

# St George Hospital

## Peritoneal Dialysis Newsletter

Issue 1

2016

“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home” *Edith Sitwell*

Winter is here! Here's hoping you had your "flu shot before the flu gets you"

This issue highlights on how to keep you safe from having a fall. In addition, for those of you on the kidney transplant waiting list, we revisit the step by step process on what to do upon receiving that very important phone call. We have also introduced a new section called "Common terms used in PD" to refresh your memory on some of the words used in PD.

We welcome Anil as a new PD nurse. He will provide cover for when one of the PD nurses is away. He is from 4 South and brings with him a wealth of experience and knowledge in caring for kidney patients.

Thank you for all the ideas and suggestions to keep this newsletter interesting. All suggestions will be covered throughout the year.

Lastly, thank you for staying in touch and keeping yourselves safe and well.

Best regards,  
Claire, Maria, Emma, Fiona and Vicki

### Contact us



02 9113 3770

St George Hospital  
Renal Care Centre  
9 South St. Kogarah

Monday-Friday,  
7:30am—4:00pm



### Are you waiting for a Kidney Transplant?

After completing all the necessary transplant work-up, some of you may be listed on the kidney transplant waiting list. Below is the important information on what you must do when you receive a phone call for transplant whilst connected to the dialysis machine:

1. Phone call for transplant received and offer accepted by you
2. Immediately stop CAPD exchange or APD cycle
3. Record what stage of cycle you are in and also record the PD fluid volume instilled or drained out at time of stopping dialysis. This information is needed at the hospital
4. For CAPD patients: turn the PD fluid heater off  
Or  
For APD patients: turn the APD machine off
5. Disconnect from dialysis immediately and safely using clean non-touch technique
6. Cover the PD catheter with a minicap and secure tip to the abdomen with tape
7. Pack your personal belongings and head out to the hospital. You could ask a family member to discard dialysis bags, lines and PD effluent
8. Any PD fluid left in your abdomen will be emptied once you are admitted in the hospital

It is important to maintain a clean disconnection technique to prevent catheter contamination or infection as you must be free of any form of infection for a kidney transplant to proceed.

Please contact the PD nurses or Transplant CNC if you have any questions.

## Common terms used in PD:

1. Initial drain (ID) - is the fluid removed from your peritoneum by the PD machine before first fill
2. Ultrafiltration (UF) - is the fluid removed from your body during dialysis.
  - in CAPD, UF is the difference of "Volume Out" minus "Volume In"
  - in APD, UF volume is displayed as "TOTAL UF" at the end of therapy

## FALLS

### and how to prevent it!

Falls put you at risk of serious injury and can be prevented by these simple measures:

1. Review your medications with your doctor or pharmacist. Medications have side effects and interactions that may increase your risk of falling. The doctor may consider reducing your dose or changing some medications.
2. Stay active! Low-impact physical activities like walking and tai chi can reduce the risk of falls by improving strength, balance, coordination and flexibility.
3. Wear comfortable, properly fitted and sturdy footwear with non-skid soles to prevent accidental slips, stumbles and falls.
4. Hazard-proof your home by decluttering high traffic areas, clearing walkways and keeping floors dry. Immediately repair and secure broken, loose and uneven floors and carpet. Use non-slip mats in tiled areas.
5. Keep your house well lit to avoid bumping or tripping on less visible objects. Ensure stairs are brightly lit before you go up or down.
6. Use walking-aids as needed to keep you steady when mobilising. Hand-rails on stairways, shower and bathtub is another device that can help keep you safe. Consider using a shower chair if dizzy or unsteady on your feet.
7. Have your eyes checked by the optometrist regularly for proper lens prescription.

## Winter Warmers

- \* Be active and exercise regularly to help keep you well and fit.
- \* Stay warm and protect yourself from people with flu symptoms.
- \* See your GP immediately if you are suffering from severe flu symptoms.

### Important

1. Have your routine blood tests completed before the end of June 2016
2. Bring your PD record book and procard to every renal clinic appointment
3. Call the PD unit for an appointment before you visit to avoid waiting
4. Replace your back-up PD fluid once used

For any safety concerns regarding your mobility or around your house, ask your doctor for a referral to see the occupational therapist or physiotherapist.

Please inform the Kidney doctor or PD nurses for any change in your mobility that affects your ability to do dialysis.