

Managing chronic kidney disease during post-acute rehabilitation

requires a level of clinical precision that most facilities simply aren't equipped to provide.



Our Renal Program integrates physician-led kidney disease management directly into your rehabilitation stay, so your renal health and your recovery advance together, without compromise.

"Patients with kidney disease face compounding risks during rehabilitation. Our program address those risks head-on, offering specialist oversight, tailored nutrition, and dialysis onsite when patients need it."

– Dr. Kamal Sewaralthahab, Nephrologist

READY TO GET STARTED?

Ask your hospital discharge planner about **VIVID Recovery™** or call any Vierra location directly.



5215 W Cedar Lane
Bethesda, MD 20814
(301) 897-5500
carriagehillbethesda.com



3320 Benson Avenue
Baltimore, MD 21227
(667) 600-2600
stelizabethnursing.com



2100 Powhatan Street
Falls Church, VA 22043
(703) 538-2400
vierrafallschurch.com



1785 S. Hayes Street
Arlington, VA 22202
(703) 920-5700
admiralrehab.com



9101 Second Avenue
Silver Spring, MD 20910
(301) 588-5544
woodsidenursing.com

CLEAR CARE. STRONGER OUTCOMES.



**Expert
Kidney Care
& CKD
Management**



vierracommunities.com



Conditions We Manage

- Chronic Kidney Disease (CKD)
- End-Stage Renal Disease
- Acute Kidney Injury (AKI)
- Diabetic Nephropathy
- Hypertensive Kidney Dsease
- Post-Transplant Kidney Care
- Glomerulonephritis
- Fluid & Electrolyte Disorders

Reduced Hospital Readmissions

On-site nephrology oversight means issues are caught and addressed before they escalate, reducing the risk of hospital readmission and keeping your recovery on track.

With a focus on seamless care transitions, patients leave with confidence, independence, and a plan built to keep them well at home.

The VIVID Recovery Difference

RENAL CARE & CKD MANAGEMENT

Available at All Locations

Physician-directed kidney disease management, medication oversight, renal-appropriate nutrition therapy, labs monitoring, and patient education — integrated into every rehabilitation stay.

PERITONEAL DIALYSIS (PD)

Available at Carriage Hill & St. Elizabeth

Onsite PD for patients who require dialysis during rehabilitation. Gentler on the body than hemodialysis, PD supports recovery by minimizing physical strain and allowing patients to stay focused on their rehabilitation goals without leaving the facility for treatment.

HEMODIALYSIS UNIT

Available at Admiral Rehab

A fully equipped, in-house hemodialysis unit for patients requiring HD. No transport. No missed therapy sessions. Treatment conveniently happens on site, coordinated directly with your rehabilitation schedule.

Renal-Specific Nutrition Therapy

Registered dietitians craft meal plans tailored to your kidney function — managing phosphorus, potassium, sodium, and fluid intake to protect renal health and support recovery.

Medication Management & Labs

Close monitoring of renal labs, fluid status, and kidney-sensitive medications — adjusted in real time by your physician team to prevent complications and protect remaining kidney function.

KEY BENEFITS



Early Detection
Early identification of kidney issues enables timely intervention, helping to slow disease progression and prevent further complications before they escalate.



Personalized Treatment Plans
Our physicians develop customized care plans based on regular assessments — ensuring treatments and lifestyle recommendations align with each patient’s specific needs.



Proactive Risk Management
Comprehensive monitoring of blood pressure, glucose, cholesterol, and renal labs allows our care team to act early and reduce compounding health risks.



Improved Quality of Life
Through early management and individualized care, our program helps alleviate symptoms and supports patients in maintaining an active, fulfilling lifestyle — during and after their stay.

Luxurious, Healing Environment

With many private rooms, concierge-style service, and thoughtfully designed amenities that are the hallmark of Vierra Communities, we believe the right setting is an integral part of your recovery.