

St George and Sutherland Renal Department

Home Haemodialysis Patient Information

The Sydney Dialysis Centre (SDC) is located in St Leonards and provides comprehensive training, nursing and technical follow-up for patients of St George and Sutherland Dialysis Units. For the convenience of patients, SDC has established a satellite home haemodialysis training unit within St George Fresenius Medical Care, which means training is available closer to home and can be tailored to fit around work commitments, if necessary. Home haemodialysis training is individual and usually takes between 8-10 weeks, however, the time frame is tailored to each patient's needs and the final part of training is held within SDC at St Leonards.

What are the benefits of Home Haemodialysis?

- Home haemodialysis makes it possible for you to remain independent instead of having to fit in with rigid routines, a “sick” hospital environment and the risk of cross infection from other patients.
- Home haemodialysis allows flexibility with days or hours of dialysis treatments and can be done whilst asleep, leaving your days free for work, school and recreation.
- Our data from quality of life surveys repeatedly identifies home haemodialysis as the dialysis option which promotes the best quality of life.
- Home haemodialysis provides the opportunity for successful rehabilitation and continued employment.
- Time, money and difficulties in arranging transport are saved by not having to travel to dialysis three times every week.
- Home haemodialysis comes with good follow up support in the home by trained staff, including nurses and technicians.
- Fewer problems with your fistula or graft are experienced, because the same person is putting in the needles every time.
- Home haemodialysis is good for patients who are located away from hospitals, as home haemodialysis reduces the need for patients to come to hospital.
- You can perform home haemodialysis if you live alone.

But most of all home haemodialysis offers flexibility and improved quality of life

Because you are at home, you are not restricted to the usual three times a week dialysis for a set number of hours. Many home haemodialysis patients now dialyse every second day or overnight. Longer hours of dialysis mean better clearance of waste and fluids from your body. Kidneys normally work 24 hours a day, therefore, longer and/or more frequent dialysis will make you feel better, stronger and reduce your restrictions and reliance on medications that may no longer be required.

What are the benefits of more frequent & longer dialysis?

- Dialysis related symptoms like lethargy, post dialysis headaches, cramps etc are significantly reduced.
- Fluid control is improved and restrictions on fluid intake can be eased.
- Restrictions on foods that contain potassium and phosphate can be relaxed
- Quality of sleep is improved
- Less medication required e.g. blood pressure and phosphate binders
- Sexual desire and activity is improved
- General physical, mental and long term health outcomes are improved.

In total, SDC cares for approximately 150 patients on home dialysis. STGH have around 50 patients who perform their haemodialysis treatments at home. Most patients do 5-6 hours of haemodialysis every second day. About 25% of our patients perform nocturnal (at night) dialysis for 8-10 hours and approximately 35% of our patients perform dialysis solo (without any support from family or friends).

Who is suitable to do home haemodialysis?

People who have:

- Motivation to succeed and are self reliant at home
- Good eyesight
- Good hand dexterity
- The ability to understand the concepts of home haemodialysis
- Good vascular access (fistula or graft)
- Space at home for equipment
- Good general health, memory, alertness and mobility.
- Enthusiastic patients who are willing to learn

What are the costs for home haemodialysis?

The dialysis machine, water filters, dialysis fluids, disposables and blood pressure machine are provided to patients without charge. Nursing and technical care at home is also provided at no charge. Water and electricity costs are subsidised to assist with encouraging patients to stay at home. Plumbing installation in your home is arranged by you and up to \$800 will be reimbursed by the dialysis company. At present, patients are responsible for the cost of a chair, a side table, a set of digital scales, a phone, a torch, floor covering and storage for dialysis supplies. A recliner chair is recommended for daytime or evening dialysis. Overnight dialysis is usually performed in the patient's bed. The following small items are also required: liquid soap, paper towel, a pair of scissors and household garbage bags.

What kind of house modification is required?

Haemodialysis uses large amounts of water; as a result, plumbing modifications in the dialysis room are required for the machine. The training nurse will provide you with a plumbing diagram. You may need to provide modified power points for the dialysis machine. The SDC technician, who will visit your home as part of the home inspection, will mark the power points requiring modification for the electrician and will discuss a suitable location for the dialysis machine and plumbing. These should only be fitted by a qualified plumber and electrician.



Figure 1, Haemodialysis machine & reverse osmosis machine

How much dialysis space is required?

The choice of the room used at home for dialysis is up to you. Think about where you wish to spend your time whilst on dialysis. You will need a minimum of 2.5metres by 2.5metres of clear space, for a chair and the machinery. You also need an area equivalent to a wardrobe, for the storage of dialysis supplies. A combination of shelving and an open area is ideal.

Home support

The 24 hours on call trouble shooting service is available for all patients, if you come across any problems dialysing, such as machine alarms. Additionally, a home haemodialysis nurse will attend home visits every 3 months and a dialysis technician will service your home dialysis machine every 6 months.

What do the home haemodialysis patients think?

“I do haemodialysis at home and I have been on it for a few years now. You can do it when ever you want but I have a routine of every second day. I get up early and I am finished by lunchtime. I know my own machine and I know my own arm and where to put the needles. I have control over the whole process” JS

“Home haemodialysis is more flexible. I do dialysis every second day and I work three days a week” Wendy



Figure 2, Patient performing haemodialysis in her lounge room

Being Assessed for Home Haemodialysis

If your kidney doctor or renal nurse believes you could benefit from home haemodialysis, they will arrange for a home training nurse to speak with you. If you are already attending the hospital or satellite unit, you can talk with your kidney doctor or the home training nurse about the possibility of doing home haemodialysis.

You (and your partner if applicable) will then attend an interview conducted by one of the nursing staff at SDC. This will allow you to fully discuss what is involved for both of you in the training and on-going care at home. The nurse will also assess your vascular access and suitability for home haemodialysis. Your name will be placed on a waiting list at St George Fresenius Medical Care and every attempt will be made to commence your training at the same time as you are required to start having dialysis, if you have not done so already.

Access to undercover parking at the Satellite Clinic

If you are driving to Satellite Clinic for training, underground parking is available free of charge. Please inform your training nurse if you require parking and directions and pass will be provided.

Further information

Additional information about home and nocturnal haemodialysis is available from the following.

- ❖ Sydney Dialysis Centre (SDC)
Tel: 94629400 Address: 2C Herbert St, St Leonards NSW 2065
- ❖ Kidney Health Australia
Tel: 1800 454 363 or email: khis@kidney.org.au, www.kidney.org.au
- ❖ Nocturnal Dialysis
www.nocturnaldialysis.org.au



Figure 3, Patient performing nocturnal haemodialysis

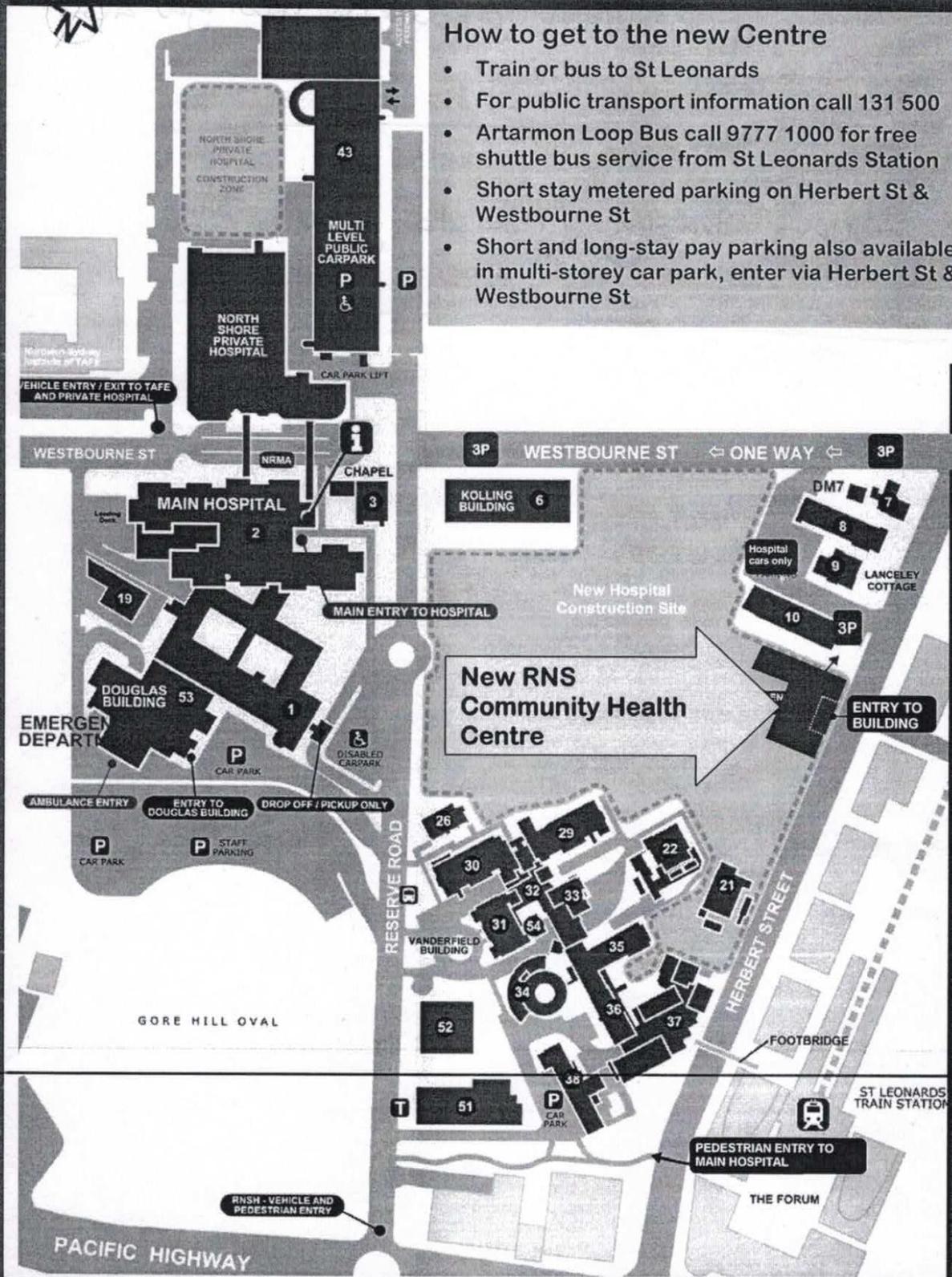
References:

1. SDC Training Manual
2. Kidney Health Australia Home Haemodialysis: a treatment option brochure
www.kidney.org.au

Sydney Dialysis Centre

RNS Community Health Centre

Level 4, 2C Herbert St, ST LEONARDS.



How to get to the new Centre

- Train or bus to St Leonards
- For public transport information call 131 500
- Artarmon Loop Bus call 9777 1000 for free shuttle bus service from St Leonards Station
- Short stay metered parking on Herbert St & Westbourne St
- Short and long-stay pay parking also available in multi-storey car park, enter via Herbert St & Westbourne St

Sydney Dialysis Centre

For after hours emergency help call RNSH on 9926 7111 and ask for the SDC Nurse or Technician On Call.