
Scottsbluff DaVita

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Dear Reader,

We are excited to announce that we are starting a quarterly newsletter that is geared toward patient information, resources, facility highlights and more! Stay tuned for future issues!

Our Best to You and Yours!

Patient Spotlight—Infection Control

Debra Cahoon

Deb Cahoon has been a patient at Scottsbluff DaVita since February 2015. She completes in center-hemo dialysis on MWF. Deb is diligent about infection control so she can lead a life where she feels fulfilled. Here is what Deb has to say:

How do you control infection in your access? When I first arrive to the dialysis center, I will wash my access site (fistula) with soap and water in the sink by the scale. I believe this is important to do, as you never know what germs we may carry on our body/clothing. I want to have a clean area so when I am cannulated, the risk of getting an infection is low.

Why is infection control important to you? I know dialysis is giving me the means to live my best life as possible and if I don't take care of myself, then this will be impacted. I think it is important that all dialysis patients have a purpose outside of treatment. Your purpose can be different than mine, but it's important that you find something you are passionate about. I think it's important that families understand that even though we are in dialysis, we still need to be able to do what makes us happy, even if it takes us longer to do things. Otherwise, we may start feeling useless. Things I love to do include taking drives in the country and spending time with my two dogs, Jackson and Missy, and my cat, Tigger.

Interested in pursuing transplant?

Transplant can be your best treatment option! Please speak with your social worker, Erin, or your nephrologist (Dr. McNeely or Dr. Sarsour) for more information.



Staff Spotlight—How PCTs Help with Infection Control

Megan Dahlgrin

Megan has been a PCT (Patient Care Technician) at Scottsbluff Dialysis for the last 13 years. As a PCT, Megan has a key role in helping with infection control during treatments. Here is what Megan has to say:

What are things you do to help with infection control? I make sure I wash my hands and/or use hand sanitizer when moving between tasks or patients. Handwashing is very important to protect against infection.

What do you like best about being a PCT? I love working with the patients and getting to know them.

What do you do when you are not at work? I love to garden, travel and spend time with my family.

What one patient has to say about Megan: *"Megan is the master, the #1, the best, a true professional. She is so awesome; always laughing and smiling and making all of us feel important."*



Resources to Help Reduce Medication Costs

With the rising cost of healthcare, it is sometimes makes it difficult to afford medications. Here are some resources that may help you save money and be able to take all of your medications as prescribed:

1. **GoodRx.Com/Save** or **SingleCare.com**: This is not insurance, but may give you a discount on your medications. You can download an app, get a prescription discount card, or get a coupon on certain medications. They will show you where you could get the lowest price for your medication.
2. **RxOutreach.org**: You need to have qualifying household income, but you can order medications on on-line pharmacy for cheaper rate. They do not work with insurance.
3. **RxAssist.org** or **Needmeds.org**: Will help you find if there are patient assistance programs available to help reduce cost of medications.
4. See Social Worker, Erin, for any other possible resources to help with medication costs dependent on your situation.

Chocolate Fudge

(Low Phosphorus!! ☺)

- 2/3 cup liquid nondairy creamer
- 1 2/3 cup sugar
- 2 cups mini marshmallows
- 1 ½ cup semi-sweet chocolate chips
- 1 teaspoon vanilla

1. Combine nondairy creamer and sugar in a large heavy saucepan. Bring to a boil; reduce heat to medium. Stir constantly and continue a rolling boil for 5 minutes.
2. Remove pan from heat and add marshmallows, chocolate chips and vanilla. Stir until marshmallows are melted.
3. Quickly pour into a greased 9" pan. Cool.

Serves 18 (3" x 1 ½" pieces)