



# St. George Hospital

## Peritoneal Dialysis Unit Newsletter

Issue 2 2015

*"So remember while December brings the only Christmas day, in the New Year let there be Christmas in the things you do and say" - Anonymous*



### Contact us



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9 South St. Kogarah, NSW 2217  
Monday-Friday, 7:30am-4:00pm



**Swimming with a PD catheter is possible for most. Your PD catheter and exit site will need protection before you take the dip:**

1. Cover and secure 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
6. Contact the PD nurses for further advice

Christmas is just around the corner and it's warming up! Hopefully, you would have a number of exciting activities for Christmas and summer. This issue is to provide important reminders on the extra care you require for the holiday period. And will include how to enjoy the most of your holiday feasts and outdoor activities whilst keeping yourself well. We have also added disaster management advice due to the recent devastation in Kurnell, NSW.

An update from our social workers: We welcome Millie as our new Social Worker! Millie brings with her a wealth of experience and knowledge in assisting and counselling patients. Our previous Social Worker Hannah ventured into Supportive care and we wish her the very best in her new role. We also hope to welcome an outpatient social worker in 2016, so watch this space!

We wish you all a very Merry Christmas and a Happy New Year!!! Stay safe and well.

Best regards,

Claire, Maria, Emma, Fiona, Vicki and Lily

**Question:** What do I do about my peritoneal dialysis if there is a disastrous event in my area?

**Answer:** Contact the PD unit during office hours or 4S renal ward after-hours for advice as soon as you can. Be prepared that you may need to present yourself to the St George Hospital Emergency Department. You may need to stay in the hospital until it is safe for you to return home or other suitable accommodation is arranged.

### Important

1. Make sure you have enough dialysis stock for the Christmas and New Year period.
2. Have your routine blood tests completed before the end of December 2015.
3. Bring your PD record book and procard to every renal clinic appointment.
4. Call the PD unit for an appointment before you visit to avoid waiting.



## Public Holiday Closures



*Baxter and the PD unit are closed on public holidays*

***St George Hospital PD unit will be closed on:***

*25th December 2015, Friday*

*28th December 2015, Monday*

*31st December 2015, Thursday*

*1st January 2015, Friday*

***Baxter's Christmas closures are:***

*25th December 2015, Friday*

*28th December 2015, Monday*

*1st January 2015, Friday*



Summer heat can make you sweat more than usual. This means there may be extra moisture around your PD catheter exit site. Bacteria will thrive on the warm moisture making you more prone to infections. To maintain a healthy PD catheter exit site, you must always:

1. Wash & dry hands before touching the PDC exit site
2. Shower daily & change your PDC exit site dressing after shower
3. Examine your PDC exit site daily & keep it dry
4. Secure the end of your PD catheter with a tape to prevent from dangling
5. Attend to your PDC exit site dressing as you were taught by the PD nurses
6. Remember not to soak in the bath

Also, extra care is necessary during summer to better protect your PD catheter and exit site:

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

For any changes or concerns regarding your exit site, contact the PD nurses immediately.

## Happy and Healthy Christmas Eating Tips

**By Dr Maria Chan**

Don't let any dietary issues such as fluid overload, itchiness and high blood potassium trouble you during the festive season. Here are some tips to avoid these issues and help you enjoy your meals and drinks:

- \* Try to maintain usual healthy eating practice for your peritoneal dialysis treatment
- \* Plan your meals and fluid intake
- \* Choose the right food and drinks at home and eating out
- \* Limit salt and salty foods as these make you thirsty and drink more
- \* Have your phosphate binders with every meals and snacks
- \* Some of you may need to limit potassium in your diet. Some of the traditional Christmas treats can be very high in potassium, so try to eat sensibly. For those who don't usually have problems with potassium, do not overeat high potassium foods too
- \* Eat and drink in moderation!!!

