

Welcome to Sheffield Dialysis Unit

i **Information for patients**
Sheffield Kidney Institute (Renal Unit)



Patient's name:	
Your named nurse:	
Your named consultant:	Dr Sarah Jenkins
Your dialysis days are:	Monday / Tuesday / Wednesday / Thursday / Friday / Sunday
Your dialysis start time is:	____ : ____ am / pm
Your transport to and from dialysis is:	Your own / Hospital transport (booked)
If you have any questions about the information above, please contact:	The Haemodialysis Coordinator Bleep 2355 via the Northern General Hospital switchboard (0114) 243 4343

Welcome to Sheffield Dialysis Unit, a satellite unit of the Sheffield Kidney Institute (SKI). The satellite unit is where outpatients come for their regular haemodialysis treatment. SKI is based at the Northern General Hospital, part of the Sheffield Teaching Hospitals NHS Foundation Trust.

Our address is: Broadfield Way, off Broadfield Road, Sheffield S8 0XN.

We have written this leaflet to tell you:

- A little about the unit
- What happens here
- What help and support the staff can give you

What do I need to bring with me?

During dialysis you will be relaxing on a dialysis chair but you do not need to change into night clothes. It is very important that you wear clothes that are comfortable and loose fitting, so we can get to your fistula or dialysis catheter easily.

You might like to bring something to do while you are having dialysis such as reading or listening to music. During dialysis you will be able to watch TV (local and some digital stations).

Please do not bring valuable items or large amounts of money with you as we cannot be responsible for them if they are lost.

You should be aware that men and women have their dialysis treatment together, but all beds have curtains that can be drawn to help maintain your privacy. There are also rooms we can use if you want to have a private talk with a doctor or nurse.

If you need to have dialysis with patients of the same sex, please discuss this with the unit Sister or Charge Nurse and we will try to arrange this for you. It may not be possible to organise this and you should be aware

that you may not be able to have your dialysis on the days, times and place you would prefer.

If you normally take tablets or medicines at the time you are on dialysis then please bring them with you.

What do I do about meals?

We will give you a drink and a sandwich while you are with us on the unit.

If eating or drinking when you are having dialysis makes you feel unwell, let us know and we will make sure that you get something to eat and drink after your dialysis. Any food you are given must be eaten while you are on the unit. We cannot give you food to take home because of Health and Safety regulations.

Who looks after me?

Your haemodialysis treatment is carried out by experienced nurses and clinical support workers. You will not be seen by a doctor each time you have your treatment. In an emergency you will be sent to the Northern General Hospital.

A named nurse will oversee your care and will be the person who knows more about you and your condition. Your named nurse will be able to answer any questions you may have about your treatment. They will also be able to refer to other specialists if necessary.

Although your named nurse is a key person in your care, they will not always be on duty when you come for your dialysis. You can ask for help or information from any of the nurses at the unit.

- Your blood tests and dialysis treatment will be reviewed every month by the doctors and nurses.
- You will have your care and treatment reviewed by a senior doctor every 3 to 6 months.

As part of this review we may make changes to your dialysis treatment or medicines. If any concerns are identified, arrangements will be made for you to see a doctor at the Northern General Hospital.

Details of your named nurse and named consultant can be found on page 2 of this booklet.

Will I need to have blood tests?

We will check your blood each month to make sure the dialysis treatment and medications you are having are best for you. We may make changes to your medications and dialysis treatment (including dialysis time) depending on these results. Your named nurse will be able to discuss any changes that we make with you.

You can see your blood test results on a system called Patient View. This is a secure website that gives you on-line access to details about your renal care. If you would like more information on how to enrol and register for this, please ask us for the Patient View leaflet.

What if the doctor changes my medicines?

If you are started on any new medicines, the Renal Unit will arrange your first supply. When they are running low you should order more from your GP.

We will give your GP a record of your tablets as well as any changes we make. You do not need an appointment to get more tablets at most GP practices. You can usually do this by telephone, but some GP's may have other arrangements.

What if the chemist can't get my tablets or medicines?

You may not be able to get some of the medicines you have been asked to take from high street or local chemists. These medicines will be given to you by the Renal Unit. You will need to ask us for more when your

supply is running low. Don't wait until you have run out of tablets before you order more.

If you have questions about or problems with any of the medicines you take, please speak to one of the nurses or the renal pharmacist.

Can I choose when I have my dialysis?

It is vital for your health and wellbeing that you come for your dialysis each time. Your treatment plan is worked out for your individual needs and not having all the haemodialysis you need will be harmful to you. If for any reason you are struggling to follow your treatment plan, please speak to the unit Sister or Charge Nurse.

Most patients dialyse between 3½ to 4 hours each time. The length of your dialysis time may be increased, if your monthly blood tests show the toxins in your blood are not being cleared well enough.

Most patients dialyse either on a Monday, Wednesday and Friday or a Tuesday, Thursday and Sunday.

We try to arrange your dialysis at the time that is best for you but it is not always possible. It may be difficult to arrange your dialysis to suit you because of other factors such as the availability of transport, unit opening times or the medical needs of other patients.

Can I change my dialysis time?

If your dialysis time becomes a problem for you we can sometimes arrange a swap with another patient. You should talk to the unit Sister or Charge Nurse about this as it may take a little while to organise.

It may be that you need to change your dialysis day or time due, for example, to having another health appointment or needing to go to a funeral, and we will make arrangements so you can attend. Please give us as much notice as possible, as we may not know about other health appointments you have to attend.

Can I change to a dialysis unit nearer to my home?

If you are not already dialysing in the unit nearest to your home or work, you can speak to the unit Sister or Charge Nurse about transferring. You may need to wait for a space to become available before you can move to another unit.

Can I go on holiday?

Yes, if you have been on dialysis for at least 6 months and your condition is stable, we can usually arrange for you to have holiday dialysis in the UK or abroad. There are some restrictions, so if you would like to talk about arranging a holiday, please ask your named nurse or one of the holiday coordinators.

We have a leaflet that explains in more detail about arranging dialysis when you go on holiday. Please ask if you would like to read one.

Can I get help with transport?

Transport can be arranged if your **medical condition** means you are not able to make your own way to the unit for dialysis. You should be aware that you could wait for some time after your dialysis has finished for transport home. It may be more convenient to arrange your own transport, or to use public transport. Free parking is available if you use your own transport. The staff will be able to give you more details.

If you can't come for your dialysis and you do have hospital transport, please let us know so we can cancel this. We may still be charged for the transport even if you don't attend.

Can I have somebody with me when I am having dialysis?

We don't have visiting on our outpatient dialysis units due to infection control and safety reasons.

- However, we understand that for your first haemodialysis treatment you may want somebody with you and this is allowed.
- There may be other circumstances where a carer or relative needs to be with you, such as:
 - if you are doing shared haemodialysis care or training for dialysis at home
 - if you have a medical condition causing confusion and you would be calmer if somebody is with you.

Your relative or carer **must** speak to the unit Sister or Charge Nurse to discuss this. The telephone numbers are at the back of this leaflet.

What help is available at the unit?

The unit is able to offer you advice and help from the following people:

- Renal dietitians
- Social workers
- Clinical psychologists
- Renal pharmacist

They are based at Sheffield Kidney Institute at the Northern General Hospital in Sheffield. We explain how to contact them at the back of this leaflet or you can ask a member of staff to contact them for you.

Why might I need to see a renal dietitian?

Now you need dialysis it is important to have the right food and drink in the correct amounts. Our specialist renal dietitians can tell you the changes you may need to make to your diet.

If you haven't seen one of our dietitians, or have any concerns or questions about what you can eat or drink, please let one of the nurses know. They will arrange for you to speak with a dietitian.

What do I do if I feel unwell on my dialysis day?

If you feel unwell on the day of your dialysis it is important to remember you still need your dialysis treatment.

- **If you think you have an infection** such as diarrhoea and vomiting, flu or shingles, you **must** ring the dialysis unit before you come for your treatment. It is likely that you will need to have your dialysis in an isolation room and need to see a doctor. By contacting the dialysis unit first, staff can make the necessary arrangements for your dialysis (this may be at the Northern General Hospital). By doing this you help prevent the infection passing on to other patients and staff.
- If you are unwell but **not due to an infection**, speak to the nurse when you arrive for your dialysis. If we think your illness is related to your kidney failure or dialysis or you need urgent treatment, we will arrange for you to see a doctor at the Northern General Hospital, Renal Assessment Unit.
- If your health concern is **not urgent and not due to your kidney failure or dialysis treatment**, we will advise you to see your GP. This is because:
 - We do not always have doctors on the dialysis unit.
 - We are not equipped to deal with problems not caused by your kidney failure.
 - We do not have access to the same services as your GP.

What do I do if I feel unwell on my non-dialysis day?

If you are unwell on a day when you **are not** coming for dialysis you can:

- Telephone us at the unit, if you think that your feeling unwell is due to your kidney failure.

- Contact your GP if your problem is not due to your kidney failure. Your GP or practice nurse can always contact the renal unit for advice if they need to.
- Ring **999** for an ambulance straight away if your problem is an emergency.

Please note: If you ring for an ambulance it will take you to the nearest Emergency Department, not the Renal Unit, even if your emergency is caused by your kidney problems.

Further planning

Some people have taken the opportunity to think more about what they would want for the future if, or when, their health worsens. This could include for example, writing a will or deciding about care and treatment. This is called Advanced Care Planning. If you would like to think more about your preferences please let us know.

If you have already written an advanced directive (or "living will") please:

- Let the staff at the renal unit know about this
- Talk with your family, friends and carers about this so that they know your wishes too.

Important advice

Severe (winter) weather may cause problems with you getting to the renal unit for treatment. In some cases your dialysis session may be delayed or arranged for another day. The following advice may be helpful:

- Check the weather forecast regularly, listen to the local radio or look on local websites for information.
- Keep to your diet and fluid allowance in case of delays to your dialysis and so you don't become ill.
- Bring a small overnight bag and your medication with you for dialysis in case you are unable to get home after treatment.
- Make sure your mobile phone is fully charged so you can contact family, friends or neighbours in case of delays.
- Where possible make sure you have arrangements so that anyone you care for (children, elderly parents, pets) can be looked after.
- Make sure the renal unit have your up-to-date contact details.
- Make sure you know how to contact your dialysis unit.
- Make sure you have enough food in the house.

How to contact us

Sheffield Dialysis Unit

- **0114 229 0970** (direct line)
Sunday, Tuesday and Thursday, 7.00am – 6.30pm
Monday, Wednesday and Friday, 7.00am – 6.30pm

Out of hours please call:

Renal F Floor (Northern General Hospital)

- **0114 226 6391**
- **0114 271 5886**

Renal Social Worker

- **0114 271 5032 (voicemail available)**
Mondays to Thursdays, 8.45am – 5.15pm
Fridays, 8.45am - 4.45pm
- **STH.RenalSocialWork@nhs.net**

Renal Dietitian

- **0114 271 5072**
Monday to Friday, 9.00am - 5.00pm



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