

Resource Guide for Use With Hispanic Nephrology Patients

The “Resource Guide For Use With Hispanic Nephrology Patients” is the result of work on ANNA’s 2004-2006 Strategic Action Plan, which included as one of its actions the development of a resource guide for materials for use with Hispanic patients, a growing population in nephrology. The USRDS 2004 Annual Report identifies 85,186 Hispanic patients (12.1% of the total) and there is a need for materials for nurses to use to communicate with and teach those clients.

As a result of this recognized need, the Resource Guide was created as a team effort with help from:

The ANNA Southeast Regional Executive Committee - Sue Cary, MN, APRN, CNN, NP (Fleur de Lis Chapter); Cindy Richards, RN, CNN (Hazel Taylor Chapter); Cheryl

Groenhoff, MSN, MBA, RN, CNN (South Florida Flamingo Chapter), Sue McManus, MSN, CFNP, CNN (Acadiana Chapter); and Janie Martinez, BSN, RN, CCRN, CNN (Alamo Chapter);

ANNA members - Emily Hodgins, BSN, RN, CNN, CPHQ (Cardinal Chapter); Carmen Mejias, BSN, RN, CNN (Heart of Texas Chapter); Betsy King, MSN, RN, CNN; (Northeast Tri-State Chapter); Darene Hall, MSN, RN, CNN (Chumash Chapter); and Gladys Benavente, MSN, RN ARNP, CNN (Saguaro Chapter).

ANNA Board of Director members - Susie VanBuskirk, BSN, RN, CNN (Baltimore Chapter), and Lynda Ball, BS, BSN, RN, CNN (Greater Puget Sound Chapter).

Other Contributors: Bill Poulson, Associate Product Manager of Bard Access Systems, and Curtis Cary.

The guide, which is also available on the ANNA and NNJ websites (www.anna-nurse.org and www.nephrologyjournal.net), includes a Glossary Patient Assessment form and a Resource Guide.

Editor’s Note: We would like to update this resource guide as additional resources are found or created. Please let us know if you have or know of additional resources in Spanish. Send the title (in English and Spanish), the organization that created the resource, the type of resource, the topic(s) covered, and the website or mail address for obtaining the resource to BethUlrich@aol.com.

Nephrology-Related Terms in English and Spanish

English	En Espanol	English	En Espanol
access	acceso	hot	caliente
allergy	alergia	impotence	impotencia
anemia	anemia	Kidney Disease	enfermedad de los riñones
antiinflammatory	antiinflamatorio	liquids	líquidos
artery	arteria	name	nombre
blood	sangre	nausea	náusea
blood glucose	glucosa en sangre	nurse	enfermero
catheter	cateter	nutrition	nutrición
chronic kidney disease	la enfermedad renal crónica	oxygen	oxígeno
cold	frío	pain	dolor
creatinine	creatina	patient	paciente
diabetes	diabetes	peritoneal dialysis	diálisis peritoneal
dialysis	diálisis	peritoneal membrane	membrana peritoneal
dialysis center	centro de diálisis	potassium	potasio
dialyzer	dializador	proteins	proteínas
diet	dieta	registered nurse	enfermero registrado
dietician	dietista	renal failure	falla renal
doctor	médico	skin	piel
emergency	emergencia	sodium	sodio
erythropoietin	eritropoyetina	surgery	cirugía
exercise	ejercicio	toxins	toxinas
eye	ojo	transplant	trasplante
fistula	fístula	treatment options	opciones de tratamiento
foot care	el cuidado de los pies	urea	urea
health	salud	urinalysis	urinálisis
heart	corazón	vascular access	acceso vascular
hemodialysis	hemodiálisis	wheelchair	silla de ruedas



Patient Assessment Form by Janie Martinez and Carmen Mejias

PATIENT ASSESSMENT

NOMBRE (Name): _____

Sexo (Sex): F M

Fecha (Date): _____

Peso (Wt.) _____ Estatura (Ht.) _____

Presión de sangre (Blood pressure) _____ Pulso (Pulse) _____ Temperatura (Temperature) _____

Ambulatorio (Ambulatory) Silla de ruedas (W/C) Camilla (Stretcher)

CAUSA DE FALLO RENAL CRÓNICO (Cause of Chronic Renal Failure):

Diabetis (Diabetes) Alta presión (Hypertension) Lupus (Lupus)

Otro (Other)

HISTORIAL (History):

Cancer (Cancer) Artritis (Arthritis) Gota (Gout)

Uso de alcohol (Use of alcohol) Uso de drogas (Use of illicit drugs) Uso de tabaco (Use of tobacco)

Cirugías (Surgeries): _____

Comentarios (Comments): _____

ALERGIAS (Allergies): _____

EVALUACIÓN DE LOS DIFERENTES SISTEMAS (Evaluation of the different systems)

Por favor circule los que apliquen (Please circle those that apply):

Cognitivo (Mental Status):

Alerta (Alert) Orientado a persona, lugar, tiempo (Oriented to person, place, time)

Confuso (Confused) Agitado (Agitated) Cooperativo (Cooperative)

Responde a las preguntas apropiadamente (Responds to questions appropriately)

Sistemas (Systems):

Ojos (Eyes): No problemas (No problems)

Usa Espejuelos o lentes (Uses glasses)

Cataratas (Cataracts) Glaucoma (Glaucoma)

Ciego (Blind) Legalmente ciego (Legally Blind)

Dolor (Pain) Inflamación (Inflammation) Infección (Infection)



Patient Assessment Form

Oídos (Ears): No problemas (No problems)
 Sordo (Deaf) Vertigo (Vertigo) Dolor (Pain) Drenaje (Drainage)

Boca (Mouth): No problemas (No Problems)
 No dientes (Edentulous) Dientes parciales (Partial dentures) Dentadura postiza (Dentures)
 Infección (Infection)

Piel (Skin): No problemas (No problems)
 Lesiones (Lesions) Tatuaje (Tattoo) Cicatrices (Scars) Escozor/Picor (Rash)
 Frío (Cold) Caliente (Hot) Seca (Dry) Edema (Edema)

Comentarios (Comments): _____

Cardiovascular (Cardiovascular): No problemas (No problems)
 Pulso irregular (Irregular pulse) Marcapasos (Pacemaker) Otro (Other)

Comentarios (Comments): _____

Respiratorio (Respiratory): No problemas (No problems)
 Fatiga o falta de aire (Fatigue or SOB) Asma (Asthma) Tos (Cough) Otro (Other)

Comentarios (Comments): _____

Sonidos Respiratorios (Breath Sounds):
 Claros (Clear) Silbido (Wheezes) Rales o sonido craquea (Rales or Rhonchi)

Disminuidos/ sonidos respiratorios (Diminished breath sounds)

Comentarios (Comments): _____

Gastrointestinal (Gastrointestinal): No problemas (No problems)
 Dolor (Pain) Vómitos (Vomiting) Diarrea (Diarrhea) Anorexia (Anorexia)

Estreñimiento/Constipación (Constipation) Otros (Other)

Comentarios (Comments): _____



Patient Assessment Form

Musculo-esqueletal (Muscular-Skeletal): No problemas (No Problems)

Calambres (Cramps) Deformidades (Deformaties) Fracturas (Fractures) Debilidades (Weakness)

Amputación (Amputation): AKA {R} {L} {B} BKA {R} {L} {B}

Otros (Other)

Comentarios (Comments): _____

Genitourinario (Gentourinary): No problemas (No problems)

Sangre en la orina (Blood in urine) Dolor al orinar (Pain with urination)

Urgencia/Frecuencia (Urgency/Frequency) Infección (Infection)

¿Cuántas veces orina al día? (How many times do you urinate in 24 hrs?) _____

¿Que cantidad? (What amount?) _____

Neuromuscular (Neuromuscular): No problemas (No problems)

Paraplegico (Parapalegic) Quadraplegico (Quadrapalegic)

Debilidad en las manos y brazos (Weakness in upper ext) Debilidad en las piernas (Weakness in legs)

Migrañas (Migraines) Otro (Other)

Comentarios (Comments): _____

EDUCACIÓN DEL PACIENTE (Patient Education):

Evaluación de nivel de entendimiento (Evaluation of understanding)

Causa de fallo renal (Cause of renal failure): _____

Diálisis (Dialysis): _____

Opciones de tratamiento (Treatment modalities): _____

Control de infecciones (Infection control): _____

Cuidado de acceso de diálisis (Care of dialysis access):

Graft (Graft) _____

Fistula (Fistula) _____

Catéter (Catheter) _____

Medicamentos (Medications): _____

Dieta (Diet): _____

Otros (Others) _____



Spanish Resource Guide

Name	Source	Media	Topic Area	Source
Access: Preparing for Dialysis (Acceso: Preparándose Para la Diálisis)	Ortho Biotech	One page handout	Access	http://healthcareprofessionals.orthobiotech.com/services/patiented.jsp#Kidney
Caring for Vascular Access (Cuidando su Acceso Vascular)	ESRD Network 18	Fact Sheet	Access	http://www.esrdnetwork18.org/
Catheter Insertion Procedure (Procedimiento de Inserción Para el Catéter)	MedComp	Web Page, CD, Video	Access	www.medcompnet.com
Catheters for Hemodialysis (Catéteres Para Hemodiálisis)	Jackson Health System	Web Page	Access	http://www.um-jmh.org/body.cfm?id=8544
Fistula - A Better Choice (Fistula - La Alternativa Mejor)	Renal Care Group	Newsletter Article	Access	http://www.nwrenalnetwork.org/patients.htm#vasca
Vascular Access (Acceso Vascular)	Life Options	Fact Sheet	Access	http://www.lifeoptions.org/catalog/catalog.php?prodCat=teachingTools
Vascular Access for Hemodialysis (Acceso Vascular Para Hemodiálisis)	Texas Heart Institute	Web Page	Access	http://www.texasheartinstitute.org/vascular_access_surgery_span.html
What is Vascular Access? (¿Qué es Acceso Vascular?)	ESRD Network 18	Fact Sheet	Access	http://www.esrdnetwork18.org/
What's Your Access-Ability? (¿Qué Es Su Acceso-Abilidad?)	ESRD Network 16	Handout	Access	http://www.nwrenalnetwork.org/QueEsSuAcceso.pdf
Understanding your Hemodialysis Access Options (Comprendiendo sus Opciones de Aplicación de Hemodiálisis)	AAKP	Booklet	Access, Hemodialysis	http://www.aakp.org/AAKP/Forms/accessoptionsspanish.pdf
California Advance Health Care Directives Act: A Guide for Chronic Dialysis Patients (Estado de California - Acta del Directivo Avanzado del Cuidado de la Salud)	ESRD Network 18		Advance Directive	http://www.esrdnetwork18.org/
Anatomy of the Urinary System (Anatomía del Sistema Urinario)	University of Utah	Web Page	Anatomy	http://uuhsc.utah.edu/healthinfo/spanish/urology/anatomy.htm
Anemia (Anemia)	Life Options	Fact Sheet	Anemia	http://www.lifeoptions.org/catalog/catalog.php?prodCat=teachingTools
Cardiovascular Health and Kidney Disease (Salud Cardiovascular y Enfermedad de los Riñones)	Ortho Biotech	One page handout	Cardiovascular System, CKD	http://healthcareprofessionals.orthobiotech.com/services/patiented.jsp#Kidney
High Blood Pressure and the Kidneys (La Presión Arterial Alta y los Riñones)	AKF	Booklet	Cardiovascular System, CKD	http://www.kidneyfund.org/RequestMaterials.asp
Caregiver Self-Assessment Questionnaire (Auto-evaluación de Cuidadores)	AMA	Questionnaire	Caregiver	http://www.ama-assn.org/ama/upload/mm/36/caregivertoolspan.pdf
About Chronic Kidney Disease: A Guide for Patients and Their Families (Acerca de la Insuficiencia Renal Crónica: Una Guía Para los Pacientes y Sus Familias)	NKF	Booklet	CKD	http://www.kidney.org/atoz/pdf/aboutckd_sp.pdf
Are You At Increased Risk for Chronic Kidney Disease? (¿Tiene Riesgo Elevado de Padecer Insuficiencia Renal Crónica?)	NKF	Booklet	CKD	http://www.kidney.org/atoz/pdf/atrickckd_sp.pdf
Get the Most Out of Life (¡Saque el Máximo Provecho de su Vida!)	Amgen	Booklet	CKD	http://www.epogen.com/patient/pdf/get_most_life_sp.pdf
Kidney Disease Strikes Hispanic Americans (La Enfermedad Renal y los Hispanos)	AKF	Booklet	CKD	http://www.kidneyfund.org/RequestMaterials.asp
Kidney Failure: A Guide for Patients and Their Families (Falla Renal - Una Guía Para el Pacientes y Su Familia)	AKF	Booklet	CKD	http://www.kidneyfund.org/RequestMaterials.asp



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Living Well with Chronic Kidney Disease (Cómo Vivar Saludablemente Con La Enfermedad Renal Crónica)	AKF	Booklet	CKD	http://www.kidneyfund.org/RequestMaterials.asp
Renal Failure - Summary (Falla Renal - Sumario)	The Patient Education Institute	Booklet	CKD	http://www.nlm.nih.gov/medlineplus/spanish/tutorials/kidneyfailurespanish/id2691s1.pdf
Teamwork: Managing Kidney Disease (Trabajo en Equipo Para el Control de la Insuficiencia Renal)	Ortho Biotech	One page handout	CKD	http://healthcareprofessionals.orthobiotech.com/services/patiented.jsp#Kidney
Your Kidneys (Sus Riñones)	Baxter	Booklet	CKD	http://www.kidneydirections.com/mexico/patients/basics/kidneys/index.htm
Kidney Disease and Anemia (Enfermedad de los Riñones y Anemia)	Ortho Biotech	One page handout	CKD, Anemia	http://healthcareprofessionals.orthobiotech.com/services/patiented.jsp#Kidney
What You Need to Know About Anemia and Chronic Kidney Disease (Lo Que Necesita Saber Sobre la Anemia y la Insuficiencia Renal Crónica)	NKF	Booklet	CKD, Anemia	http://www.kidney.org/atoz/pdf/anemia_sp.p
Blood Pressure and Your Kidneys (La Presión Sanguínea y los Riñones)	Ortho Biotech	One page handout	CKD, Blood Pressure	http://healthcareprofessionals.orthobiotech.com/services/patiented.jsp#Kidney
Causes of Renal Disease (Causas de la Enfermedad Renal)	Baxter	Booklet	CKD, Causes	http://www.kidneydirections.com/mexico/patients/basics/causes/index.htm
Kidney Disease of Diabetes (La Enfermedad Renal en la Diabetes)	NKUDIC	Booklet	CKD, Diabetes	http://kidney.niddk.nih.gov/spanish/pubs/kdd/index.htm
High Blood Pressure and Kidney Disease (La Tensión Arterial Alta y la Enfermedad de los Riñones)	NKUDIC	Booklet	CKd, Hypertension	http://kidney.niddk.nih.gov/spanish/pubs/highblood/index.htm
Symptoms of Renal Disease (Síntomas de la Enfermedad Renal)	Baxter	Booklet	CKD, Symptoms	http://www.kidneydirections.com/mexico/patients/basics/symptoms/index.htm
Tests (Formas de Comprobar la salud de los Riñones)	Baxter	Booklet	CKD, Tests	http://www.kidneydirections.com/mexico/patients/basics/tests/index.htm
Kidney Failure: Choosing a Treatment That's Right for You (Insuficiencia Renal: Cómo Escoger el Tratamiento Que Más le Conviene)	NKUDIC	Booklet	CKD, Treatment Options	http://kidney.niddk.nih.gov/spanish/pubs/choosingtreatment/index.htm
Treatment Options (Opciones de Tratamiento)	Baxter	Booklet	CKD, Treatment Options	http://www.kidneydirections.com/mexico/patients/choices/index.htm
Depression (Cómo Enfrentar la Depresión)	Life Options	Fact Sheet	Depression	http://www.lifeoptions.org/catalog/catalog.php?prodCat=teachingTools
Am I at Risk for Type 2 Diabetes? (¿Corro el Riesgo de Que Me dé Diabetes Tipo 2?)	NDIC	Booklet	Diabetes	http://diabetes.niddk.nih.gov/spanish/pubs/riskfortype2/index.htm
Beauty Enters Through the Eyes... Don't Let Diabetes Close the Window (Lo Bello Entra Por los Ojos... No Deje Que la Diabetes Cierre Esa Ventana)	National Eye Institute	Brochure	Diabetes	http://www.nei.nih.gov/health/espanol/index.asp
Control Your Diabetes (Controle Su Diabetes)	Lumetra	Booklet	Diabetes	http://www.lumetra.com/diabetesandlatinos/doc/SpanishVivaLaVida2.pdf
Control Your Diabetes. For Life. Tips for Feeling Better and Staying Healthy (Tome Su Diabetes en Serio, Para Que No Se Vuelva Cosa Seria: Recomendaciones Para Sentirse Mejor y Estar Más Saludable)	NDIC	Booklet	Diabetes	http://www.ndep.nih.gov/diabetes/pubs/Tips_Hisp_brochure.pdf
Diabetes - Hispanic Americans Fact Sheet (La Diabetes de los Americanos de Origen Hispano)	Diabetes Prevention Program	Brochure	Diabetes	http://www.preventdiabetes.com/images/pdf/hispsfactsheet.pdf



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Diabetes (La Diabetes)	FDA	Brochure	Diabetes	http://www.fda.gov/womens/taketimetocare/diabetes/diabetes_broc_span.html
Diabetes _ Hispanic American Information Sheet (Diabetes y Los Hispanoamericanos)	Diabetes Prevention Program	Brochure	Diabetes	http://www.preventdiabetes.com/statspan2.htm
Diabetes Alert (Tarjeta de Alerta de Diabetes)	FDA	Alert Card	Diabetes	http://www.fda.gov/womens/taketimetocare/diabetes/alert_card_span.pdf
Diabetes and Kidney Disease (La Diabetes y las Enfermedades Renales Crónicas)	NKF	Booklet	Diabetes	http://www.kidney.org/atoz/pdf/diabetes_sp.pdf
Diabetes and the Kidneys (La Diabetes y Los Riñones)	AKF	Booklet	Diabetes	http://www.kidneyfund.org/RequestMaterials.asp
Diabetes and Your Kidneys (La Diabetes y Sus Riñones)	Ortho Biotech	One page handout	Diabetes	http://healthcareprofessionals.orthobiotech.com/services/patiented.jsp#Kidney
Diabetes Dictionary (Diccionario de la Diabetes)	NDIC	Booklet	Diabetes	http://diabetes.niddk.nih.gov/spanish/pubs/dictionary/index.htm
Diabetes Health Record Card (Registro de Salud de Diabetes)	California Diabetes Program	Health Record	Diabetes	http://www.caldiabetes.org/documents/DHRSpanishFinal_04.1.pdf
Diabetic Eye Disease Eye-Q Test (¿Cuánto Sabe Sobre la Enfermedad Diabética del Ojo? Tome Esta Prueba)	National Eye Institute	Quiz	Diabetes	http://www.nei.nih.gov/health/espanol/index.asp
Diabetic Retinopathy: What You Should Know (La Retinopatía Diabética: Lo Que Usted Debe Saber)	National Eye Institute	Web page	Diabetes	http://www.nei.nih.gov/health/espanol/index.asp
Foot Care (El Cuidado de los Pies)	Lumetra	Brochure	Diabetes	http://www.lumetra.com/orderfree/detail.asp?product=15&category=2&keyword=Patient%20Education&categoryName=Diabetes&searchstring=&Scroll=
Health Record of Diabetes (Historial Médico de Diabetes)	Lumetra	Health Record	Diabetes	http://www.lumetra.com/tools/doc/PatientHealthRecordSpanish.pdf
Prevent Complications of Diabetes (Evite las Complicaciones de la Diabetes)	Lumetra	Form	Diabetes	http://www.lumetra.com/orderfree/detail.asp?product=13&category=2&keyword=Patient%20Education&categoryName=Diabetes&searchstring=&Scroll=
Prevent Diabetes Problems: Keep Your Diabetes Under Control (Evite Los Problemas de la Diabetes: Controle la Diabetes)	NDIC	Brochure	Diabetes	http://diabetes.niddk.nih.gov/spanish/index.asp
Prevent Diabetes Problems: Keep Your Eyes Healthy (Evite Los Problemas de la Diabetes: Mantenga los Ojos Sanos)	NDIC	Fact Sheet	Diabetes	http://diabetes.niddk.nih.gov/spanish/index.asp
Prevent Diabetes Problems: Keep Your Feet and Skin Healthy (Evite Los Problemas de la Diabetes: Mantenga los Pies y la Piel Sanos)	NDIC	Fact Sheet	Diabetes	http://diabetes.niddk.nih.gov/spanish/index.asp
Prevent Diabetes Problems: Keep Your Heart and Blood Vessels Healthy (Evite Los Problemas de la Diabetes: Mantenga Sanos el Corazón y los Vasos Sanguíneos)	NDIC	Fact Sheet	Diabetes	http://diabetes.niddk.nih.gov/spanish/index.asp
Prevent Diabetes Problems: Keep Your Nervous System Healthy (Evite Los Problemas de la Diabetes: Mantenga Sano el Sistema Nervioso)	NDIC	Fact Sheet	Diabetes	http://diabetes.niddk.nih.gov/spanish/index.asp



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Prevent Diabetes Problems: Keep Your Teeth and Gums Healthy (Evite Los Problemas de la Diabetes: Mantenga los Dientes y Encías Sanos)	NDIC	Fact Sheet	Diabetes	http://diabetes.niddk.nih.gov/spanish/index.asp
Questions to Ask My Doctor About My Diabetes (Preguntas a Mi Doctor Sobre Mi Diabetes)	Lumetra	Fact Sheet	Diabetes	http://www.lumetra.com/diabetesandlatinos/doc/DL_QuestionsSpanish.pdf
Watch Out for Your Vision: Read This Story if You Have Diabetes (¡Ojo Con Su Visión!: Si Tiene Diabetes, Lea Esta Historia)	National Eye Institute	Fact Sheet	Diabetes	http://www.nei.nih.gov/health/espanol/index.asp
You Are the Heart of Your Family... Take Care of It. (Usted es el Corazón de la Familia... Cuide Su Corazón)	NDEP	Brochure	Diabetes	http://www.ndep.nih.gov/diabetes/pubs/TCH_Hisp_Flipchart.pdf
Your Guide to Diabetes: Type 1 and Type 2 (Guía Para Personas Con Diabetes Tipo 1 y Tipo 2)	NDIC	Booklet	Diabetes	http://diabetes.niddk.nih.gov/spanish/pubs/type1and2/index.htm
Know Your Blood Sugar Numbers (Tome su Diabetes en Serio, Para Que No se Vuelva Cosa Seria: Sepa Cuánta Azúcar Tiene en la Sangre: Hágase la Prueba Para Controlar el Azúcar Sanguíneo)	NDIC	Booklet	Diabetes, Blood Sugar	http://www.ndep.nih.gov/diabetes/pubs/KnowNumbers_Hisp.pdf
Diabetes Supplies & Services Covered by Medicare (Servicios y Productos Para el Cuidado de la Diabetes Cubiertos Por Medicare)	Lumetra	Booklet	Diabetes, Medicare	http://www.lumetra.com/diabetesandlatinos/doc/DL_SuppliesServicesSpanish.pdf
Diabetic Recipes	FDA	Fact Sheet	Diabetes, recipes	http://www.fda.gov/womens/taketimetocare/diabetes/TTTCaboutdiabetes.html
An Emergency Preparedness Guide for Dialysis and Transplant Patients (Preparación Para Emergencias Para Pacientes de Diálisis y Trasplante)	ESRD Network 14	Booklet	Emergency Preparedness	http://www.esrdnetwork.org/docs/Patient%20Emergency%20Book%20(Spanish).doc
Preparing for Emergencies: A Guide for People on Dialysis (Prepárese Para Emergencias: Una Guía Para Personas en Diálisis)	CMS	Booklet	Emergency Preparedness	http://www.medicare.gov/Publications/Pubs/pdf/10150_S.pdf
Epogen and You (Epogen y Usted)	Amgen	Booklet	Epogen	http://www.epogen.com/patient/pdf/epogen_and_you_sp.pdf
The Dialysis Machine (El Dializador)	Life Options	Fact Sheet	Equipment	http://www.lifeoptions.org/catalog/catalog.php?prodCat=teachingTools
Exercise (Ejercicio Físico Durante Toda la Vida)	Life Options	Fact Sheet	Exercise	http://www.lifeoptions.org/catalog/catalog.php?prodCat=teachingTools
Liquids and Dialysis (Líquido y Diálisis)	Life Options	Fact Sheet	Fluid Management	http://www.lifeoptions.org/catalog/catalog.php?prodCat=teachingTools
Manage Your Fluids (Controle sus Líquidos)	ESRD Network 18	Fact Sheet	Fluid Management	http://www.esrdnetwork18.org/
A Guide for Patients and Families - Complaints and Grievances (Una guía para Pacientes y Familiares - Quejas y Agravios)	ESRD Network 18	Brochure	Grievances	http://www.esrdnetwork18.org/
Grievance Poster (Proceso de Reclamos y Quejas ESRD)	Florida ESRD Network	Poster	Grievances	http://www.fmqai.com/ESRD/pdf/SP-GrievancePoster_11-04-03_.pdf
Patient Grievance Guidelines (Procedimiento de Agravio del Paciente)	ESRD Network 18		Grievances	http://www.esrdnetwork18.org/
History of Hemodialysis (Historia de la Hemodiálisis De 1850 a Nuestros Días)			Hemodialysis, History	http://renal.com.ar/monografias/historia/index.htm



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Hemodialysis (Hemodiálisis)	NKF	Booklet	Hemodialysis	http://www.kidney.org/atoz/pdf/hemodialysis_sp.pdf
Know Your Number: Are You Getting Adequate Hemodialysis? (Conozca Su Número: ¿Está Recibiendo Tratamientos de Hemodiálisis Adecuados?)	CMS	Booklet	Hemodialysis	http://www.medicare.gov/Publications/Pubs/pdf/10924_S.pdf
Are You Shortening Your Dialysis Time? (¿Esta Acortando su Tiempo en diálisis?)	ESRD Network 18	Fact Sheet & Poster	Hemodialysis, Adequacy	http://www.esrdnetwork18.org/
Dialysis Keeps People with Kidney Failure Alive...Are You Getting Adequate Hemodialysis? (Diálisis mantiene vivas a las personas con fallas renales. ¿Está recibiendo tratamientos de diálisis adecuados?)	CMS	Booklet	Hemodialysis, Adequacy	http://www.therenalnetwork.org/images/Mantiene.pdf
Hemodialysis Adequacy (Tener Una Hemodiálisis Adecuada)	Life Options	Fact Sheet	Hemodialysis, Adequacy	http://www.lifeoptions.org/catalog/catalog.php?prodCat=teachingTools
Hepatitis B (Hepatitis B)	Merck	Web Page	Hepatitis	http://www.mercksource.com/pp/us/cns/cns_hl_adam.jspzQzpgzEzzSzppdocszSzuszSzcnzSzcontzSzadamzSzespzSzesp_encyzSzarticlezSz000279zPzhtml
Protect Yourself From Influenza (Protégase de la Influenza)	ESRD Network 18	Fact Sheet	Influenza	http://www.esrdnetwork18.org/
The Kidneys (Los Riñones)	Ortho Biotech	One page handout	Kidneys	http://healthcareprofessionals.orthobiotech.com/services/patiented.jsp#Kidney
Your Kidneys and How They Work (Los Riñones y Su Funcionamiento)	NIDDK	Booklet	Kidneys	http://kidney.niddk.nih.gov/spanish/pubs/yourkids/
Understanding Laboratory Values (Cómo Entender los Valores de Laboratorio)	ESRD Network 18	Fact Sheet	Lab Values	http://www.esrdnetwork18.org/
How to Talk to Your Healthcare Team (Cómo Hablar Con Su Equipo de Atención Médica)	Life Options	Fact Sheet	Medical Team	http://www.lifeoptions.org/catalog/catalog.php?prodCat=teachingTools
Specialists of the Kidneys (Especialistas del Riñón)	Baxter	Booklet	Medical Team	http://www.kidneydirections.com/mexico/patients/basics/special/index.htm
Team Up With (Únase Al)	TPPP	Booklet	Medical team	http://www.tppp.net/resources/broch.html
Medicare Coverage of Kidney Dialysis and Kidney Transplant Services (Cobertura Medicare de Diálisis Renal y Servicios de Trasplante de Riñón)	CMS	Booklet	Medicare	http://www.medicare.gov/publications/pubs/pdf/10128_s.pdf
Medicare for Children with CKD (Medicare Para los Niños Con Enfermedad Crónica del Riñón)	CMS	Booklet	Medicare	http://www.medicare.gov/Publications/Pubs/pdf/11066_S.pdf
Medicare Publications Catalog (Catálogo de Publicaciones: Publicaciones Gratis Sobre Medicare y Temas Relacionados)	CMS	Catalog	Medicare	http://www.medicare.gov/publications/pubs/pdf/sppubcatalog.pdf
AKF Toll Free Help Line in Spanish	AKF	Help line	Misc	866.300.2900
Miscellaneous Patient Education Print On Demand Fact Sheets	Krames	Print On Demand Fact Sheets	Misc	www.krames.com
Multilingual Communications Guide	D&T	Article	Misc	Dialysis & Transplantation Annual Buyers Guide, 33 (7), L127-L129
Numerous Health Topics in Spanish	Healthfinder	Website	Misc	http://www.healthfinder.gov/espanol/
Patient Newsletters in Spanish	Florida ESRD Network	Newsletters	Misc	http://www.fmqai.com/ESRD/patientservices.htm



Spanish Resource Guide

Name	Source	Media	Topic Area	Source
American Kidney Fund Information	AKF	Web Page	Misc.	http://www.americankidneyfund.org/pats_spanish.asp
Diet for Kidney Disease (Dieta para Enfermedades Renales)	University of Utah	Web Page	Nutrition	http://uuhsc.utah.edu/pated/handouts/pdfs/handoutS858.pdf
Food Pyramid for Healthy Eating With Kidney Disease (Pirámida de alimentos Para Pacientes Renales)	Culinary Kidney Cooks	Brochure	Nutrition	http://www.culinarykidneycooks.com/dialysis_food_pyramid.htm
Healthy Eating for Hemodialysis (Regimen Alimenticio Para los Pacientes de Hemodiálisis)	AKF	Booklet	Nutrition	http://www.kidneyfund.org/RequestMaterials.asp
Nutrition Counter (El Mostrador de Nutrición)	AAKP	Booklet	Nutrition	http://www.aakp.org/AAKP/nakphosspanish.htm
Nutrition Manual (Manual de Nutrición)	Baxter	Booklet	Nutrition	http://www.kidneydirections.com/mexico/nutrition/index.html
Southwest Cookbook for People on Dialysis (Libro de Recetas de Cocina del Suroeste para Personas en Diálisis)	NKF El Paso Chapter Council on Renal Nutrition	Cookbook	Nutrition	National Kidney Foundation of Texas, 13500 Midway Road, Suite 101, Dallas, TX 75244. 972-934-8057
Eating Well and Exercising (Comer Bien y Hacer Ejercicio)	Ortho Biotech	One page handout	Nutrition, Exercise	http://healthcareprofessionals.orthobiotech.com/services/patiented.jsp#Kidney
Eat Right to Feel Right on Hemodialysis (Insuficiencia Renal: Coma Bien Para Sentirse Bien Durante Su Tratamiento de Hemodiálisis)		Booklet	Nutrition, Hemodialysis	http://kidney.niddk.nih.gov/spanish/pubs/eatright/index.htm
Donate Life (Done Vida)	UNOS		Organ Donation	http://www.unos.org/SharedContentDocuments/Done_Vida_Brochure_in_readers_layout_8.23.02.pdf
Vitamin D and Bone Protection (La Vitamina D y la Protección de los Huesos)	Ortho Biotech	One page handout	Osteoporosis	http://healthcareprofessionals.orthobiotech.com/services/patiented.jsp#Kidney
Employment and PD: A Perfect Relationship (El Trabajo y la DP: Una Relación Perfecta)	Baxter	Brochure	PD	http://www.homedialysis.org/v1/links/pdfs/InTouch_WorkSpan.pdf
Take Control With Peritoneal Dialysis (Comando Control Con la Diálisis Peritoneal)	Baxter	Brochure	PD	http://www.homedialysis.org/v1/links/pdfs/InTouch_DietSpan.pdf
The Kidney Show		Game	Pediatrics	http://www.thekidneyshow.com/
What's the Deal With Dialysis? (¿Qué es la Diálisis?)	KidsHealth	Web Page	Pediatrics, Dialysis	http://kidshealth.org/kid/en_espanol/preguntas/dialysis_esp.html
Procrit (Procrit)	Ortho Biotech	One page handout	Procrit	http://healthcareprofessionals.orthobiotech.com/services/patiented.jsp#Kidney
Improve the Quality of Your Care (Mejore la Calidad de su Cuidado)	ESRD Network 18	Fact Sheet & Poster	Quality of Care	http://www.esrdnetwork18.org/
Rehabilitation (Rehabilitación)	Life Options	Fact Sheet	Rehabilitation	http://www.lifeoptions.org/catalog/catalog.php?prodCat=teachingTools
Tutorial in Renal Pathophysiology (Tutorial de Patología Renal)	RenalNet	Handout	Renal Pathophysiology	http://www.renal.com.ar/monografias/patologia/index.htm
Restless Legs Syndrome (Síndrome de Piernas Inquietas)	Life Options	Fact Sheet	Restless Legs Syndrome	http://www.lifeoptions.org/catalog/catalog.php?prodCat=teachingTools
Patient Rights and Responsibilities (Derechos y Responsabilidades del Paciente)	ESRD Network 18		Rights & Responsibilities	http://www.esrdnetwork18.org/



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Skin and Hair Problems on Dialysis (Problemas del Cabello y de la Piel Por la Diálisis)	Life Options	Fact Sheet	Skin and Hair Problems	http://www.lifeoptions.org/catalog/catalog.php?prodCat=teachingTools
Why Am I So Thirsty? (¿Porque Mé Da Tanta Sed?)	ESRD Network 14		Thirst	http://www.esrdnetwork.org/docs/WhyAmISoThirstybookletSpanish.pdf
Kidney Transplant Patient Education Booklet (Manual del Riñon: Su Riñon Trasplante: Información General del Cuidado de Su Salud, Medicamentos y Controles)	ITNS	Booklet	Transplant	http://www.itns.org/education/Sp%20Kidney%20Handbook.pdf
Life Choice (Una Guía Para el Paciente Sobre la Donación Renal en Vida)	The Transplant Patient Partnering Program (TPPP)	Booklet	Transplant	http://www.tppp.net/pdfs/life_choice/life_choice_esp.pdf
Measures of Health (Medidas de Salud)	TPPP	Booklet	Transplant	http://www.tppp.net/pdfs/measures_of_health/measures_of_health_esp.pdf
Realistic Expectations (Qué Es lo Que Realmente Se Puede Esperar)	TPPP	Booklet	Transplant	http://www.tppp.net/resources/broch.html
Understanding Rejection (Las Causas del Rechazo)	TPPP	Booklet	Transplant	http://www.tppp.net/resources/broch.html
Diet & Exercise (Dieta y Ejercicio)	TPPP	Booklet	Transplant, Diet and exercise	http://www.tppp.net/resources/broch.html
Speaking Frankly (Hablando con Franquenza)	TPPP	Booklet	Transplant, Sexual Issues	http://www.tppp.net/resources/broch.html
Traveling on Dialysis (Viajes Con Diálisis)	Life Options	Fact Sheet	Traveling	http://www.lifeoptions.org/catalog/catalog.php?prodCat=teachingTools
What You Need to Know About Urinalysis (Lo Que Necesita Saber Sobre la Urinálisis)	NKF	Booklet	Urinalysis	http://www.kidney.org/atoz/pdf/urinalysis_sp.pdf