

# St George Hospital

## Peritoneal Dialysis Newsletter

Issue 2

2016

*“Everything starts with a sunrise, but it’s what we do before it sets that matters” ~ K. McGraw*

December... with all the festivities and warmth of summer, we can all agree it is the most blissful month of the year!

This issue is all about food and summer fun! It highlights how to keep yourself infection-free and well throughout summer. It also includes some important reminders relevant to the holiday season.

Thank you to those of you who participated in the PDOPPS study and all the surveys sent your way this year! Keep all the interesting ideas and suggestions for future newsletter topics coming!

We wish you happy holidays and a wonderful new year!

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

### Easy guide to prevent infection during summer

**Swimming:** Contact the PD nurses for advice on special care and dressing to prevent your PD catheter and exit site from getting soaked or wet whilst swimming. Do not swim in lakes, lagoons or public swimming pools. A quick 1-hour swim in private treated pools or non-crowded beaches is preferable. Shower and change your exit site dressing immediately after swimming.

**Gardening:** It is important to cover and firmly secure the PD catheter before gardening to prevent soil related infections. Wear appropriate gloves for gardening. After gardening, scrub fingernails and wash hands thoroughly. If you sweat a lot, take a shower, clean the catheter exit site and change the dressing immediately.

**Hiking:** You will be sweaty after hiking, take a shower and change your catheter exit site dressing when you get home.

**Camping and fishing:** Ensure that you have access to bathrooms, electricity and handwashing facilities. Keep your catheter exit site clean, covered and dry. Remember to take some antibacterial soap and antibacterial hand sanitiser. Avoid swimming in freshwater lakes and ponds.

**Picnics:** Remember to pack antibacterial hand sanitiser and spare dressings along with your special picnic foods high in protein and low in phosphorus and potassium — see our dietitian’s festive food tips.

If you need more information on how to keep yourself infection-free during summer, contact the PD nurses or your kidney doctor about your planned activities.

### Common terms used in PD:

1. **Kt/V or CrCl**—is the urea and creatinine clearance testing completed every year to check you are dialysing adequately.
2. **Ideal Body Weight or IBW**—is your healthiest and target weight  
There are 2 types of IBW:
  - **Wet IBW**— is with dialysis fluid dwelling in the abdomen (for CAPD patients or patients with day dwell)
  - **Dry IBW**— is without or no dialysis fluid dwelling in the abdomen

### Important

1. **Have your routine blood tests completed before the end of December 2016**
2. Make sure you have enough dialysis stock for the Christmas and New Year period.
3. Bring your PD record book and procards 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

### Beat the Heat

Summer is here and all you want to do is be outdoors to bask! Here's a few additional steps to protect yourself from the heat and to keep you going all through the day:

1. Maintain a good fluid balance. Keep yourself hydrated within your fluid restriction. Suck on ice instead of drinking a full cup when thirsty. Carry a small spray bottle filled with water or lemon water to spray your mouth when you are feeling dry.
2. Plan your exercise around dusk or dawn as these are the coolest parts of the day. Walking or yoga are ideal activities.
3. Protect your skin from sun exposure and stay cool by wearing a hat, sitting in the shade and applying sunscreen with SPF of at least 15. Also, reapply your sunscreen every two hours.
4. Eat healthy summer foods like fruit and vegetables. Remember portion control is equally important as all fruit and vegetables contain some potassium. See the attached "Christmas Eating Tips" from our dietitian to add colour and flavour to your dialysis diet.



### Baxter and the PD unit are closed on public holidays

#### St George Hospital PD unit will be closed on:

26th December 2016, Monday  
27th December 2016, Tuesday  
30th December 2016, Friday  
2nd January 2017, Monday

#### Baxter's Christmas closures are:

26th December 2016, Monday  
27th December 2016, Tuesday  
2nd January 2017, Monday