

St George Hospital

Peritoneal Dialysis Newsletter

Issue 2

2018

“Strong is beautiful”

“Exercise and temperance can preserve something of our early strength even in old age” - Marcus Tullius Ciceroto

Exercise and Peritoneal Dialysis

I am sure you have heard over and over again that ‘exercise is good for you!’ You better believe it, because physical exercise can enhance your mood, increase your flexibility, relieve stress and make your body stronger!

Exercise does not need to be hard, you just need to start at something. A simple physical activity like walking will provide you with immediate and ongoing benefits.

Some exercises you can easily do as a PD patient in the comfort of your home are:

- Dancing
- Gardening
- Stretching

No need to join a gym. Doing a little more of these activities each time and getting into a regular routine is great for your wellbeing. Make exercise a part of your everyday!

*Wishing you a very Merry Christmas
and
A happy and healthy 2019!*

Cheers,

Claire, Maria, Emma, Fiona and Vicki

Baxter and the PD unit are closed during public holiday

SGH PD unit's Christmas closures are:

25th December 2018, Tuesday

26th December 2018, Wednesday

31st December 2018, Monday

1st January 2019, Tuesday

Baxter's Christmas closures are:

25th December 2018, Tuesday

26th December 2018, Wednesday

1st January 2019, Tuesday

A red, bubbly, 3D-style sign with the word "Important" written in white, hanging from two strings.

The PD unit will have reduced staffing from 24th December 2018 to 6th January 2019. If you need to visit the PD unit, please ring for an appointment before you visit to avoid long waits. If you are unwell or have contaminated your PD catheter or have cloudy drain fluid, please present yourself immediately to emergency department. Thank you for your cooperation!

More on exercise...

Before beginning any kind of exercise program, always ask your doctor what level and types of fitness are right for you.

These are some simple steps to get you started:

- ⇒ Choose the activity you will enjoy. You are much more likely to keep doing something you love.
- ⇒ Start slowly and sensibly. Do not overtire yourself on the first day. Dedicate 10 or 15 minutes to simple tasks as walking around your neighbourhood or actively cleaning your house — and build from there.
- ⇒ Exercise with a friend. “Buddy system” is an effective way to motivate each other.
- ⇒ Consider using a pedometer to track your exercise progress and provide encouragement to keep you going.
- ⇒ Set goals and reward yourself for reaching them!
- ⇒ Keep exercising but do not overdo it.
- ⇒ Most important of all, have fun and be safe!

Back to Basics

Here is a guide on how to keep yourself well during the festive season and warmer months:

1. **Eat and drink in moderation!** Stay hydrated but keep within your fluid restriction. Take your phosphate binders with meals and snacks.
2. **Shower and change your exit site dressing daily.** Keep your exit site clean and dry at all times. Secure your catheter to prevent from dangling.
3. **Stay active.** You may want to plan your activities around the cooler parts of the day.
4. **Wash your hands after outdoor activities and before any PD related tasks.** Bring an antibacterial hand sanitizer when you are outdoors.
5. **Cover and secure your PD catheter with plastic dressing before any water-related activity.** Shower and change your dressing immediately after the activity.
6. **Slip on a shirt, Slop on the 30+ sunscreen, Slap on a hat, Seek shade or shelter, Slide on sunglasses!**

1. Bactroban (mupirocin) ointment is limited to 1 tube per patient per month. Please see your GP to obtain a prescription should you require more.
2. Call Baxter Technical Support on 1800 229 837 for any complaints or technical issues with the Claria or Homechoice PD machine
3. Make sure you have enough dialysis and dressing supplies including back-up stock especially during the Christmas and New Year holiday
4. Have your routine blood tests completed before the end of 2018
5. Bring your PD record book to every renal clinic appointment

Contact us



02 9113 3770

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

Carpark Issue

The parking spaces beside the Renal Care Centre are owned by the Mental Health Unit.

Other than drop-offs, please refrain from using it for longer than 5 minutes to avoid parking infringement notice.

Reminder!