

Home haemodialysis

Department of Renal Medicine Patient Information Leaflet

Introduction

The information contained in this booklet is for:

- Patients waiting to go on the haemodialysis programme.
- Patients already having haemodialysis who have a catheter or fistula.
- Patients having peritoneal dialysis.

It contains information on what dialysis at home involves, the training we will give you and the support we offer.

Please note that the information in this booklet is only a guide. If you need any more information or have any queries, please speak to the Renal Unit staff.

The Renal Unit is trying to encourage more patients to have their dialysis at home.

If you would like to discuss this treatment option, please contact:

- Home haemodialysis sister on 01384 244384 or
- Speak to one of the Renal Unit staff

What is haemodialysis?

People who have chronic kidney disease (CKD) have lost the normal functions of one or both of their kidneys. Usually the kidneys filter blood and remove waste produced by the activities of the body. When the kidneys no longer function correctly, the waste produced by the body cannot be removed by the affected kidneys. The build-up of these toxins can be fatal, if you are not treated.

One way of getting rid of the waste is to connect you to an artificial kidney machine. This process is called **haemodialysis**. It involves diverting your blood into an external dialysis machine, where most of the waste is filtered out. The purified blood is then returned to your body.

What are the benefits of dialysis at home?

Having kidney failure and needing dialysis will have a big impact on your life. However, having your dialysis at home can help to reduce this impact.

People who receive dialysis, either in the hospital or at one of our satellite units, will need to attend for dialysis three times a week, for at least four hours. They may also spend another two to three hours waiting around for transport, or waiting to go onto the dialysis machine.

Dialysis at home gives you the option to dialyse at a time that suits you. You will have the flexibility to change your days to fit around your work and social life. Home dialysis will also give you the option to increase your hours of dialysis. This may then mean your diet and fluid intake do not need to be so strict.

What do I need at home?

You will need to have special equipment set up in your home for the dialysis. This is provided free by the hospital.

The amount of space needed is quite small and the equipment can be set up in either a spare room, conservatory or even in a corner of your living room (see figure 1). Any space you have available will be considered. You will also need some storage space to store your dialysis lines and fluids etc.



Figure 1 shows a typical home haemodialysis set up

We can organise for the equipment to be set up in your home in a few months. This can be started as soon as you begin your training.

The equipment consists of:

- a dialysis machine. This will be placed on a plastic tray along with a water treatment tank
- a reclining chair
- some scales

Water and electricity are needed to dialyse at home. The hospital will arrange financial help towards the cost of this, based on an average calculated amount.

Is there any other financial help?

As your home is being used to carry out dialysis, you can apply for a reduction in the amount of council tax you pay. Your carer or partner may also be able to apply for a carer's or attendance allowance.

What training will I be given?

If you decide to have dialysis at home, we will need to train both you, and a partner or carer to help you.

The training takes place in the Renal Unit. Both Renal Unit staff and the home haemodialysis (HHD) sister will be involved in this training.

Once you have had the training, and both you and the HHD sister are happy with this, we will discuss a date with you to start dialysis at home. The HHD sister will come to your home for each dialysis treatment, for as long as you need. You will not have to cope on your own until you feel totally confident to do the dialysis on your own.

What other support will I be given?

If you chose to do your dialysis at home, support will always be available for you. You can phone the Renal Unit for help at any time – a nurse and technician are on call during the night.

We will visit you at home if you want to discuss any specific treatment concerns.

One of our Renal Unit technicians will aim to visit you at least monthly to check your dialysis equipment and the water quality.

In addition, we will send you regular clinic appointments to see your consultant. These clinics are held in the Renal Unit.

What else do I need to do?

You will need to come to the Renal Unit every month to have blood tests, unless you feel confident to do the tests yourself. At this appointment, we will give you iron treatment if you need it. You will also have the opportunity to discuss your treatment in general.

Contact information

The Renal Unit on 01384 244384

7.30am to 8pm, Monday to Saturday

9am to 5pm, Sunday

Ask to speak to a vascular access nurse (VAN) or a member of the haemodialysis staff, if a VAN is not available.

Out of these hours, ring the hospital switchboard number and tell them you are a renal patient. Ask to speak to the haemodialysis nurse on call.

Remember: the renal team is always willing to give help and advice. Please contact us, however small your query.

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/renal/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

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Aceasta brosură poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

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