

WHAT SHOULD YOU BRING?

There will be a few things to bring with you for the duration of your PD training:

1. Reading glasses, if you have difficulty reading
2. Hearing aids, if you have difficulty hearing
3. Glucometer and insulin, if you have Diabetes
4. Any regular medications you must take during training
5. During your rest period, you may bring a laptop, portable DVD player, books, magazines or puzzles.
6. Wear comfortable clothing and shoes
7. You may bring a neck pillow
8. If you are on a special diet and/or drinks, please bring it with you at training. Cold lunch of sandwiches and tea/coffee will be provided to you and a family member.

More education materials will be given to you at training. You will receive a PD record book and the PD nurse will teach you to record your dialysis information.

You may request the PD nurses or Social Worker for a voucher to have a discounted parking spot near St George Hospital for the duration of your PD training.

Contact the PD CNC/nurses if you have any questions.

PREPARATION TO GO HOME

Before PD training is completed, PD nurses will arrange for the dialysis supplies to be delivered into your home.

After PD training is completed, a follow-up home visit is immediately arranged by the PD nurses to help you set-up at home. More home visits may be scheduled until you are confident to do your own dialysis at home. A list of contact phone numbers is also given for any further advice

IMPORTANT

PD support is only a phone call away.

For further information contact:

Peritoneal Dialysis Unit
Monday — Friday 7.30 am — 4pm
02 9113 3770

Or

4 South Medical Ward
After Hours, Weekends & Public Holidays
02 9113 3458

For technical support, contact:

Baxter Technical Support
24 hours a day, 7 days a week
1800 063 093

To order dialysis supplies and for delivery issues, contact:

Baxter Customer Support
Monday—Friday 08.30 am — 5.00 pm
1800 229 837



Reviewed By
Community Advisory Group
Working together

Peritoneal Dialysis Training



Health
South Eastern Sydney
Local Health District

INTRODUCTION

You have been referred for home dialysis in the form of peritoneal dialysis (PD). This pamphlet informs you about the preparation and training required, including the role of the PD nurses.

WHERE IS THE PERITONEAL DIALYSIS UNIT?

St George Hospital's PD unit is located in St. George Renal Care Centre, 9 South St. Kogarah. The cottage next to Mental Health Unit.

WHEN IS THE PD UNIT OPEN?

The PD unit is open Monday to Friday, from 07.30am to 4:00pm

For CAPD (manual dialysis) training, you will be required to attend the unit twice a day, come in at 8:00am then again at 2:00pm for 5 days

For APD (machine based dialysis), you will be required to attend the unit from 8:00am to 3:00pm for 10 days

You do not stay here overnight and there is no training on weekends or public holidays

PD training will be provided until you are competent to perform your own dialysis at home.

ACCOMMODATION OPTIONS

If you live far from St George Hospital, you can arrange temporary accommodation at Bezzina House. Cancer care patients have first priority so it is best to make arrangements with Bezzina House early or stay with your family/friends for the duration of your training.

STARTING DIALYSIS

To start PD, you will need to have a procedure to insert a PD catheter in your abdominal region, specifically the peritoneal cavity. New PD catheter is usually not used for up to 3 weeks. Sometimes patients may need haemodialysis before starting PD training

WHAT HAPPENS AT TRAINING?

The PD nurse will demonstrate the PD procedure to you until you learn it. You will have plenty of opportunities to practice the PD procedure under the supervision of a PD nurse. Written instructions will be given to assist your learning. Dialysis and education will be provided to you throughout your stay. You will also learn how to care for your PD catheter and exit site including dressing change.

Training time varies from 5 days to 3 weeks. Everyone is trained at their own pace. You will be sent home to dialyse yourself once PD training is completed. We do not send you home until you can competently and safely attend to your own dialysis, dressing change and manage PD related complications.

DO YOU NEED A HELPER?

Patients choose home dialysis like PD because they can maintain their independence and take control of their own treatment. Before making the decision to choose PD, your needs would have been discussed at the renal options clinic and the Pre-PD assessment and education session with the PD nurse. Should you require assistance, your helper may also be trained on PD or stay with you for the duration of your training. If a helper is not necessary, it is still ideal to nominate a close family member (preferably someone who lives with you) to attend PD training for your back-up support. Partners, family members or close friends are welcome to visit you whilst training.

STORAGE AND WASTE

Boxes of PD fluid will be delivered to you monthly and must be stored in a clean, cool (away from direct sunlight and properly insulated), dry and pest-free area. There will also be extra waste to dispose of, you will need to contact your council to organize a bigger or an extra rubbish bin. You may also be eligible to be part of the Baxter recycling program.

REQUIREMENTS

A list of requirements to set-up your home for dialysis will be discussed and provided to you by the PD nurse i.e. digital weigh scale, liquid antibacterial soap, paper towels, methylated spirit, spray bottle & work table or trolley for the PD machine.