

An Introduction to Sharing Haemodialysis Care

Renal

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Ron from Maurice Jackson Renal Unit says:

"Since recently starting my shared care treatment it has been very beneficial to me to learn more about how dialysis is helping. I have increased understanding of what is happening on a session by session basis. Shared care has helped me feel more in control and I would recommend anyone who is capable of doing this to have a try. There is no pressure on you from the renal nurses and if you find it is not for you- so be it. Nothing ventured- nothing gained."

Read on to find out about:

- Taking control
 - What does it mean for me?
 - What can I do for myself
 - How do I get started
- What are the benefits?
 - What if it is not for me?
 - Who do I contact

Taking Control

When you are told you have a long term condition such as kidney disease and need dialysis, you can feel that you have lost control, particularly as treatment requires so many changes to your life.

Whilst we are used to having healthcare provided, we often have a more positive outlook, feel better and more in control when we are involved in our own care.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Evidence gathered from dialysis patients who have participated in their own care show and say that they:

- Gain a better understanding of their condition and treatment
- Become experts in their own care
- Gain both in control & confidence
- Feel better in themselves
- Have a sense of independence.

What does Sharing Haemodialysis Care mean for me?

Shared care gives you the opportunity to participate in as much or as little as you want for yourself, supported by the nurses. As you gain confidence you may choose to gain more skills whilst remaining on a dialysis unit.

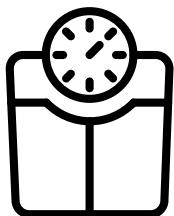
However you also have another option, you could choose to dialyse at home which may give you increased freedom and less of a rigid regime.

The choice is yours!

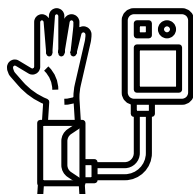
If you require information about home haemodialysis please ask your Dialysis Nurse to refer you to the Home Haemodialysis Team.



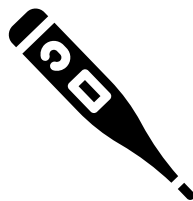
What can I do for myself?



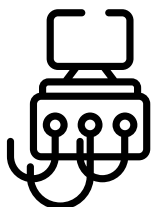
Recording your weight



Recording your blood pressure and pulse



Recording your temperature



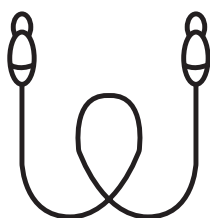
Setting up your dialysis machine



Preparing your dressing pack



Programming your prescription on the dialysis machine



Putting your needles in or preparing your dialysis access line



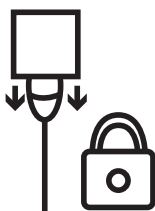
Connecting your lines and starting dialysis



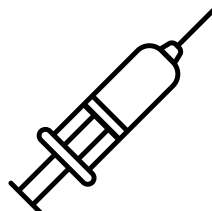
Responding to alerts from your dialysis machine



Disconnecting lines and completing your dialysis



Applying pressure to needle sites after dialysis or "locking" your own dialysis access line



Administering any of your injections

How do I get started?

You can approach your Dialysis Nurse and ask about the Shared Haemodialysis Care Patient Handbook. Together you can choose the procedure you are interested in. As you learn and become more confident, you and your nurse will decide when you are experienced and safe enough to carry out the procedures on your own.

What are the benefits for me?

- Increased control over my treatment
- Possible reduction in my waiting time
- Greater understanding of my condition and haemodialysis treatment
- Becoming an expert in my condition and haemodialysis treatment
- Increased confidence
- Independence to a level I choose
- A stepping stone to home or self-care dialysis if that is what you would like to do
- Confidence to dialyse on holiday
- You can feel less discomfort when needling your own fistula.

What support will I get?

The nursing staff are always available to provide help and support when you attend for your dialysis treatment.

What if I decide Shared Haemodialysis Care is not for me?

No Problem!

We realise shared care haemodialysis does not suit everybody and if this is the case your treatment will continue to be carried out by the nursing staff.

Want to know more about Shared Haemodialysis Care?

Speak to your Dialysis Nurse.

Leaflet adapted from Yorkshire and the Humber Sharing haemodialysis care literature with permission. Information added from Kidney.org.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。