

Home Therapy Options for Dialysis

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Home Therapy Options for Dialysis

Welcome to the Home Dialysis Unit at the Queen Elizabeth II Health Sciences Centre (QEII). We are located on the 6th floor of the Dickson building, Victoria General (VG) site. We are open Monday to Friday, 7:30 a.m. to 3:30 p.m.

Staff in the Home Dialysis Unit teach patients how to do dialysis treatments at home, including:

- Peritoneal Dialysis
 - › CAPD (Continuous Ambulatory Peritoneal Dialysis)
 - › Cycler Dialysis™ (Nightly Automated Peritoneal Dialysis)
- Hemodialysis
 - › Conventional (3 days per week)
 - › Short Daily (6 to 7 days per week)
 - › Nocturnal (5 to 6 nights per week)

The Home Dialysis Unit will contact you with an appointment for your training. You are welcome to bring a friend or family member to help with your dialysis training, if needed. Please do not bring more than 2 extra people.

Where will I stay?

If you live more than 40 km (25 miles) from Halifax, your room and a portion of your meals will be provided by Point Pleasant Lodge. There is a taxi service that will take you from the Lodge to the VG site – 1 round trip each day. If you need a helper with your dialysis training, their room, meals, and transportation are also provided. **We will only pay for 1 extra person.**

Please note: the rooms at Point Pleasant Lodge are mostly shared rooms, so you may have a roommate. A bag lunch will be provided by the Home Dialysis Unit on training days.

If you stay at Point Pleasant Lodge:

Our ward clerk will book a room for you and your helper (if needed) at the Lodge for the night before your first training session. To confirm your reservation, please call the Lodge at 902-421-1599 before 10 a.m. on the day you plan to arrive. On the day of your appointment, come to the Home Dialysis Unit, 6th floor Victoria Building at 8 a.m.

Dialysis training

- A nurse will explain how dialysis is done and show you how to do it. You will then practice doing your own dialysis until we feel you can safely and comfortably do it on your own. You will not be on your own until your nurse feels you are ready.
- You will get an information manual with instructions for your procedures to take home with you.
- The Home Dialysis Unit always has a nurse on call to handle emergencies, including after hours, on weekends, and on holidays.

Supplies

The Home Dialysis Program provides supplies for home dialysis. There is no cost to you.

A nurse will teach you how to order supplies for your dialysis treatments.

Follow-up

When your training is finished, you will become a member of our Home Dialysis Program.

One of our nephrologists (kidney specialists) will follow your care. You will return to the Unit in about 1 month for a check-up. If your nephrologist feels you are doing well, you will be scheduled to return for check-ups on a regular basis. Clinic staff will give you your appointment dates.

This pamphlet is just a guide. If you have questions, please talk to your health care provider. We are here to help you.

Types of dialysis

Peritoneal dialysis

Peritoneal dialysis is a type of dialysis that removes extra waste products and fluids. Inside your abdomen (stomach area), a thin membrane called the peritoneum forms a sac around many of your organs. It is called the peritoneal cavity.

The dialysis fluid enters the peritoneal cavity through a tube called a peritoneal dialysis catheter. This will be placed on one side of your abdomen, above or below your belly button during a short surgery in the operating room. After surgery, your health care team will decide if you will stay overnight in the hospital or if you can go home.

The catheter may exit through your abdomen or through your chest. This decision will be made by you and the dialysis team.

Caring for the catheter

Special care must be taken to make sure that your incision (cut) heals well and is free from infection. We will arrange for Home Care nurses to come to your home and change the dressing once every 7 days (1 week) for about 4 to 8 weeks (1 to 2 months) while the incision heals. We will order supplies and give them to you for this.

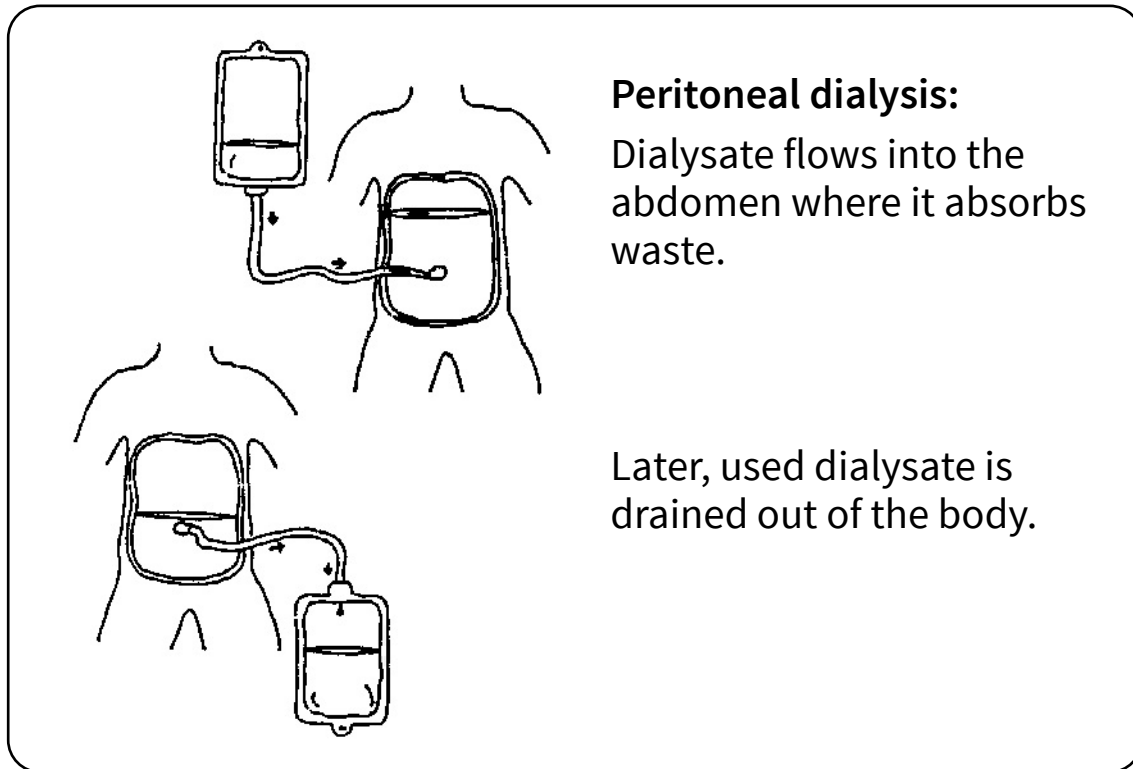
The incision must heal for at least 3 weeks before the catheter can be used for CAPD (Continuous Ambulatory Peritoneal Dialysis).

A nurse from the Home Dialysis Unit will call you with an appointment for your peritoneal dialysis training. Training usually takes 4 to 5 days to complete.

The peritoneum is a good filter for dialysis because:

- The peritoneum has tiny holes that let small particles (such as blood waste products) and fluids pass from one side of the membrane to the other.
- The peritoneum has millions of small blood vessels. These blood vessels carry the waste products and fluids that need to be filtered into contact with a cleansing solution (dialysate). When the peritoneal cavity is filled with the cleansing solution, waste products and extra fluids that have built up in the bloodstream move through the holes in the membrane and into the solution. When the peritoneal cavity is drained, the extra waste and fluids are removed. Fresh cleansing solution is then used to restart the process. Draining the fluid in the peritoneal cavity and refilling it with fresh fluid is called an “exchange”.

Good personal hygiene, wearing a mask, proper hand washing, and equipment checks are all important during peritoneal dialysis.



2 types of peritoneal dialysis

CAPD (Continuous Ambulatory Peritoneal Dialysis)

An exchange is done 4 to 6 times each day (for example, 7 a.m., noon, supertime, and bedtime).

With the last exchange of the day, the solution stays in the peritoneal cavity overnight while you are sleeping.

Each exchange takes about 30 to 45 minutes. It should be done in a clean, well-lit room with the windows and doors closed. Pets must not be in the room during procedures. They can carry bacteria and interfere with equipment, which may lead to infection.

Cycler or CCPD (Continuous Cycling Peritoneal Dialysis)

A machine, called a cycler, is used to drain and fill the peritoneal cavity while you sleep. The cycler can also be used to do 1 to 2 exchanges during the day.

The machine weighs about 25 pounds (about 11 kg) and can be taken with you if you are away from home.

Advantages

- Independence
 - › Many people are able to do their own peritoneal dialysis and may not need someone to help them.
 - › Once your catheter exit site has healed, it is OK to get it wet as long as it is chlorinated (like a swimming pool) or salt water (like the ocean).
- Flexibility
 - › You can choose the times because you are doing the dialysis. It can be done at your workplace or anywhere you visit, as long as it is in a closed room.
- Travel
 - › Travelling is easy. You can take your supplies with you or, for air travel, you can have supplies shipped to your destination address.

Disadvantages

- You must do 4 to 6 exchanges every day.
- There is a permanent catheter in your abdomen.
- Infection
 - › Your peritoneal cavity could get infected.
 - › The skin around the catheter could get infected.
 - › Follow the procedures to avoid infection.
- Lifting
 - › Try not to lift more than 25 pounds. Your health care team will talk about this with you.
- If your catheter exits through your abdomen, you cannot take a tub bath. If it exits on your chest, you can take a tub bath.
- Supplies for peritoneal dialysis will be delivered to your home each month. A company representative will call you a week before the delivery to find out what supplies you need. You will be asked to provide your own heating pad and scissors. Please bring these with you to Point Pleasant Lodge when you come for training.

Healthy eating

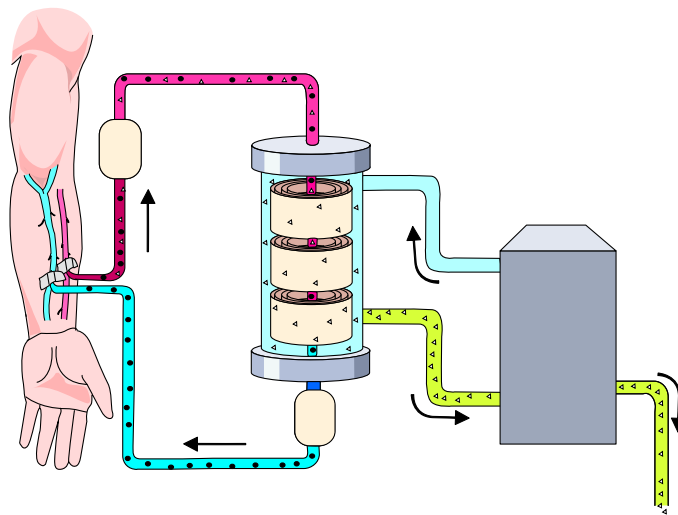
The foods you eat are an important part of your treatment. A dietitian will meet with you during your training and at your check-up visits, to help you learn about the best foods for your health needs.

- If you are doing peritoneal dialysis, you need to eat foods high in protein diet, plus fruits and vegetables every day.
- Limit sugar, sweets, and high fat foods. This is because the dialysate (solution used during dialysis) bags have a type of sugar called dextrose. Your body can absorb (take in) the dextrose when you do an exchange.
- Follow a low sodium (salt) diet to help you control your blood pressure and fluids.
- High blood potassium levels are not usually a problem for most people doing peritoneal dialysis, as potassium is cleared well by the dialysis.

Hemodialysis

The term 'hemodialysis' comes from 2 words. 'Hemo' means blood, and 'dialysis' means cleaning the blood with an artificial kidney (dialyzer) instead of with your own kidneys.

Dialysis using the bloodstream



The blood flows into the dialyzer, is cleaned, and is then returned to your body. The dialyzer has a space for blood and a space for dialysis fluid.

Dialysis fluid is a special fluid which helps get rid of the waste products and extra fluids from the blood. New blood and dialysate constantly flow into the dialyzer and waste products and extra fluids constantly flow out.

Only a small amount of blood is out of your body at a time.

Access

There are 2 ways to access your blood:

- › AV Fistula
- › Tunneled Hemodialysis Catheter.

What is an AV fistula?

A fistula gives access to your bloodstream for dialysis. It is made by joining an artery and a vein during a short surgery in the operating room. It usually takes 6 to 8 weeks for the fistula to heal so it is ready to be used for dialysis. When the fistula is ready to have needles inserted (put in), it can then be used to connect you to the dialyzer.

For some people, a fistula is not an option. Instead, a tunneled hemodialysis catheter will be inserted in your chest.

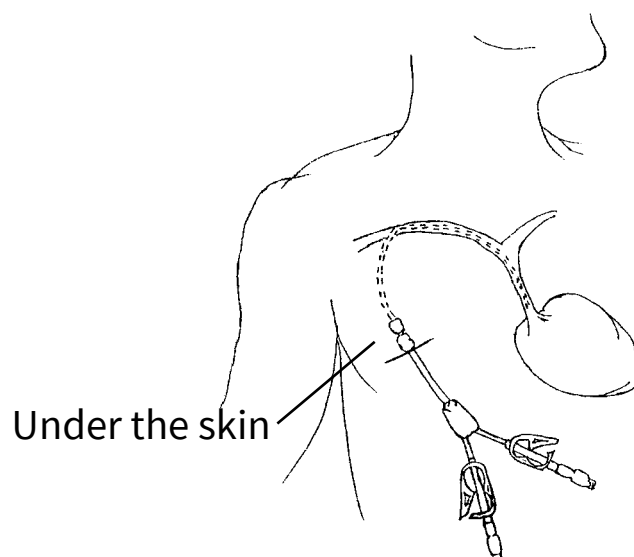
What is a tunneled hemodialysis catheter?

A tunneled hemodialysis catheter is a tube made of special plastic that is used for dialysis.

A doctor inserts the catheter under the skin of your chest into a large vein leading to your heart.

The catheter has 2 lumens (tubes) coming from your chest.

One lumen is used to carry blood from your body to special tubing connected to the dialyzer. The other lumen returns the cleaned blood back into your body.



Home hemodialysis

There are 3 options for home hemodialysis. You and the dialysis team will decide together which option is best for you.

1. Conventional

This type of hemodialysis is usually done 3 to 4 times a week, every other day with one 2-day break (for example, Monday/Wednesday/Friday or Tuesday/Thursday/Saturday). Each treatment lasts 4 to 5 hours.

2. Short daily

This type of hemodialysis is done 6 to 7 days a week for 2 to 3 hours each day.

3. Nocturnal

This type of hemodialysis is done overnight 5 to 6 nights a week, for 7 to 8 hours, while you sleep.

Advantages

- Less travel for treatments
- Fewer transportation costs
- Less time in hospital
- Flexible – suits your schedule
- More independence and control over your time
- Depending on the type of hemodialysis you choose, you may have days off
- Less restrictions on foods with short daily or nocturnal dialysis than with conventional hemodialysis

Disadvantages

- Not as easy to travel as with peritoneal dialysis. More planning is needed for a dialysis unit to accept you as a patient during travel
- Food restrictions (if conventional dialysis is chosen)
- You may need someone to help you

To do home hemodialysis

You must have a good working fistula or a tunneled hemodialysis catheter.

We will teach you (or your helper, if needed) how to insert the needles in your fistula or how to connect to your tunneled hemodialysis catheter.

Your vital signs (such as blood pressure and heart rate) must be within a safe range and you must feel well during and after treatments.

Your safety is our first priority.

Training is done by a nurse, one-on-one and usually takes place over 6 to 8 weeks, 4 to 5 days per week.

You may want to have someone to help you when having your dialysis treatment. It is up to you whether you want or need someone to help you during home hemodialysis. If you want or need someone to help you, this person will attend the training session with you. They may be a family member or a friend.

You must have a space in your home that is large enough for a hemodialysis machine, a water treatment system, your chair, and supplies.

You need a La-Z-Boy® style chair which will go flat with the feet up, or a bed if you are choosing nocturnal hemodialysis.

There must be enough room so a person can move around your chair.

The dialysis room must have good lighting and a phone.

Special electrical outlets, a drain, and a water supply need to be placed in your home. The hospital will cover the installation costs.

A dialysis technician will install the water treatment system. This will not be done until you start training. Any reversal or removal of these items will be at your own expense.

Additional renovation costs will be at your own expense (such as flooring, cupboards, etc.).

You must have supplies.

You will need an area where you can store 20 to 24 medium-sized boxes each month in your home. Your supplies must not get wet or freeze. You will also need a few supplies in your dialysis room.

Supplies for hemodialysis will be delivered every month or 2 depending on the company.

Healthy eating

If you are doing home hemodialysis, you need to eat foods low in sodium, phosphorus, and potassium. A dietitian will meet with you during your training and at your check-up visits, to help you learn about the best foods for your health needs.

Special considerations

If you live in an apartment, you must have written permission from the landlord to have the hemodialysis machine and water system installed in your apartment.

Tenant or home insurance is strongly recommended.

Nurses or biomedical technicians (people who check and fix your dialysis equipment and water system) will need to visit your home (by appointment). Your health care team will arrange these visits as needed.

What are your questions?

Please ask. We are here to help you.

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

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The information in this brochure is for informational and educational purposes only.

The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.