



# St. George Hospital

## Peritoneal Dialysis Unit Newsletter

Issue 1

2015

*“Prevention is better than cure.” Desiderius Erasmus*



Contact us



02 9113 3770

St George Hospital - Renal Care Centre  
9 South St. Kogarah, NSW 2217  
Monday-Friday, 7:30am–4:00pm

### Remember

1. Have your routine blood tests completed before the end of July 2015.
2. Bring your PD record book and procard to every renal clinic appointment.
3. Call the PD unit for an appointment before you visit to avoid waiting.

### Let's talk about power.....

Most of you are aware of the electrical requirements to run a PD machine or PD warmer safely. There has however been a change to the policy for electrical standards and in the coming months, the PD nurses will inform and guide you on what will happen next.

For now, continue to use a dedicated power socket and power surge protector for your PD machine or PD warmer.



### IMPORTANT

Some of you were affected by the recent product safety recall of Baxter PD fluids. Thankfully, most of you were not.

In light of this incident and for better tracking of PD supplies, we are changing our practice. You can continue to pick up your dressing supplies from the PD unit, however, all PD supplies are to be supplied only from Baxter. For this reason, it is important to always ensure you have enough PD fluid and supplies at home.

It is ideal to maintain an extra 3 days supply and always replace your back-up PD fluid once used. Urgent ordering and delivery with Baxter generally takes up to 3 days.

This issue is dedicated to prevention and safety...

You will find some handy tips on how to protect yourself this winter season along with messages from Baxter, the dietitian and the social worker.

There is also information on protecting yourself from any electrical risk during dialysis

Good news! A recycling program for the PD bags and boxes is underway. Continue reading for more information on how to help our environment.

We welcome Dorothy as a new PD nurse. She will provide cover for when one of the PD nurses is away. Dorothy is from 4 South and she brings with her a wealth of experience and knowledge in caring for kidney patients.

We thank you for all the suggestions to keep this newsletter interesting and meeting your needs. All of your suggested topics will be included in the next newsletters.

Lastly, thank you for staying in touch and keeping yourselves safe and well.

Best regards,

Claire, Maria, Emma, Fiona, Vicki, Mei and Dorothy



## Helping the environment

*Many of you have noticed there is a lot of waste after completing your dialysis. The bags, boxes and plastic pouches are all thrown in the general waste adding to landfill.*

*To help the environment, Baxter started a PD recycling program called the "Baxter Resource Recovery Program"*

*This is a voluntary program for people on PD. If you are interested, contact the PD nurses for training. You will be instructed on how to recycle by the PD nurses.*

*You can also contact Baxter's customer support for more information.*

*People enrolled in the recycling program will be provided with 2 recycling bins to be collected by the Baxter driver at the same time as your monthly delivery.*



## Winter is here!



Here are some reminders to help you make the most of the cooler months:

- **Get the Flu Shot, Before the Flu Gets You!** You are eligible for a free flu vaccine, consult your GP about it.
- Do not cough, sneeze or talk when you connect yourself to dialysis or doing your dressing change. Wear a mask if you have these symptoms.
- Regardless of your showering habits, change your exit site dressing daily to prevent infection.
- Moisturise your hands after dialysis or dressing change. Dry and cracked hands will keep harmful bacteria.
- For APD patients, it is best to warm the PD cassette and line as they get cold and stiff in winter. Warming the PD cassette and line on top of the heated PD fluid before setting up the dialysis machine will soften them and may lessen PD alarms.
- Be active and exercise regularly to help keep you well and fit.
- Stay warm and protect yourself from people with flu symptoms.
- See your GP immediately if you are suffering from severe flu symptoms.

Winter means plenty of time indoors. It can also mean less activity because we're going outside less.

It's important that we all keep active during these colder months. Try to add little bits of extra activity to everything you do during the day.

This could be walking outside, or just on the spot if it's too cold!

Of course this will be good for your body, but did you know it's great for your mental health too?

Even better if you can do it with a group, your family, friends or neighbours!

**Hannah, Social Worker**