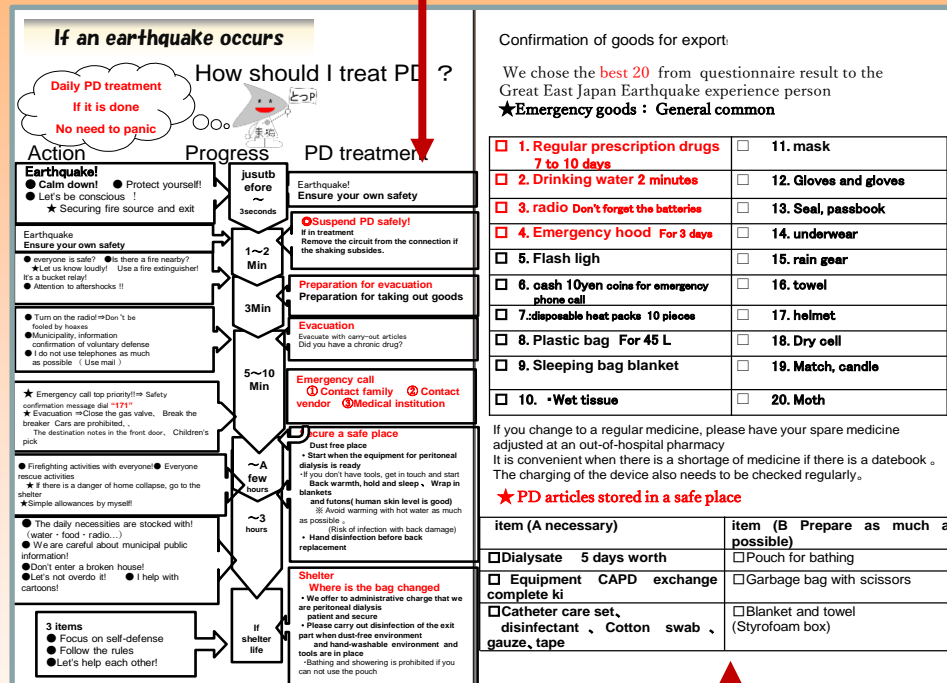
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Water consumption	• Let's reduce to 400 mL a day. • If there is urine, let's keep within 400 mL + urine volume per day
potassium	• Hyperkalemia leads <u>directly to death</u> • If you can not treat it, try to avoid a high potassium diet as much as possible and half as much as usual
Food supply	• 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	
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. 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

How to teach a way to use this handbook for patient

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.