

# St George Hospital

## Peritoneal Dialysis Newsletter

Issue 1

2021

*Even if happiness forgets you a little bit, never completely forget about it – Jacques Prévert*

We hope you are all following the most recent NSW Health advice to protect all of us from COVID-19: stay at home, wear a mask outside of your home, keep 1.5 metres away from others, clean your hands regularly, get tested if you are unwell and **get vaccinated**. With the current outbreak, we have taken important steps to keep our PD community safe. One of these steps you would have noticed in the recent months, is the increased communication from us through phone calls to follow-up your PD therapy or vaccination status and/or simply to ask how you are going with all the changes around us. Outlined in this newsletter are the other services we modified to keep you safe when you visit us and when you dialyse at home.

**Thank you to most of you who are already vaccinated!** If you have queries around vaccine safety, please check the back page for some vital information compiled by your kidney doctors. We continue to request for your cooperation and patience as we work together in keeping you safe and well. Thank you again! Please take extra care, be safe and stay well.

Warm regards from all of us — Claire, Emma, Fiona and Maria

Visiting the PD unit is limited to 1 patient



and 1 support person at a time. You must both check in using the QR code above and your temperatures will be checked before you enter the PD unit.

If you are not yet booked for vaccination against COVID, you can register your details in **SGH COVAX** hub using this **QR code**.

The SGH COVAX team will allocate an appointment for you & notify you via email or sms.

### COVID safety plan for PD

1. Please avoid picking-up of PD supplies and fluid from the PD unit. Keep a track of your PD stocks at home and ensure you attend to your stocktake regularly with Baxter. Call Baxter if you are running out of dialysis supply.
2. We started to offer postal delivery of your dressing supplies whilst we are in lockdown. Please inform us 2 weeks before you run out of dressing supplies as we have scheduled the mailing every Friday and some postal delays may also occur.
3. A drive through pick up for dressing supplies can also be arranged if you have an appointment around SGH. Please call the PD nurses in advance (at least 3 hours before pick-up) to book this service.
4. Visits to the PD unit are limited to urgent procedures and review only. Please call the PD nurses if you have concerns or to book an appointment to see us.
5. **Do not present to the PD unit if you are unwell.** Get tested at the COVID-19 respiratory clinic nearest to you, contact the National Coronavirus and COVID -19 vaccine helpline ph 1800 020 080 or present yourself to the nearest emergency department.
6. To prevent PD-related problems or infections & to avoid hospitalisation, you must: 1) do your dialysis everyday; 2) change your PD catheter dressing everyday after showering; 3) take your medications as ordered; 4) avoid constipation and; 5) eat a well-balanced diet as per your dietitian.



**Contact us**

**02 9113 3770**

**St George Hospital  
Renal Care Centre  
9 South St. Kogarah**

**Monday-Friday,  
7:30am–4:00pm**

## Are the Astra-Zeneca and Pfizer COVID Vaccines safe?

Information for dialysis and transplant patients and families (Updated 22/8/21)

**What is my risk of suffering from blood clots after the AZ vaccine?  
(thrombosis with thrombocytopenia syndrome or TTS)**

**There is 99.9986 % likelihood you won't develop blood clots from the vaccination.**

(Source: TGA update 12/8/21)

**What is my risk of suffering from myocarditis after the Pfizer vaccine ?**

For every million doses of Pfizer vaccine, there have been about 4 cases of heart inflammation OR

**99.999996 % likelihood you won't develop myocarditis from the Pfizer vaccine.**

(Source: Circulation Journal, July 2021)

**What is my risk of suffering from blood clots and dying after the vaccine ?**

The risk of dying from the AZ vaccine is < 1 for every million doses OR

**99.99999% chance you won't die from the vaccine.**

(Source: TGA update 12/8/21)

*You are 40 times more likely to die from a car accident in Australia per year*

(Source: Commonwealth Govt. statistics <https://www.bitre.gov.au/statistics/safety>)

**What is my risk of death from community (delta) COVID infection ?**

1. Overall risk of death from community (delta) Covid in the community is **1 in 250 cases**, much greater than the risk of death from the AZ vaccine

(Source: BMJ 2021;372:n579)

2. A patient with a RENAL TRANSPLANT in Australia - the death rate from Covid is 9% (2/23 cases) = **1 in 11 risk of dying.**

(Source: ANZSN August 17th 2021)

3. A patient on DIALYSIS in Australia - the death rate from Covid is 52 % (11/21 cases) = **1 in 2 risk of dying** (in the UK where > 1000 patients have died the death rate is 1 in 3)

(Source : ANZSN August 17th 2021)

**Are the COVID-19 vaccines effective in preventing serious illness and death?**

On 20/8/2021, 30.1% of the NSW population have had two vaccinations. None of these patients are in hospital. There are 470 patients in hospital with COVID-19, 80 of those are severely ill in ICU, and **none of the 470 patients in hospital have been fully vaccinated.** (Sources: health.nsw.gov.au update 20/8/21 and press conference by Premier Berejiklian, 20/8/21).

We hope this information assists patients & their family & friends to understand the balance of risks which clearly favour getting vaccinated.

Department of Renal Medicine, St George & Sutherland Hospitals (updated 23/8/21)