

St George Hospital

Peritoneal Dialysis Newsletter

Issue 1

2017

*“Spring passes and one remembers one's innocence.
Summer passes and one remembers one's exuberance.
Autumn passes and one remembers one's reverence.
Winter passes and one remembers one's perseverance.” – Yoko Ono*

Contact us



02 9113 3770

**St George Hospital
Renal Care Centre
9 South St. Kogarah
Monday-Friday
7:30am—4:00pm**

Important

1. Have your routine blood tests completed before the end of October 2017
2. Make sure you have enough dialysis and dressing stock including back-up stock
3. Bring your PD record book and procard to every renal clinic appointment.
4. Please return all old procards to the PD nurses
5. Call the PD unit for an appointment before you visit to avoid waiting
6. **And most important of all, present yourself to the PD unit immediately if you contaminated your PD catheter or have cloudy drain fluid during office hours or to the emergency department after-hours.**

Happy winter everyone!

This issue will surely warm up your winter. It has the know-hows you need on how to be your own dialysis experts, how to dine smartly and how to let your loved ones know your healthcare wishes. It also answers one of your most common questions:

What is aseptic and sterile? We will cover all the other interesting ideas you suggested in the next newsletters — thank you and keep 'em coming!

It is true that annual flu shots are the best way to prevent flu. In case you missed your flu shot this year, avoid crowded places or people with flu symptoms, wash your hands thoroughly and often to protect yourself from contracting flu.

Be well, keep warm and stay motivated to improve your health!

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

Common terms used in PD

Aseptic vs Sterile

1. **Aseptic** means **clean** — like your hands after a 3-minute handwash.
2. **Sterile** means free from all bacteria — like inside your peritoneal cavity and dialysis fluid.

The reason for having **clean** hands and using non-touch connection technique whilst connecting the dialysis bags and your PD catheter is to keep the parts of dialysis **sterile**, preventing bacteria from entering your peritoneal cavity.

Prepare to be the expert!

Many people are not familiar with PD including some healthcare professionals because most patients on PD do and stay well at home.

However, this can become an issue when you go to the medical centre, your GP or the emergency department. Some healthcare professionals will infrequently come across a PD patient, hence, you and your family may need to step up and educate others on PD to avoid problems.

Remember, you are the most knowledgeable person regarding your treatment and your guidance will be appreciated:

1. Always bring your dialysis patient card with you and present this card to the medical centre receptionist or emergency triage nurse.
2. Always identify yourself as a PD patient to every new healthcare worker you meet and every new area in the hospital you are transferred to. You or your family will also need to inform them of your usual PD therapy and usual catheter exit site dressing regimen. You or your family may need to bring some dialysis or dressing supplies from home.
3. Alert the PD nurses (or 4South ward afterhours) when you go to the emergency department or are hospitalised.
4. Request for your kidney doctor and the PD nurses to be informed & updated of your condition.
5. When scheduled for a procedure, tell the doctor you are on PD and request for your kidney doctor to be contacted. Some procedures require prophylactic antibiotics and for your abdomen to be empty or may need to be booked in St George Public Hospital.
6. Speak up if you are uncomfortable or have problems with how your dialysis or treatment is being administered.

Make your wishes known

Advance Care Planning is an important process that helps you plan for future care, for a time when you are not able to make your health care wishes known.

The process involves thinking about your values, beliefs and wishes about the health care you would like to have if you could not make your own decisions.

It is best if Advance Care Planning happens earlier in life, when you are still well.

An Advance Care Plan can be changed at any time.

The dialysis unit encourages everyone with kidney failure to discuss an Advance Care Plan with your kidney doctor and family so everyone will know who you want to make medical decisions for you on your behalf and what medical care you would, or would not want.

For more information, please visit:

<http://planningaheadtools.com.au/>

Or

Please contact the St George Hospital Renal Supportive Care team - ph 02 9113 2854



Smart Dining

Here's some practical tips to stick to your dietary restrictions when dining out:

1. **Choose a restaurant that offers food you can eat by calling ahead or checking their website in advance.**
2. **Request for food to be prepared without salt or MSG. Avoid using the salt shaker.**
3. **Avoid deep fried, fried or sautéed food and trim all visible meat fat or poultry skin.**
4. **Order a sensible serving size or take away half of the serving home.**
5. **Bring your medications with you and take your phosphate binders with your meal!**