Welcome to Rotherham Dialysis Unit

Information for patients
Sheffield Kidney Institute (Renal Unit)
<table>
<thead>
<tr>
<th><strong>Patient's name:</strong></th>
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<tbody>
<tr>
<td><strong>Your named nurse:</strong></td>
<td></td>
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<tr>
<td><strong>Your named consultant:</strong></td>
<td>Dr Kawar</td>
</tr>
<tr>
<td><strong>Your dialysis days are:</strong></td>
<td>Monday / Tuesday / Wednesday / Thursday / Friday / Saturday</td>
</tr>
<tr>
<td><strong>Your dialysis start time is:</strong></td>
<td>____ : ____ am / pm</td>
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<tr>
<td><strong>Your transport to and from dialysis is:</strong></td>
<td>Your own / Hospital transport (booked)</td>
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<tr>
<td><strong>If you have any questions about the information above, please contact:</strong></td>
<td>The Haemodialysis Coordinator Bleep 2355 via the Northern General Hospital switchboard (0114) 243 4343</td>
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</table>
Welcome to Rotherham Dialysis Unit, a satellite unit of the Sheffield Kidney Institute (SKI).

- We are based at Rotherham District General Hospital
- SKI is based at the Northern General Hospital, part of the Sheffield Teaching Hospitals NHS Foundation Trust.

The Rotherham Dialysis Unit is privately run by a company called Diaverum, under contract to SKI. This means that Diaverum follow all SKI policies and procedures and standards set by the NHS. The Rotherham Dialysis Unit is registered with the Care Quality Commission (CQC) and is inspected regularly. The contract between SKI and Diaverum is reviewed at regular intervals. Medical care is given by doctors from the Sheffield Kidney Institute.

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

Who looks after me?

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 who will be able to answer your questions.

Details of your named nurse and named consultant can be found on page 2 of this booklet.
Can I choose when I have my dialysis?

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

We try to arrange your dialysis at the time that is best for you but it is not always possible.

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.

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 nurse in charge about this as it may take a little while to organise.

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 your named 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 six 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. If you can provide your own transport or use public transport it is much better for you. Free parking is available if you use your own transport. The staff will be able to give you more details.

What do I need to bring with me?

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.

During dialysis you will be relaxing on a dialysis chair but you do not need to change into night clothes. We do suggest that you wear clothes with loose fitting sleeves (if you have a fistula in your arm), or that allow us to reach your dialysis catheter easily.

You should be aware that men and women have their dialysis treatment together. There are also rooms we can use if you want to have a private talk with a doctor or nurse.

If you would prefer to have dialysis with patients of the same sex, please let the ward Sister know and we will try to arrange this for you. In this case it may not be possible 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 and / 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.

Can I have visitors when I am having dialysis?

Yes, you can have visitors while you are having your dialysis but your relative or friend must telephone and speak to the nurse in charge first. The nurse will explain the arrangements for visiting and a suitable time for them to come. The telephone numbers are at the back of this leaflet.

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 PatientView. 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 PatientView leaflet.
What help is available at the unit?
The unit is able to offer you advice and help from the following people:

- Specialist doctors and nurses
- Renal dietitians
- Social workers
- Clinical psychologists
- Renal pharmacist

They are based at Sheffield Kidney Institute at the Northern General Hospital in Sheffield.

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 amount. 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 let one of the nurses know. They will arrange for you to see a dietitian while you are having your dialysis or an appointment can be arranged for you to see a dietitian at another time if you would prefer.

What can the renal social workers do to help?
The renal social workers can give you help and advice about concerns you may have now you are having dialysis. These may be:

- Worries about money
- Benefits you may be able to claim
- How you can get help at home if you can't manage on your own
- Aids and equipment in your home to help you get about
- Help for your carer
- Holidays and having a break
The renal social workers are part of the renal team and work closely with doctors and nurses.

The renal social worker can arrange to visit you while you are having your dialysis or visit you at home to discuss any problems you have. The renal social workers also have a telephone Help Line service.

We explain how you can contact them at the end of this leaflet, or you can ask a member of staff to contact them for you.

**What do the specialist doctors and nurses do?**

Your blood tests and dialysis treatment will be reviewed every month by the doctors and nurses. As part of this review, we may make changes to your dialysis treatment or medicines.

Dr Kawar or Dr Sims-Williams (Specialty Doctor) will see you in the outpatient clinic at the Rotherham Dialysis Unit about every 3 – 6 months. They may see you more often if you are unwell. The outpatient clinics are usually held on Tuesday and Wednesday.

**What if the doctor changes my medicines?**

If you are started on any new medicines the hospital will give you 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 ask you to write or fax your list of medicines to them.
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 hospital. 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 you can speak to one of the nurses or renal pharmacist.

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

If you fell unwell on the day of your dialysis or have any concerns about a change in your health, you should:

- Tell one of our nurses when you arrive. They may arrange for you to see a doctor at the Northern General Hospital, Renal Assessment Unit.
- 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 would have.
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 for 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 Accident and 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 they know your wishes as well.
**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 services 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 / 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

Rotherham Dialysis Unit

- 01709 838 333 (direct line)
  Monday, Wednesday and Friday 7:00am – 10.00pm
  Tuesday, Thursday and Saturday 7:00am – 5.15pm

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

Alternative formats can be available on request. Please email: sth.alternativeformats@nhs.net