

Renal Support Network's

HOPE WEEK

FIVE-DAY VIRTUAL KIDNEY DISEASE EDUCATIONAL CONFERENCE
October 18 - 22, 2023 • 10:45am-2:30pm Pacific Time

DAILY AGENDA • WEDNESDAY, OCTOBER 18, 2023

CHRONIC KIDNEY DISEASE

10:45am: Visit Exhibits

11:00am: Welcome

11:15am: How I Prepared Myself for Stages of Kidney Disease by Kristin Rice.

Learn how Kristin took control of her illness, managed expectations and navigated care.

11:35am: Tips to Delay Kidney Failure Progression by Dr. Arun Malhotra.

Chronic kidney disease can progress silently. Learn about treatments available to you!

12:20pm: Anemia Management History and How it changed People's Lives by Debbie Drayer, PharmD

Anemia can make you feel tired and low energy, but we've evolved to understand and how to treat it. Hear personal stories and an overview of how treatment was developed.

1:05pm: Break and Kidney Kin Fitness led by Personal Trainer (20 min) Visit Exhibits

Yoga - Stretching - Vendor Visits!

1:30pm: Blood Pressure Management and How it Impacts Kidney Function by Jeffrey Silberzweig, MD

High blood pressure is the second leading, often silent, cause of kidney failure. Don't wait it until its too late - once kidneys are damaged its irreversible. A doctor explains how high blood pressure can impact your body and what actions you need to take.

2:15pm: Steps to Nurture Your Mental Health for the Entire Family by Debra Hain, PhD, APRN, GNP-BC

Chronic illnesses are life-changing for patients and families. Emotional well-being needs to be a priority along with medical care and taking these steps will help.

3:00pm: Raffle (Must be present to win.)

3:15pm: Adjourn

3:30pm: RSN Kidney Kin Foodie Support Group (1 hour)

A transplant recipient and a dietitian will facilitate this support session, with a discussion talking about how to create yummy, satisfying food that meets your dietary needs!

Your Opinion Matters!

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DAILY AGENDA • THURSDAY, OCTOBER 19, 2023

PATIENT EXPERIENCES AND SOLUTIONS IN DIALYSIS CARE

10:45: Visit Exhibits

11:00am: Welcome

11:15 am: Focus on Why I Chose Home Dialysis by Rachel Cluthe

Home hemodialysis can give you more freedom as it puts you in charge of your own schedule. Learn why Rachel chose this option and how it works for her.

11:35am: What you Need to Know About Fluid Management and Dialysis by Amanda Rivenbark, RN and Paul Smith

Kidneys are the body's master chemist, filtering and regulating toxins. Dialysis replaces these functions. Learn how dialysis patients' fluid management affects the heart and health.

12:20pm: Exploring the Connection: Anemia and The Stages of Kidney Disease by Jay Wish, MD

Most people with kidney disease will develop anemia. A doctor explains how anemia is treated in different stages of illness and why treatment is important.

1:05pm: Break and Kidney Kin Fitness led by Personal Trainer (20 min) Visit Exhibits

Yoga - Stretching - Vendor Visits!

1:30pm: Exploring the Top Side Effects of Dialysis by Mandy Trolinger, MS, RD, PA-C

Learn about the top dialysis side effects including fluid gains/sodium management, itching, restless leg syndrome) and some possible remedies.

2:15pm: Overcoming the Fear of a Kidney Failure Diagnosis and Getting the Treatment You Need - Patient Panel Discussion Moderated by Dialysis Social Worker Vernon Silva, LCSW, NSW-C

Fearful of managing home dialysis? Many have learned to manage. Hear from experts on how to overcome fears and take control of your care!

3:00pm: Raffle (Must be present to win.)

3:15pm: Adjourn

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DAILY AGENDA • FRIDAY, OCTOBER 20, 2023

KIDNEY TRANSPLANTATION FOR THE FUTURE

10:45am: Visit Exhibits

11:00am: Welcome

11:15 AM: Decades of Kidney Transplant Success: Tips for Keeping Your New Kidney Healthy
by Transplant Recipient George Franklin

Patient keynote: George has had his transplant for more than 40 years! He tells us his story, how he has coped, and how he remains healthy!

11:35am: Understanding Kidney Offers and Staying Active on the Transplant List by Maggie Farrell, RN
Manager, Clinical Operations Kidney/Pancreas Transplant Program, Cedars-Sinai Medical Center

Are you active on the kidney transplant list? Be informed in advance of the choice you may be offered, such as a kidney from deceased donors. Know what to ask!

12:20pm: Living Donation - Giving a Kidney and Advocating for a Kidney by Matt Cavanaugh, NKDO
President, CEO, and non-directed kidney donor

A firsthand account of what it was like to donate a kidney. Hear about the importance of how you advocate if you are in need of a kidney.

12:45pm: Break and Kidney Kin Fitness led by Personal Trainer (20 min) Visit Exhibits
Yoga - Stretching - Vendor Visits!

1:30pm: How Can the Transplant System be Improved for Patients? by Rachel Meyer, ASN Senior Director
of Policy and Government Affairs

The Organ Procurement Transplantation Network, or OPTN, is far from perfect or even efficient. Hear what flaws are being addressed by a new contracting cycle, what the system's goals are, and what we want the system to look like to meet our needs.

2:15pm: I'm transplanted - Now What? - Patient Panel Discussion
Moderated by Transplant Recipient Steve Weed

A panel of transplant recipients tells us what we could feel, deal with, or encounter after we receive the gift of life. Learn what to expect first hand and what to pay attention to after a transplant.

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DAILY AGENDA • SATURDAY, OCTOBER 21, 2023

BEING OUR OWN ADVOCATE AND ADVOCATING FOR OTHERS

10:45am: Visit Exhibits

11:00am: Welcome

11:15am: Pursuing Your Educational Goals by Saley Traore Uwalaka

Saley, who was on dialysis as a youth transitioned to adulthood and chose a meaningful career.

11:35am: Champions of Kidney Care, RSN Programs & Legislation/Policies Priorities
by Lori Hartwell, RSN Founder and President

Lori Hartwell highlights Renal Support Network's programs and policy priorities, and shares how hope and access to quality care are on the forefront.

12:20pm: Break and Kidney Kin Exercise led by Personal Trainer (20 min) Visit Exhibits

Yoga - Stretching - Vendor Visits!

12:45pm: What Questions to Ask to Get the Best Care

by Helen Currier, RN and Glenda Harbert, ADN RN CNN CPHQ

Knowing what to ask and how to ask gets you the best information to make better decisions! Two nurses tell us some good questions to ask to get the best care.

1:30pm: Creativity Cures the Soul - Creating Food, Crafts and Art for Your Well Being
- Patient Panel Discussion Moderated by RSN's Cher Thomas

Creativity alleviates stress and boosts positive emotions. In this panel, patients will present some creative projects that help them cope with the emotional stressors of illness.

2:15pm: Raffle (Must be present to win.)

2:30pm: Adjourn

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DAILY AGENDA • SUNDAY, OCTOBER 22, 2023

PEDIATRIC KIDNEY DISEASE AND FAMILY DAY

10:45am: Visit Exhibits

11:00am: Welcome

11:15am: Anyssa Dang, Author of *Kidney's for Kids Activity Book*

Anyssa shares her journey of how she helped her little brother understand his kidney disease diagnosis.

11:35am: Parents & Pediatric Family Members Perspective: Coping with Challenges of a Busy Family Life and Chronic Illness - Patient Panel Discussion Moderated by Charlene Lafontant

Life is busy enough, and managing a chronic illness is a full-time job. A panel of parents talk about how their families have managed their time, and strategies they have used to cope.

12:20pm: Break

12:35pm: Addressing the Young Adult/Pediatric Patient Perspective: Finding a Career, Dating, School and Health Insurance- Patient Panel Discussion Moderated by RSN's Isela King

Isela King will moderate a panel on how young people with kidney disease cope with lifestyle issues and taking charge of their own care.

1:20pm: Adjourn

1:30pm: RSN Kidney Disease Support Group

RSN has been supporting groups in the kidney disease community for decades. Join one or more, meet your peers, and let's support each other!

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