

St George Hospital

Peritoneal Dialysis Newsletter

Issue 1

2020

It is during our darkest moments that we must focus to see the light – Aristotle Onassis

You would have received the COVID—19 letter from the PD unit back in June 2020. The way we provide care and the way you receive care in SGH have changed over the past few months.

Given the evolving COVID—19 situation in NSW and Australia, this newsletter will provide you with some updates on the steps we are taking in St George Hospital and the PD unit to protect patients, visitors and staff during this time. We understand all of these changes can cause confusion and inconvenience. These are truly challenging times for you and for us as we try to keep you safe when you visit us and when you dialyse at home. We request for your ongoing patience in the coming months as we get through these unsettling times together.

We thank you very much for your cooperation!!!

Please take extra care, be safe and stay well

Warm regards,

Claire, Emma, Fiona and Maria

COVID Safe for PD

Listed below is the COVID safety plan for when you plan to visit SGH PD unit. It is important to follow this plan diligently to keep all of us safe and to prevent PD unit closure.

Before visiting the PD unit:

1. Call the PD nurses to book an appointment. Walk—ins will not be attended to during this time.
2. Expect to receive a phone call from the PD nurses for COVID-19 screening questions the day before or on the morning of your appointment. It is important to answer the screening questions truthfully in order for us to plan for your care appropriately and safely.

On the day of your visit to the PD unit:

1. You (and your companion) must bring and wear a mask.
2. On arrival, you (and your companion) will be screened again at the PD unit entrance. It is important to answer the COVID—19 screening questions truthfully before you enter the PD unit to protect yourselves and your PD nurses.

During the visit to the PD unit:

1. Companions will be limited to one only, however if the PD unit is busy, they may be asked to wait outside. You may also be asked to wait outside if the waiting room is full.
2. You (and your companion) will be requested to sanitize or wash your hands as you enter.
3. Physical distancing will be maintained. It is important to come on time for your appointment to avoid overcrowding in the waiting room and to ensure you do not overlap with others.
4. PD nurses will be wearing a mask whilst they look after you.
5. You must listen and follow your PD nurse's advice.

Note: A drive through pick up for dressing supplies can be arranged. Please call the PD nurses in advance (3 hours before pick-up) to book this service.



Yes, you can help stop the spread of COVID—19 and protect yourself and others. NSW Health advised to:

1. Get swabbed or tested in the COVID clinic if you have any respiratory symptoms, however mild. Stay at home and isolate whilst waiting for results and until you are symptom—free.
2. Regularly wash your hands with soap and water or alcohol-based hand rub. Remember to take alcohol—based hand sanitizer with you when you go out.
3. Keep your physical distance. Stay at least 1.5 metres away from people.
4. Wear a mask if and where you cannot physically distance yourself from others.
5. Cover your mouth when you cough by coughing into your elbow or into a tissue. Throw the used tissue straight away.



Contact us
02 9113 3770
St George Hospital
Renal Care Centre
9 South St. Kogarah
Monday-Friday,
7:30am—4:00pm

When you wear a face mask some things to remember are:

HOW TO PUT ON A FACE MASK



1 Clean your hands with soap and water or an alcohol-based hand rub.



2 Hold the mask by its tapes or loops, then tie the mask around your head or put the loops around your ears.



3 Make sure the mask covers your mouth and nose, and that there are no gaps between your face and the mask, and press the nose piece around your nose.



4 Do not touch the front of the mask while wearing it.

HOW TO TAKE OFF A FACE MASK



1 Clean your hands with soap and water or an alcohol-based hand rub.



2 Take the mask off from behind your head by pulling the tapes or loops straight forward and moving the mask away from your face.



3 Throw the mask in the bin.



4 Clean your hands with soap and water or an alcohol-based hand rub.