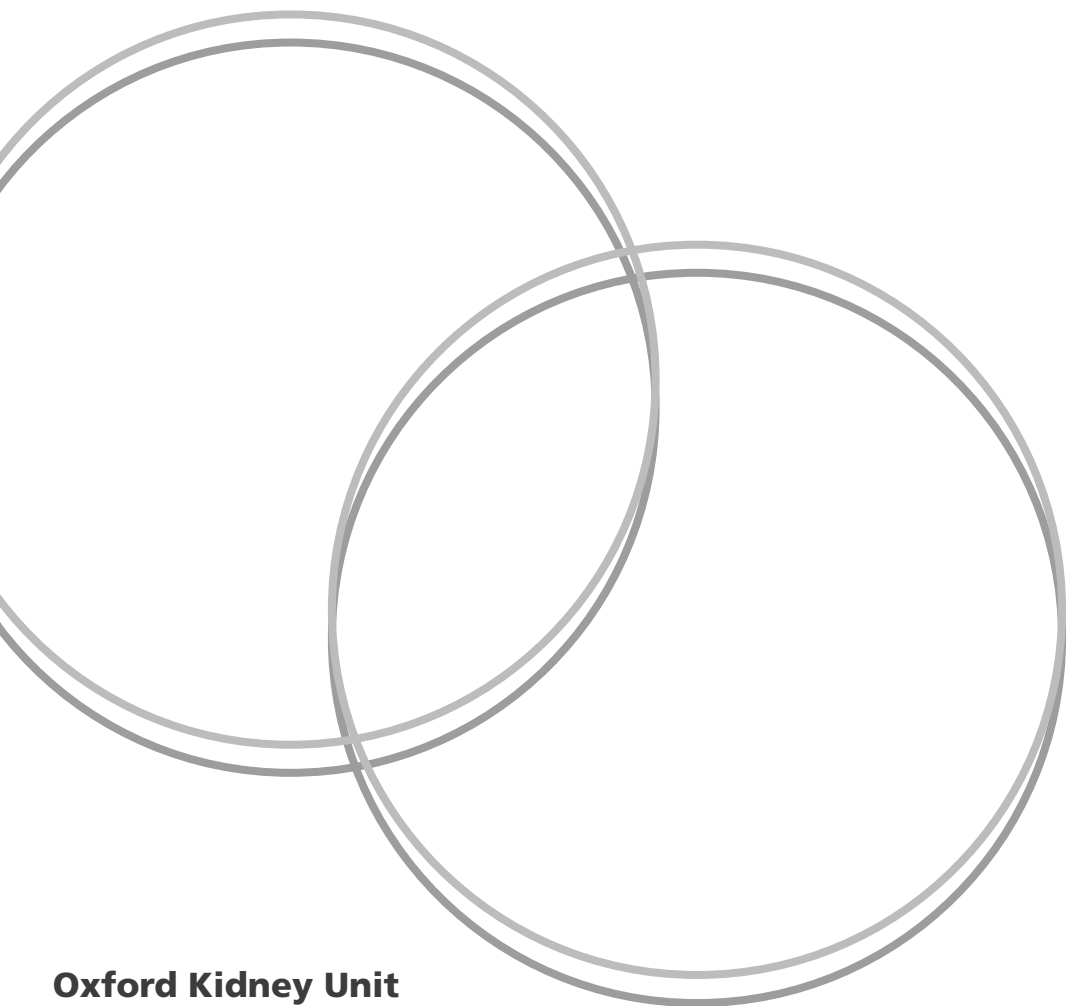




Oxford University Hospitals
NHS Foundation Trust

Home Haemodialysis

**Information for people who are
considering home haemodialysis**



Oxford Kidney Unit

Haemodialysis (HD) is treatment for chronic kidney disease. It can be performed at home or in a hospital.

Home haemodialysis provides you with flexibility with your treatment. It is versatile as you can choose when and how often you would do your treatments, i.e. some people choose to do 3 hours, 4 times or 2 hours, 6 times per week.

A home HD, home therapies nurse or a home dialysis technician can help with any decisions you need to make. It is also useful to talk to people who are doing haemodialysis at home.

There are also a number of charities that have lots of useful information. You will find a list of these near the back of the leaflet.

How does haemodialysis work?

Haemodialysis is a treatment where blood is taken from the body to a dialysis machine, where the blood is cleaned. The cleaned blood is then returned to you. We will need to access your blood stream through a tunnelled line or haemodialysis fistula.

As your blood passes through the dialysis machine, waste products and excess water are removed by the 'artificial kidney' before your cleaned blood returns to you. With hospital haemodialysis, each dialysis session lasts for around four hours and most people need three sessions each week (e.g. on Mondays, Wednesdays and Fridays).

We know that for some people this regime doesn't work. It may make working difficult or doesn't provide enough dialysis. This is especially so if you no longer pass urine.

What are the benefits of having home haemodialysis?

- You can choose the time that you dialyse (some people dialyse overnight while they sleep).
- Less travelling to hospital, so you don't have to rely on transport.
- With home HD you can decide with your kidney team how often and how long you dialyse, for example you may decide to have shorter, more frequent dialysis sessions (e.g. 5 to 7 days per week for 2 hours at a time). This works very well for people who have a lot of intradialytic weight gains (a lot of fluid to remove between dialysis sessions).
- Better blood pressure control.
- Better potassium level (you may be able to be less strict with your low potassium diet).
- Better fluid balance (you may be able to drink a bit more fluid on daily HD).
- Fewer medications.
- Fewer cramps on dialysis.
- Better quality of life people on home HD, say they are less tired and have more energy.



What do I need to think about before starting home haemodialysis?

If you have other medical conditions, then home dialysis may not be suitable for you. Your kidney team will discuss this with you.

3 times a week haemodialysis regime does not suit everyone. Such as your blood pressure falls when you try to remove too much fluid. Doing haemodialysis for shorter more frequent sessions can be better tolerated (such as 3 hour sessions 4 times per week). People with heart problems may feel better with this.

Is there anyone at home or a relative or friend who could commit to supporting you with home haemodialysis. This would be at a minimum of 3 times per week.

You are not alone on home haemodialysis

The renal technicians and a home haemodialysis or home therapy nurse will visit you at home.

You will also have a link to a haemodialysis unit in your local area, where you can phone for advice.



Once you are at home and for some reason you are not able to do home HD we can organise for you to have haemodialysis in the hospital until you are able to dialysis at home again.

If you don't have help this won't stop you from having haemodialysis at home. We can adapt your dialysis to your needs and provide safety devices to support you.

You must have a working telephone during your treatment, this could be a mobile or land line.

If you decide you need a break from home HD at any time (for example when a family member is on holiday) we can arrange for you to dialyse in hospital.

Your home would need to be assessed to make sure there is sufficient space and a suitable electricity and water supply. The renal unit technicians and a dialysis nurse will come to your home to talk about this. You will not have to pay for the installation of the dialysis machine or the additional water costs.

We will provide you with the home haemodialysis machine and a water purifier. You will also need a table or small trolley for the equipment you need for each of the dialysis sessions.

You may decide to use a bed or a large reclining comfortable chair. We may be able to provide you with a dialysis chair for the time you are on home HD.

You will need a large space for the dialysis supplies. This is about the size of a small room. The supplies can be stored in a garage or shed as long as it is dry and not damp. Most of your supplies are delivered to you by a company once a month. If space is tight we may be able to offer you a smaller delivery more often.

You will need access to your blood stream created before you can start haemodialysis.

This may be a tesio line (a semi permanent line inserted into a large blood vessel your neck) or a fistula (a small procedure to join an artery to a vein so that the vein becomes large enough to insert needles into the vein).

It doesn't matter what type of vascular access you have as we will teach you how to care for it during the training.

You will also need some adaptations to your home in the room where you are going to do haemodialysis. If you rent a home, please speak to the landlord to see if they would agree to the changes.

Once you no longer need home haemodialysis, such as after a transplant all of the amendments are removed.

What happens at home haemodialysis training?

Most people start haemodialysis training in the hospital.

We have a structured programme so that you feel confident and safe before you go home to dialyse.

There are 2 types of training for home HD:

- **Intensive training.** You would need to be available to come to the hospital for a minimum of 5 days per week for 2 weeks. If you are not safe or competent after this we will organise further training with you.
- **Routine training.** You would start to learn dialysis during there routine haemodialysis sessions. This takes longer between 6 and 12 weeks.

The training is provided by a team of haemodialysis nurses in your local unit (sometimes in Oxford if there is no space in your local unit).

You will be taught:

- How to take care of the dialysis machine, troubleshooting any problems that may occur.
- How to access your blood stream and keep your access working well.
- What to do in an emergency.
- How to administer medications through the machine.

At the end of your home haemodialysis training a home haemodialysis or therapy nurse who will ensure that you are competent, safe and confident to go home on dialysis.

Your home HD therapy nurse or technician will provide you will materials that are specific for your home treatment.

Your home HD nurse will also be with you on nurse first session at home.

During the first few weeks we understand you need support to adjust to home HD.

Caring for your vascular access

Caring for your dialysis access worries most people when they start training for home HD. Especially inserting needles into a fistula or graft. Talking to other people on home HD, they suggest starting this as soon as possible into your home HD training and don't leave it to the end.

Once I am at home what support will I get?

A home therapies nurse will be your main point of contact. They will arrange to visit you at home or see you in your local unit at regular times. The renal technician are also on call 24 hours a day for machine problems. They will visit you at home if needed. They will also ensure your machine is serviced and cared for.

You should contact your water and electric supplier and ask them to register you as an essential user. This means they will inform you if there is any interruption in supply.

What happens if I have an emergency?

We will provide you with information on different problems that can occur at home. In a life threatening situation you should call 999. The ambulance service have received training on dialysis patients.

What financial help will I get?

Once you start home haemodialysis we will arrange for you to have an electricity and water payment. This will be paid into a bank account every 3 months. A renal technician can tell you more. The UK Kidney care website also have a calculator on their website that we use to work out how much money is paid to you. This will need to be paid into a bank account.

Can I go away or on holiday?

It is possible to go away for a couple of nights when on home haemodialysis.

Our haemo dialysis machines are not portable so holidays would need to be arranged in a local haemodialysis unit. Your home therapy nurse can tell you more about this.

Where I can find out more about home haemodialysis?

Baxter

Website: mykidneyjourney.baxterhealthcare.co.uk/treatment-options/home-haemodialysis

What do other people think of home haemodialysis?

- It allows me freedom to work and flexibility to enjoy my life.
- I get to control my illness and treatment.
- I can do more with my family as I can do my treatment when my family are around me.

Useful numbers

Renal Ward

Churchill Hospital

Telephone: 01865 225 780

(24 hours, including weekends and bank holidays)

Main Haemodialysis Unit

Churchill Hospital

Telephone: 01865 225 807

Tarver Haemodialysis Unit

Churchill Hospital

Telephone: 01865 225 695

Milton Keynes Haemodialysis Unit

Telephone: 01908 996 496

Stoke Mandeville Haemodialysis Unit

Telephone: 01296 316 996

Banbury Haemodialysis Unit

Telephone: 01295 229 811 or 01295 224130

High Wycombe Haemodialysis Unit

Telephone: 01494 426 347

Swindon Haemodialysis Unit

Telephone: 01793 605 286

Whitehouse Dialysis Unit

Telephone: 01295 228 552 or 01295 228 553

Useful websites

Oxford Kidney Unit

Lots of information about the Oxford Kidney Unit for patients and carers.

Website: www.ouh.nhs.uk/oku

Kidney Patient Guide

Information for patients with kidney failure and those who care for them.

Website: www.kidneypatientguide.org.uk

Kidney Care UK

A charity which has lots of practical support and information for people with kidney disease.

Website: www.kidneycareuk.org

Six Counties Kidney Patients Association

The SCKPA is run for patients by patients or family members.

They offer support to people suffering from kidney disease or who are on dialysis. They work closely with the Oxford Kidney Unit and have branches in Oxfordshire, Northamptonshire, Buckinghamshire, and Milton Keynes, and parts of Wiltshire, Gloucestershire and Berkshire.

Website: www.sixcountieskpa.org.uk

National Kidney Federation

A charity which has lots of practical support and information for people with kidney disease.

Website: www.kidney.org.uk

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



Making a difference across our hospitals

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OXFORD HOSPITALS CHARITY (REGISTERED CHARITY NUMBER 1175809)

