

## **REVISED**

### **Press Release: Celebrating National Kidney Month with the Rubin Home Dialysis Team**

The Hortense and Louis Rubin Dialysis Center, Inc. is celebrating the success of its staff across our system as well as the innovative Home Dialysis Therapies programs during National Kidney Month in March. The Rubin Home Therapies Team began the first daily nocturnal program in the USA that used the Internet to remotely monitor their patient's treatment in the home as the patient slept in 1998 - and just continued to grow from there!

Any success in adopting and applying these new technologies to train and support patients that want to take responsibility for their own dialysis treatments in their home has been because of an exceptional group of clinicians and technical/support staff that have embraced new systems. To illustrate the Rubin Home Dialysis Team's success, since beginning the daily nocturnal home program in 1998, Rubin has supported in excess of 39,000 nocturnal home treatments as of February 2009. This therapy advantage allows patients to sleep during their treatment at home while our Internet Observers monitor their machine data to oversee their therapy from our Saratoga Springs center 6 nights a week. This keeps their days open for their choice of activities and greatly reduces their travel to our center to only once per month for clinic to see their MD and Rubin support clinicians.

Patient training on the portable 70 lb. 'user friendly' NxStage home system started at the Rubin in November 2005 and the Team has supported over 20,500+ patient home treatments on this modality as of February 2009. "This kind of success means more patients are receiving better self-care in their home environment and do not have to make their life fit into a fixed in-center dialysis schedule. They control their times of treatment; save all the time of commuting and waiting at a Center, and they have more precious time for family, work or normal daily activities, improving Quality of Life. Simply put, these patient and families choose to have much more control of their life-sustaining therapy; their time and activities while having improved clinical results", noted Wayne Evancoe, CEO of the Rubin Dialysis Center, Inc.

The Rubin Home Dialysis Team consists of specialist RNs and LPNs, Patient Care and Bio-med Technicians, as well as being supported by Certified Social Workers and Registered Dietitians familiar with the sometimes unique needs of the home patient. The area Nephrologists referring patients to meet and hear about the Rubin Home programs have seen a large acceptance and satisfaction as well as improved clinical results in most cases. This partnership with progressive area Nephrologists and the dedicated Rubin Home Team staff, training out of our Clifton Park and Saratoga Springs centers, has built a level of expertise and innovation that few dialysis Providers nationally have attained. The Rubin system has an average of 22+% of all its patients on a home program, which is almost triple the national average of all ESRD providers at 7% to 8%.

The Rubin Center Board of Directors extends its sincere thanks and congratulations to our partner Nephrologists, our in-center staff teams, and the dedicated Rubin Home Therapies Team that have made improving dialysis patient's lives and enhancing their control of their disease, a respected and successful goal of our nationally known program. "There is no better way to celebrate National Kidney Month than having our dedicated teams of caring professionals continue to deliver great quality care -

both in-center and in the home training modalities. Excellent results are truly based on quality people giving more than is expected to those needing that care”, stated Neil Roberts, President of the Rubin Board.

“The real successes of our Home Team are based on having a caring, experienced staff; making sure all are focused on making technology easier to learn and use in the home; and maintaining excellent support services that allow these programs to flexibly meet patients needs. I invite patients and families interested in learning more about our home therapy options to attend one of our scheduled Home Therapies Open House discussions. I find many are surprised to learn that the full training usually is less than 3 weeks - and they can be back in their home”, noted Clinical Coordinator Shari Meola, RN, CNN, who oversees the Home Therapies Team programs.

Anyone seeking information on how to attend an Open House discussion on the various home dialysis modalities the Rubin Center can offer, please call Shari Meola, RN, CNN, Clinical Services Coordinator at 518-831-6700. The Hortense and Louis Rubin Dialysis Center, Inc. offers home training and support for short-daily, nocturnal, and traditional home hemodialysis as well as Peritoneal Dialysis therapies. ([www.rubindialysis.org](http://www.rubindialysis.org))

For more information on this release, please call Wayne A. Evancoe, CEO, at 518-271-0702.