



### DID YOU KNOW?

**You can contact the 4South senior nurses for after hours support in case of:**

Accidental contamination or damage to your PD catheter.

And/or

Minor dialysis machine problems.

4S Tel. No: 02 9113 3458

**\*You have to record and report to Baxter technical support any system error alarms.**

### Frequently Asked Question:

What do I do if my PD catheter cuff becomes exposed?

Answer: Inform and visit your PD nurses immediately.

### IMPORTANT

Once your APD machine is replaced by Baxter, please inform your PD nurses ASAP.

**\*\*\*We need to give you a new procard and inform you of the changes on the new APD machine.**

Welcome again!

Your positive response to our 1st PD Newsletter was overwhelming. We have received plenty of information from everyone that we will endeavour to share with you. Lately, the PD unit has been very busy training and welcoming new members to our exclusive PD community.

The PD unit will start a 6 monthly home visit program as we aim to improve our services to you. Your cooperation will be highly appreciated; expect to receive a phone call from us very soon.

We continue to encourage you and your family to share any ideas or reflections on your experience/s on PD.

From all of us in PD Unit, keep up the good work and all the best!

Regards

Claire, Pauline, Fiona & Liz



### CONTACT US

9 113 3770

7:30AM—4:00PM

### PD & Electricity

**Registering your home PD with your electricity supplier is a must! Why?**

- The electric company will endeavour to get the power back on ASAP in the event of a blackout.
- Your electricity bill will be discounted.

### What to do if there's a power failure?

Power failure during machine set-up - once the power is restored, your dialysis machine will re-start from the beginning. Press the GO button to resume set-up.

Power failure less than 2 hours - once the power is restored, press the go (green) button to resume your dialysis.

Power failure over 2 hours – once the power is restored, your dialysis machine will re-start from the beginning. In this event, you have 2 options:

1. Disconnect and discontinue (if you have been on PD for more than 4 hours).
2. Disconnect then set-up for another dialysis (if you have been on PD for less than 4 hours).

\*If you are not sure on what to do when the power is restored, please ring Baxter technical support for advice.



## Understanding Your Blood Tests

As part of your treatment, your nephrologists and PD nurses ask you to have regular blood tests. The staff need these blood test results to see how your dialysis is going. But what are they testing and what do the results mean?

Urea A waste product from protein metabolism normally removed by the kidneys, urea builds up in the blood when your kidneys are not functioning properly.

Creatinine (Cr) A waste product of muscle activity. Like urea, creatinine is normally removed by the kidneys and high creatinine level in your blood usually indicates your level of kidney function.

Potassium ( $K^+$ ) A mineral necessary for the function of your nervous system. Too much or too little can be harmful and may cause problems with your heart.

Calcium (Ca) A mineral necessary and important for bone growth. Low calcium can lead to weak bones and fractures. Too much phosphate in the body, a common complication of kidney disease can lead to calcium deficiency.

Phosphate ( $PO_4$ ) A mineral necessary for the bone growth, which increases in the blood when kidneys fail. If phosphate becomes too high, bones can become weak and break, the skin can become itchy and an accumulation of minerals in the tissues may occur. Phosphate binders are to be taken with meals regularly to prevent phosphate build-up in the body.

Albumin (Alb) A protein that your body makes to hold fluid in the blood vessels. When the albumin level is too low it is a sign of malnutrition. Low albumin can cause oedema, weakness and increase the risk of infection.

Haemoglobin (Hb)

A part of red blood cells that carries oxygen from the lungs to the tissue. Low haemoglobin can lead to an insufficient supply of oxygen to your tissues.

### The most important member of the health care team is YOU.

New to PD? Common feelings include fearfulness, uncertainty and fear of being a burden on family or carer.

We are looking at ways to get People on PD together. Please return enclosed questionnaire and let us know what **YOU** want..

Please return forms using the attached stamped envelope by 26th November, 2010. For further enquiries, please call the social worker, Anastasia, at 9113 2494.

**In addition to kidney waste, PD also removes important blood components like protein. You must consume a high protein diet as planned by your dietitian to replace the daily high protein losses. This helps prevent muscle wasting and to keep your immune system strong. If you have**

You may have received the quality of life survey forms recently. This survey is conducted once every 2 years. It helps us understand how you are coping with dialysis and how we can improve our services to help you cope even more. **Your time and effort in sending back the completed survey form is greatly appreciated.**

**trouble keeping up with your dietary needs, please contact your dietitian, Maria or Julia, at 91132752..**