



# St. George Hospital

## Peritoneal Dialysis Unit Newsletter

ISSUE 2

2013

### DID YOU KNOW?

Baxter and the PD unit are closed on public holidays.

#### When?

St. George PD unit will be closed on:

Wednesday, 25th Dec

Thursday, 26th Dec

Friday, 27th Dec

Wednesday, 1st Jan 2014

**Baxter's Christmas closures are:**

Wednesday, 25th Dec

Thursday, 26th Dec

Wednesday, 1st Jan 2014

### Frequently Asked Question:

Will I need more PD stock for the Christmas and New Year period?

**Answer:** Yes, contact Baxter early to ensure that you have enough stock for the holidays.

“What good is the warmth of summer, without the cold of winter to give it sweetness.” **John Steinbeck**

I am sure everyone is as pleased as we are that summer is coming. This issue is all about the extra care necessary to keep yourself well during the warmer months.

To start off, here are the changes that occurred over the last 6 months:

1. New PD nurse— we welcome Emma as a new staff member. Emma brings with her a wealth of renal knowledge from the 4South Renal ward and we say goodbye to Lily as she has returned to haemodialysis.
2. We are pleased to share that the PD unit's “initiatives and projects to help reduce infection episodes” have been nominated for an Innovations award. We are very proud of this nomination and we appreciate your attention to detail in managing your care and treatment.

Please join us for the PD unit Christmas party to mark the end of a good year and to welcome a new one. Light refreshments will be served on the day. The Christmas party invite is enclosed for more details. We hope to see you all there!

All the best,

Claire, Maria, Fiona, Vicki, Qing and Emma



### CONTACT US

9113 3770

7:30AM—4:00PM

### IMPORTANT

1. For patients who did not receive their October blood forms, please find them attached. \*\*\*These blood tests must be completed before the end of November 2013.
2. Please bring your procard and PD record book to every renal clinic appointment. It will help your Kidney doctor and PD nurses to provide the best advice and treatment.
3. When your APD machine is replaced by Baxter, it would be best to inform the PD nurses immediately. \*\*\*We will give you a new procard and inform you of the changes on the new APD machine.

## To drink or not to drink?

Summer is the season when we all feel extra thirsty. It is very tempting to go just a little over the limit of your set fluid restriction. If you think an extra cup of water would not do any harm... Think again!

An average cup can contain up to 250 mls of fluid/water. Drinking that extra cup a day will lead to 1000 mls of unwanted/extra fluid in 4 days which could be enough to undo your efforts and make you feel very unwell. Here is some advice on how to remain within your fluid restriction in the warmer months:

1. Avoid food with high water content (i.e. citrus fruits, gelatine, gravies, soup, watermelon, and etc...)
2. Pre-plan and record your drinks for the day
3. Suck on ice instead of drinking water
4. Salty foods can make you thirsty, avoid them!
5. Keep yourself busy so you do not think of drinking
6. See your renal dietitian for advice.

Problems you may encounter if you drink too much fluid:

- Sudden increase in weight
- Fatigue, tiredness and discomfort
- Swollen ankles and/or hands
- Puffiness around the eyes
- Breathlessness and/or a persistent cough
- Elevated blood pressure

More things to remember this summer:

- Keep your catheter exit site dry at all times. Change the dressing if the exit site is wet from sweat.
- Store the dialysis fluid in a properly insulated room. Keep the room temperature below 30<sup>o</sup>.

Time to appreciate the outdoors! You can participate in summer activities like swimming, hiking, gardening, camping, fishing and just relaxing in the fresh summer breeze. As a PD patient, extra precaution is necessary to fully enjoy your favourite activities and prevent complications or infections:

**Swimming:** Request the special catheter exit site dressing for swimming from the PD nurses. It is preferred that you only swim in treated pools and not-so crowded beaches. After swimming, remember to remove the wet dressing, take a shower, dry your exit site and replace with a new dressing.

**Hiking:** Remember not to carry more than 10 Kgs to prevent hernia and/or leaks. You will be sweaty after hiking, take a shower and change your catheter exit site dressing when you get home.

**Gardening: To prevent soil related infections, you must:**

- Cover and firmly secure the PD catheter before gardening;
- Wear appropriate gloves during gardening;
- Avoid bending over to protect your back and catheter; Kneel using a mat during gardening;
- Scrub fingernails and wash hands after gardening;
- Clean your catheter exit site and change the dressing if you sweat a lot.

**Camping and fishing:** Ensure you have access to a bathroom, electricity and handwashing facility. Avoid swimming in freshwater lakes and ponds. Keep your catheter exit site clean, covered and dry. Remember to bring plenty of antibacterial soap and antibacterial hand sanitizer.