

St George Hospital

Peritoneal Dialysis Newsletter

Spring Issue

2022

“Despite the forecast, live like it is spring” ~ Lilly Pulitzer

It has been another busy year for you and for us as we continue to rise above the challenges these pandemic years brought upon us.

We thank you again for taking all the necessary and recommended steps in protecting yourselves against COVID-19 and other viral infections like flu.

We are proud to share that 98% of St George Hospital PD patients are vaccinated and boosted against COVID.

For those of you who have not received your 4th COVID vaccine dose, you may be eligible to receive the Moderna Spikevax Bivalent vaccine that provides better protection against COVID—Omicron variant. Please discuss this with your kidney doctor or GP.

For those of you who have received your 4th COVID vaccine dose, you will be eligible for a 5th dose 4 months after your 4th dose. Please see your GP or present to SGH 4E COVAX clinic for your 5th dose.

As the warmer months are upon us, please take extra care and precautions in protecting your PD catheter and exit site:

1. Shower as often as needed
2. Change your PDC exit site dressing after every shower or whenever it is wet from sweat
3. Pat dry the exit site with gauze squares only (Do not use paper towel on your exit site!)
4. Ensure your exit site and the dressing is always completely dry

For any changes or concerns regarding your exit site, contact the PD nurses immediately.

The festive season is also fast approaching. Our renal dietitian, Dr Maria Chan have shared some dietary advice in this issue to ensure you can enjoy eating and drinking during the holidays.

Wishing you all a very Merry Christmas and a Safe, Healthy, Happy New Year!!!

Cheers

Claire, Emma, Fiona and Maria

St George Hospital
Renal Care Centre
9 South St. Kogarah
Monday-Friday



Contact us
02 9113 3770



Please check and ensure you have enough dialysis stock including back-up stock for Christmas and New Year holiday

Baxter will be CLOSED on:
24th — 28th December 2022
31st December 2022 — 2nd January 2023

IMPORTANT REMINDERS

1. If you need to come in to the hospital, please present yourself to a hospital with a PD service like St George Public Hospital, to prevent treatment delays or errors and to avoid PD catheter contamination
2. Always ensure you have enough PD stocks at home. Do not let it run low. Once you notice you only have 1 week worth of PD stocks at home, please contact Baxter immediately for stocktake & delivery. Baxter ph 1800 229 837, choose Option 2
3. In case your regular Baxter stocktake is delayed, please contact Baxter immediately. Baxter ph 1800 229 837, choose Option 2
4. For APD technical issues or complaints, please contact Baxter Technical Support ph 1800 229 837, choose Option 4
5. Have your routine blood tests completed before end of 2022



SGH PD unit's Christmas Closure

Please check and ensure you have enough dressing supplies for Christmas and New Year holiday as the PD unit will be closed on all public holidays and will have less PD nurse on duty on other days:

- We will be open as normal until Friday, 23/12/2022
- We will be **closed** from Saturday, 24/12/2022 to Tuesday, 27/12/2022
- We will reopen for 2 days on Wednesday to Thursday, 28 - 29/12/22 with only 1 PD nurse on duty
- We will be closed again from Friday 30/12/2022 to Monday, 02/01/2023
- We reopen on Tuesday 03/01/2023, again with only 1 PD nurse on duty for the rest of the week
- Full PD service & staffing will resume on Monday, 09/01/2023

Healthy Eating Tips for the Festive Season

To avoid dietary issues such as fluid overload, itch and high blood potassium:

1. Eat and drink in moderation!
2. Keep within your fluid restriction. Remember that ice cream, gelatines, gravy and fruits count as fluid,
3. Reduce your intake of salt and salty foods as these will make you more thirsty
4. Take your phosphate binders with all meals and snacks
5. It is ideal to limit potassium in your diet. Some of the traditional Christmas treats are very high in potassium i.e. Fruit cake, Christmas pudding, fruit mince tarts, dried fruits, liquorice, nuts and chocolates.