

St George Hospital

Peritoneal Dialysis Newsletter

Issue 2

2024

“Christmas should mean creating hours for tomorrow and reliving those of yesterday” - Gladys Baggett

As we approach the holiday season, we are pleased to provide you with important updates and resources to support your health and well-being in this issue. You will find updated COVID-19 guidelines, tips for holiday celebrations, and essential summer care information.

Please take note of the PD unit and Baxter/Vantive closure dates during the holiday season. Both will be closed during the weekends and public holidays as usual. The PD unit will also be closed on 30th December 2024 as an extra public holiday for the hospital.

Additionally, Baxter/Vantive will provide limited customer service from 23rd December 2024 until 5th January 2025. Hope all of you have enough dialysis and dressing supplies until then.

The PD unit will be at reduced capacity as well, due to reduced staffing on the following days:

- PD unit will be open on 27th & 31st December 2024 with 1 PD nurse only
- PD unit will be open on 2nd—3rd January 2025 with 1 PD nurse only

Baxter/Vantive and the PD unit will resume usual services and support from 6th January 2025.

Full PD service, training and staffing for the PD unit will resume on 9th January 2025.

Wishing you and your loved ones a joyful holiday season filled with warmth, happiness, and good cheer. Thank you for looking after yourselves really well and we look forward to supporting you in the coming year!

Cheers,
Claire, Emma, Fiona and Maria

**St George Hospital
Renal Care Centre
9 South St. Kogarah
Monday-Friday
7:30am-4:00pm
(except public holidays)**



**Contact us
02 9113 3770**

COVID—19 Update

1. Please consider having a repeat COVID vaccine dose if your last dose was 6 months ago.
2. Present yourself to ED immediately for worsening respiratory or COVID—like symptoms.
3. It is recommended to receive antivirals within 5 days of COVID infection if you are sick. NO need for anti-viral medications if you are NOT sick.

Summer Tips for Peritoneal Dialysis Patients

1. **Stay Hydrated:** Monitor your fluid intake carefully, balancing hydration with your fluid restriction to avoid complications.
2. **Protect Your Exit Site and PD Catheter:** Keep your catheter and exit site clean, dry, and covered to prevent infections. Avoid swimming in lakes, oceans, or pools unless cleared by your PD nurses and renal doctor.
3. **Beat the Heat:** Stay in cool, shaded, or air-conditioned areas to prevent overheating. Wear lightweight, breathable clothing.
4. **Manage Your Diet:** Stick to your PD—friendly diet, focusing on low—sodium, low—potassium, and low—phosphate foods. Take your phosphate binders as ordered.
5. **Plan Travel Carefully:** If traveling, ensure you have adequate dialysis and dressing supplies including your regular medications.
6. **Monitor Your Weight:** Check for signs of fluid retention, such as swelling, and report any concerns to your renal doctor and/or PD nurses.
7. **Protect Your Skin:** Use sunscreen and wear a hat to avoid sunburn. Remember to "Slip, Slop, Slap, Seek, and Slide!" (Slip on a shirt, Slop on sunscreen, Slap on a hat, Seek shade and Slide on sunglasses).

By staying proactive, you can enjoy a healthy and comfortable summer while managing your treatment effectively.

Tips for Attending Parties and Social Events

It's okay to enjoy some holiday cheer when attending parties or social events, but remember portion counts. Be mindful of your dietary requirement and restrictions as well. Here are some tips before you attend:

1. Offer to bring a PD friendly dish you know you will enjoy.
2. Fill your plate with low potassium vegetables and low phosphate foods. Best to stay away from salty foods.
3. If dining at a restaurant, check the menu ahead of time to ascertain the best PD - friendly choices.
4. Remember to bring your phosphate binders with you and take it with meals and snacks.
5. If you are not sure of the party or event menu, have a small meal before attending. This will make it easier for you to watch your portion sizes.
6. Use small cups only for beverages and be mindful of your fluid restriction. Remember that ice cream, gelatines, gravy and soup count as fluid too.

Enjoying social events and parties is all about balance and preparation. With a little planning and mindfulness, you can make smart choices, stick to your dietary needs and fluid restriction. Have fun, stay safe and celebrate responsibly!

IMPORTANT REMINDER

1. If you must come in to a hospital, please present 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. For PD catheter contamination or issues, please present to St. George Public Hospital immediately. Decontamination procedure must be carried out within 24 hours of contamination to prevent PD—related infection.