



### DID YOU KNOW?

**You can still swim with a PD catheter.**

Only if you:

Limit your swim to one hour.

Avoid public pools and crowded beaches.

### It is best to:

Swim in private treated pools and open beaches.

Cover your catheter with a plastic dressing.

Change the dressing right after your swim.

See your PD nurses for more info on swimming with your PD catheter and plastic dressings.

### IMPORTANT

For patients who have not received their April blood forms, please find them attached.

**\*\*These blood tests must be done before**

## Introducing the PD Newsletter

Welcome to all from our very first PD newsletter!

We have been looking forward to producing this newsletter which will be done twice a year in an effort to keep everyone up-to-date with the news and events of the St George Hospital PD Unit.

Ultimately this unit and its services are here for you. We encourage patients and their families to be pro-active participants of their care. We invite any budding journalists or writers to pitch in with any knowledge, reflections or their experience on PD. We also welcome any suggestions for future articles.



From everyone at the PD Unit, we hope to hear from you soon!

Regards

Claire, Pauline, Lisa & Liz

## Staff Changes

As you may be aware, there have been staff changes during March.

Sadly, we have said goodbye to Susan as she has left for another hospital closer to home. In her place we welcome Pauline who brings to the unit a wealth of experience in haemodialysis and an enthusiasm to learn the finer details of PD.

In early May, we will say goodbye to Lisa as she ventures on to discover the many challenges of nursing. At this time, Fiona will be returning part-



**CONTACT US**

9113 3770

7:30AM—4:00PM

## PD and Sports...



Did you know that engaging in any sports or any form of rigorous or vigorous activities while your peritoneal cavity is holding fluid (i.e. day dwell) may cause leaks into the lungs or elsewhere?

To keep you safe and ensure your peritoneum remains healthy, please empty your peritoneal cavity of dialysis fluid before engaging in activities such as: running, exercise, sport, swimming, lifting and intimate relations.

## Patient Satisfaction Survey Results

A big thank you! To everyone who participated in our survey of patient satisfaction for the PD services. We gained valuable information regarding your needs and concerns. Surveys such as these allow us to integrate your feedback into our models of care enabling us to provide you the highest standard of care possible. Here is a quick summary of the results:

- Most of you found the expertise of staff and the support given as very good.
- Most of you believe you will benefit from education aimed at improving PD skills and knowledge but not all would like to attend ongoing support group and education sessions.

Two areas that we can improve are:

- The level of support and expertise on the ward.
- Include more problem-solving during PD training.

We will greatly appreciate all responses to any surveys we send in the future.



Claire

Please bring your procard and PD record book on every clinic appointment. It will help your nephrologist and PD nurse to provide you the best treatment and advice.

All dialysis patients are now eligible for a free flu vaccination. For more details, please find immunisation information and consent attached with this newsletter. If you're interested, kindly contact 02 9113 2424 to book for an appointment.