

Expanding Peritoneal Dialysis Program at St. Joseph's Healthcare Hamilton Helps Patients Receive Treatment at Home

March 5th 2014 – Hamilton, ON – St. Joseph's Healthcare Hamilton employee Christine Stone is now on peritoneal dialysis after she ended up in the hospital with kidney failure at 43 years of age. Christine met her husband, Terry, 28 years ago while in school at Sir Winston Churchill Secondary in the east end of Hamilton and have been inseparable since then. Little did they know then that their futures would both be further linked by health concerns treated and managed by St. Joseph's Healthcare Hamilton's Kidney and Urinary Services.

Ten years ago the couple learned that Terry had polycystic kidney disease. Terry's family had a history of the disease and after learning how to manage the progression of symptoms, his wife Christine encouraged Terry to improve his diet and quit smoking. Since Terry has made these healthy changes he has managed to avoid going on any form of dialysis.

In August 2013, Christine began to feel fatigued and nauseous, but as she was looking forward to a vacation she avoided going to the doctor. By September 2013, Christine's symptoms progressed to shortness of breath and that is when a trip to an emergency department resulted in the diagnosis of kidney failure. She was immediately admitted as an inpatient to Kidney and Urinary Services at St. Joseph's Healthcare Hamilton, which happens to be one of the largest three programs of its kind in Ontario.

"I was shocked and scared, but the nephrologist at St. Joe's was helpful and reassuring and the nursing staff on the Nephrology Unit were awesome," says Christine Stone, a 43 year old Hamilton resident and ECG technician at St. Joseph's Healthcare Hamilton. "Even though I worked in health care, I had never heard of peritoneal dialysis."

[Peritoneal dialysis works](#) using a similar principle as hemodialysis, however with peritoneal dialysis the blood is cleaned while still inside one's body rather than in a machine. In peritoneal dialysis, the inside of the abdomen is filled with a special dialysis fluid, wastes pass from the blood into this fluid and then the fluid is drained. This cycle is repeated four to five times within an eight hour period. Christine does all of her treatments while sleeping and she says it has become part of her routine.

Peritoneal dialysis has been available as an option for patients for the past 35 years since it was developed by Baxter Corporation. Over the past year, St. Joseph's Healthcare Hamilton has seen its home dialysis program grow by approximately 25 per cent. Currently, St. Joseph's Kidney and Urinary Services follows approximately 115 peritoneal dialysis patients who dialyze at home.

“Our program begins and ends with the patients,” says Dr. Darin Treleaven, head of St. Joseph’s Healthcare Hamilton Nephrology Program. “We should be providing patients with choices and structure that facilitates having as normal life as possible.”

While studies reveal that many patients who currently dialyze in acute care hospital settings are eligible for personal home-based or peritoneal dialysis systems, those same patients may lack the confidence and knowledge required to play such a leadership role in the management of their disease. Overall, peritoneal dialysis offers the comfort of home and the freedom to dialyze when patients wish, which is better for the patient.

“My husband and I learned a great deal from the supportive health care team at the dialysis clinic at St. Joseph’s Healthcare Hamilton’s King Campus about how to administer the home-based peritoneal dialysis system and I want to thank them for always being there for me so I can have the freedom and confidence to dialyze at home,” explains Stone. “Since coming back to work in January I have a whole new level of respect and admiration for the Kidney and Urinary team.”

During the month of March, St. Joseph’s Healthcare Hamilton is celebrating World Kidney Day by highlighting stories about the patient experience from its Kidney and Urinary Program.

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More Information

About Kidney Health and Peritoneal Dialysis:

- World Kidney Day is on March 13th 2014. Learn more about this worldwide awareness campaign that aims to the importance of our kidney’s for our overall health on their [website \(link\)](#).
- View this Kidney Foundation of Canada [link for more information about peritoneal dialysis](#).

- View this World Kidney Day [website link](#) for a more fulsome look at kidney function and chronic kidney disease.

About St. Joseph's Healthcare Hamilton's Kidney and Urinary Services:

- The Kidney and Urinary Services at St. Joseph's Healthcare Hamilton is the regional referral and renal transplantation centre in south central Ontario for patients with renal disease. The program also houses the urology program that cares for patients with disease or dysfunction of the urinary system, including kidney, prostate, bladder and testicular cancer.
- The program provides a spectrum of care for tertiary acute to chronic management of kidney disease.
- 99 kidney transplants took place at St. Joseph's Healthcare Hamilton in 2013 (fiscal year). 36 of these kidney transplants were provided by a live organ donor.
- St. Joseph's Healthcare Hamilton's Kidney and Urinary Program currently follows approximately 1200 successful transplant patients.
- St. Joseph's Healthcare Hamilton follows a total of approximately 650 dialysis patients. Some patients receive treatment at one of our facilities and some receive dialysis at home.
- St. Joseph's Healthcare Hamilton's operates three dialysis clinics at its Charlton Campus, King Campus and also the [Six Nations Dialysis Treatment Program](#) in partnership with the Six Nations of the Grand River. A total of 475 patients receive their dialysis treatment at one of these three centres.
- St. Joseph's Healthcare Hamilton's Kidney and Urinary program also supports home treatment for 115 peritoneal dialysis patients and 60 hemodialysis patients.
- A continually expanding research focus at St. Joseph's drives the understanding of kidney and urological diseases at a national and international level.
- Learn more about St. Joseph's Healthcare Hamilton's Kidney & Urinary Services online on our [website](#).

About St. Joseph's Healthcare Hamilton:

St. Joseph's Healthcare Hamilton is a regional leader in patient-centred care providing acute care, research, teaching, community and international outreach programs throughout our network. Since being founded by the Sisters of St. Joseph in 1890, our hospitals span three specialized campuses in the Greater Hamilton Area (Charlton Campus, West 5th Campus and King Street Campus), with St. Joseph's Villa Dundas providing long-term care and St. Joseph's Home Care providing personalized home care traversing the reach of our region. For more information about St. Joseph's Healthcare Hamilton, please visit www.stjoes.ca.



Media Release

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