



St. George Hospital Peritoneal Dialysis Unit Newsletter

Issue 2 2014



Contact us



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Monday-Friday
7:30am–4:00pm

"In the middle of difficulty, lies opportunity." — Albert Einstein

"Sometimes travel is merely an opportunity taken when you can." — Ian Frazier

It has been brought to our attention that our PD unit has the most PD globetrotters! We are thrilled that most of you have taken advantage of the travel flexibility that PD offers. For those of you who have not dared to travel whilst on PD, it can be a pleasurable experience with some advance planning and preparation. This issue is dedicated to all you jetsetters!

We will also share some handy tips on how to keep you well during the holiday season and throughout the warmer months along with some important messages from the dietitian and the social worker.

And last but not the least, we welcome Mei as a new PD nurse. Most of you would know her from 4 South and she brings with her a wealth of experience and knowledge in renal nursing care.

Thanks for all your advise on this newsletter content. And thank you for being proactive about your dialysis, your health and your wellbeing.

Best Wishes,
Claire, Maria, Emma, Fiona, Vicki and Mei

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Message From The Dietitian

Did you know?
Your doctor will advise you of your daily fluid allowance.

If you take in more fluid than you need, it can cause:

1. Swelling of your face, feet and legs
2. High blood pressure
3. Difficulty breathing
4. More work for your heart
5. Discomfort and fatigue

What should you count in your fluid allowance?

Fluids are anything liquid at room temperature. It includes any solid food made from liquid or water and any food with high fluid content. Remember to count the following liquids in your fluid allowance:



All drinks:	Foods with high fluid content:
Tea Coffee Water Milk Soft drinks, cordials Soup Fruit and vegetable juices Alcohol	Items made from <u>milk</u> , e.g. milk puddings, custard, yoghurt, ice cream Fruit and vegetables Items made from <u>water</u> e.g. ice, ice-blocks, jelly, sorbets, gravies, sauces in casseroles



Baxter and the PD service are closed on public holidays.

PD unit's holiday closures are:

Thursday, 25th Dec

Friday, 26th Dec

Monday, 29th Dec

Thursday, 1st Jan 2015

Baxter's holiday closures are:

Thursday, 25th Dec

Friday, 26th Dec

Thursday, 1st Jan 2015

The Christmas and New Year period can bring up a lot of unexpected feelings for those of us who find we are unable to enjoy activities, or even food and beverages as much as our family and friends.

If you feel like you'd like some support to talk through these things, I'd love to lend you an ear! You're welcome to call me anytime during the week on 9113 2494.

Sometimes a little talking to get those things off your chest can go a long way!

Hannah, Social Worker



Travelling with dialysis



Plan for your trip 4 months ahead for international travel, or 1 month ahead for interstate travel by:

1. Choosing your accommodation and destination carefully:
 - Avoid travelling to areas with poor access to clean and safe water.
 - Most developing countries and cruise ships do not support the APD machine. If you are on APD, you will be converted to CAPD for the duration of your trip.
 - There is a shortage of PD supplies in some parts of Southeast Asia.
 - Some parts of Eastern Europe use a different PD company.
 - Know the location of the nearest dialysis unit, hospital or medical centre to your accommodation.
2. Once you know where you are going, the next steps are:
 - Ask your kidney doctor if it is safe for you to travel.
 - Inform the PD nurses of your travel plans. A holiday letter will be provided for you.
 - Arrange travel insurance.
 - Notify Baxter 90 days before an international trip or 3 weeks before an interstate trip.
3. A few weeks before your trip:
 - Request the special luggage container from Baxter for the APD machine.
 - Stock up on dressing supplies.
 - Planning to swim? Inform the PD nurses and take some special dressings for your PDC and exit site.
 - Ensure you have enough medications for the duration of your trip.
 - Carefully plan your dialysis schedule before and after a long flight.
 - Stay well.

Remember

1. Replace your back up PD fluid once used.
2. Order more back-up PD supplies to prepare for the holiday period.
3. Have your routine blood tests completed before the end of this year.
4. Bring your procard and PD record book to every renal clinic appointment.

Summer is here!

Summer is the perfect time to be active and have lots of fun!

For most of us, it means family get-togethers, picnics, outdoor activities, warm weather and lots of sun.

Here are some handy tips to stay safe this summer:

1. Keep your catheter exit site and dressing dry at all times.
2. Store dialysis fluid in a properly insulated room with room temperature below 30 degrees.
3. Stay well-hydrated but keep within your fluid restriction.
4. Cover your exit site and catheter with the special plastic dressing before swimming.
5. Wash your hands after participating in outdoor activities.
6. Bring your antibacterial hand sanitizer whenever and wherever you go outdoors.
7. Do not forget: **S**lip on a shirt, **S**lop on the 30+ sunscreen, **S**lap on a hat, **S**eek shade or shelter,