



St. George Hospital

Peritoneal Dialysis Unit Newsletter

ISSUE 1

2013

DID YOU KNOW?

Sweating it out during strenuous activity makes you prone to PD catheter exit site infection.

Why?

Because sweat or water on the skin surrounding your exit site will provide the warm moisture that bacteria thrives on. There are 4 easy steps to prevent an exit site infection:

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

Note: Inform your kidney doctor or the PD nurses if you are admitted in St. George Hospital.

Why? If we know of your hospital admission, we can review and visit you to ensure you are getting the correct dialysis. We can also modify and monitor your PD treatment as needed.

"Every day is a chance to begin again." Catherine Pulsifer

It is a happy New Year and there are happy new beginnings for the PD Unit. These are the changes that have occurred within the last 6 months:

1. Change of office— we have moved to the other side of the unit. Our office is now located on the right hand side as you enter the 4West Dialysis Unit.
2. New PD nurse— we welcome Qing as a new staff member. Qing brings with her a wealth of haemodialysis knowledge. We said goodbye to Mel & Sanny as they have gone back to haemodialysis.
3. Promotion— Congratulations to Claire who is now the Clinical Nurse Consultant for Peritoneal Dialysis. In this role she will be responsible for overseeing the clinical care of the PD patients, as well as the development of new initiatives/projects to enhance PD services. A new PD nurse will be recruited to replace her in the coming months.

We continue to have very good results with our infection rates and it is reassuring to

know that you are looking after yourselves very well. Keep up the good work!

All the best,

Claire, Maria, Fiona, Vicki & Qing

CONTACT US



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7:30 AM—4:00 PM

Frequently Asked Question:

Can I swim?

Answer:

Swimming for most PD patients is permitted, provided you can protect your PD catheter and exit site by:

1. Covering and securing all of your PD catheter with plastic dressing and tape.
2. Limit your swim to 1 hour
3. Swim only in treated private swimming pools and open beaches.
4. Avoid swimming in public swimming pools/spas, crowded beaches and freshwater lakes or lagoons
5. Avoid swimming after severe storms.



IMPORTANT

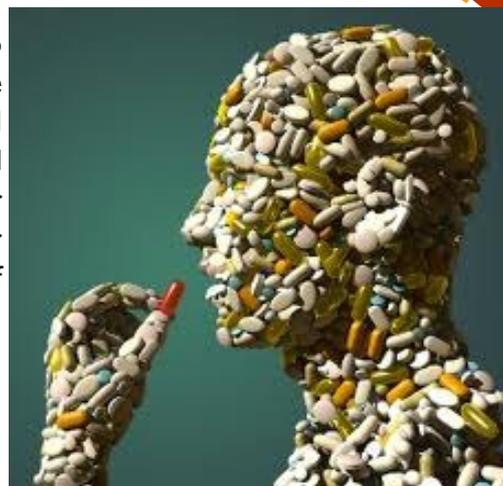
1. When your APD machine is replaced by Baxter, please inform the PD nurses immediately. *****We need to give you a new procard and inform you of the new APD machine changes.**
2. **Please bring your procard and PD record book on every renal clinic appointment.** It will help your nephrologist and PD nurse to provide you the best advice and treatment.
3. April blood forms are attached with this newsletter for patients who have not updated their blood tests. *****These blood tests must be completed before May 2013.**

Importance of Antibiotic Treatment

Nilstat— People taking antibiotics to treat infections are prone to developing fungal infections because, whilst the antibiotic kills the unwanted bacteria, it will also kill some good bacteria. Taking oral nilstat during your antibiotic treatment may help prevent a PD-related fungal infection from happening. It is important to remind the doctor prescribing your antibiotic treatment to add oral nilstat to your prescription/treatment. Contact your Kidney doctor or PD nurses if you need advice.

Nasal Bactroban— 1 in every 3 people have bacteria in their noses. For PD patients this bacteria can increase the risk of getting a PD catheter exit site infection. Your PD nurse or kidney doctor will advise you if you need to have your nose checked by doing an intra-nasal swab. If the result confirms you have bacteria in your nose, it must be eradicated by treating it with an antibacterial ointment (Bactroban) to protect you from infection. A week after the treatment is completed, you will be requested to have a repeat nasal swab to check if you need further treatment.

Exit site Bactroban— Applying bactroban ointment to your PDC exit site is another effective way to prevent an exit site infection. Because of this, the PD unit started to include bactroban ointment as part of your daily exit site dressing regimen. If you are not on bactroban ointment yet, please contact the PD nurses.



Honeypot Study Completion

We would like to thank the 22 PD patients who participated in this study to use honey in dressings for PD catheter exit site from 2009. This study concluded in 2012. It is too early to share the findings as we are still waiting for the final report/results to be published later this year. Watch this space...

Diet and Exercise

By Maria Chan

Nutrition and exercise are integral parts of medical management of peritoneal dialysis. You need both to help maintain physical (endurance, strength, flexibility and power) and metabolic (good blood levels of fats and sugar) fitness. Dialysate contains a fair amount of dextrose or sugar which exchanges for waste and toxins during dialysis. In fact, on average, the amount of sugar absorbed from the dialysate to your body is about 400 to 500 kcal per day (equal to approximately 30 sachets of sugar). To help maintain good body weight, eat a healthy diet as planned by your dietitian. Exercise can improve your health and burn up calories that you don't need, including the excess sugar/calories from the dialysate. Examples of useful activities (30 minutes) are: **watering lawn – 45 calories, walking the dog or bowling - 90 calories, general housework - 100 calories, general gardening - 120 calories, playing golf - 130 calories, swimming leisurely - 180 calories, playing tennis – 200 calories, general running – 240 calories.** So, eat well and enjoy your physical activities.

