

Sharing haemodialysis care

An introduction to shared haemodialysis care



Information for patients

Sheffield Kidney Institute (Renal Unit)

Read on to find out about:

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- What does it mean for me?
- What can I do for myself?
- How do I get started?
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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.

Although we are used to being cared for when we come in to hospital, research has shown that people have a more positive outlook, feel better and more in control when they are involved in their own care.

Dialysis patients who have participated in their own care, have said that they:

- Gain a better understanding of their own condition and treatment
- Become experts in their own care
- Gain more control and confidence
- Feel better in themselves



What does sharing haemodialysis care mean for me?

- It means getting involved in your dialysis care, but always supported by the nurses
- It can be learning more about your condition or the dialysis machine
- It can be doing something smaller such as your weight
- Or it can be doing all your dialysis treatment on the unit



As you get more confident and learn more skills, you could choose to dialyse at home.

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?

Any or all of the following:

- Measure your weight, blood pressure, pulse, temperature
- Set up your machine
- Prepare your dressing pack
- Programme your machine
- Put in and take out your own needles
- Start, monitor and finish your dialysis

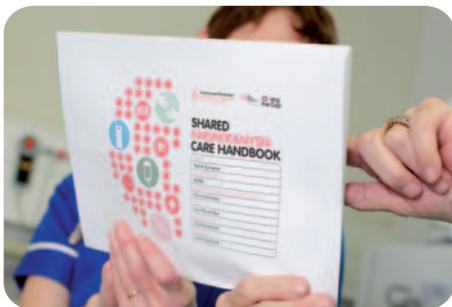


How do I get started?

Together with your dialysis nurse and using the list in the **Shared Haemodialysis Care Handbook**, you can choose the procedures you feel comfortable in trying. You will be supported in learning how to carry out the procedures you have chosen at your own pace.

If you wish, you can carry out these procedures on your own when:

- you feel confident and
- when your nurse has checked that you are safe



Even if you carry out your own dialysis, you can ask for help at any time or stop if you change your mind.

What are the benefits for me?

- Increased control over your treatment
- Possible reduction in your waiting time
- Greater understanding of your condition and haemodialysis treatment
- Becoming an expert in your condition and haemodialysis treatment
- Increased confidence
- Independence to a level you choose
- It could be a stepping stone to home or self care dialysis if that is what you choose
- Confidence to dialyse on holiday



What if it's not for me?

Whether you take part in shared haemodialysis care is up to you.

- You can do as little or as much as you want
- You can change your mind at any time - and do more or less

Want to know more about shared haemodialysis care?

If you are interested in being involved in shared haemodialysis care, speak to one of the Sisters or Charge Nurses on your haemodialysis unit.



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