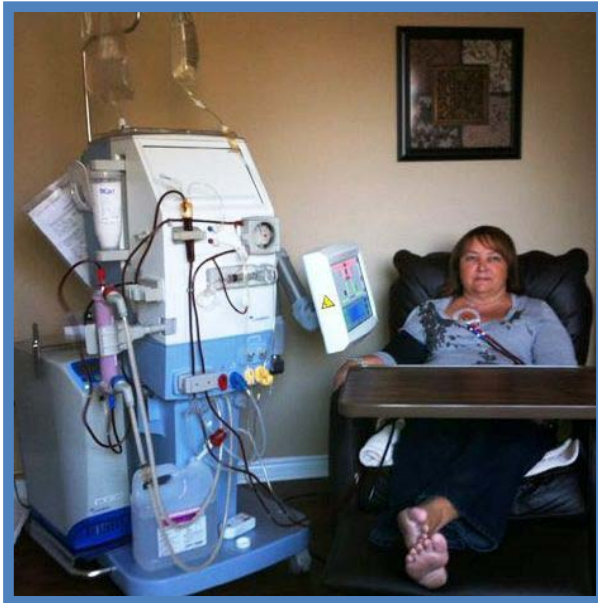


Independent Home Hemodialysis Program



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What is the Independent Home Hemodialysis Program?

This is a program where you learn about dialysis at a teaching centre so you can gain the skills and confidence to do your own dialysis treatments safely at home.

What are the benefits of home hemodialysis?

In this program:

- you enjoy the comfort and convenience of your own home
- you have control over your own life, independence and improved well being
- your access lasts longer
- you have decreased exposure to infection
- your schedule is flexible and you can make some of your own treatment decisions
- you spend less time at the hospital
- you have an opportunity to do overnight dialysis or nocturnal hemodialysis (NHD) and research has shown that this is the most efficient type of hemodialysis



I am interested in home dialysis, now what?

If you are interested in the Independent Home Hemodialysis Program, a request is made for a nurse to visit you at home to give you more information about the program and assess your home for suitability.

A technologist, plumber and electrician will also visit your home to assess any electrical and plumbing needs and to talk about where equipment can be placed.

What do I need at home to start this program?

To do home hemodialysis you must have:

- adequate electrical service and plumbing
- enough space for the equipment and supplies
- be able to use your hands without problems
- be able to see and read – or you can have a partner or care helper who is willing to support and help you with your treatment at home
- clean environment for treatment

Most of the machinery and equipment you need is provided.

You will need to supply:

- an easy chair
- scale
- thermometer
- preparation table
- garbage pail and bags
- hands-free telephone
- flashlight



Who will provide my training?

A team of nurses and technologists will support your training and continue to support you in your home.

A health care provider will guide you, step by step, through the program. The team will continue to be your main resource and contact when you start dialysis at home. If you have a partner or care helper, this person will also learn along with you.

Where do I learn how to do home hemodialysis?

You will come to the:

Home Hemodialysis Unit

King Campus

2757 King Street East

Hamilton, Ontario

905-522-1155 ext. 38250



The unit is open:

- Monday to Friday with on-call support available after hours and on weekends.

How long does it take to complete the program?

The number of days you come and length of time to learn this varies for each person. Everyone is allowed to learn at their own pace and in their own way.

Most people need at least 6 to 8 weeks to be fully prepared to go home. When training is started, you can plan on being at the unit for 4 to 5 hours for each session.

As you progress, it will take less time to perform all of the tasks.

What will I learn in this program?

You will gain many new self-management skills as you go through this program.

You will learn:

- how to prepare and operate the dialysis machine
- how to manage and care for your access
- how to needle your access if you have a fistula
- how to start and stop treatment
- how to monitor yourself during dialysis
- how to solve problems that may come up

You will also learn about:

- medications you take and why
- blood tests you need and why
- diet, fluid and weight assessments

How do I know when I am ready to do my dialysis treatments at home?

You and your health care provider will decide when you are safe to go home.

Before going home you will dialyze in our ‘Launch Room’ located near the training area.

In the Launch Room you dialyze independently. If you need help, a health care provider is a phone call away.

This helps you prepare for being independent at home.



Comments from patients and families about their experience in the Launch Room:

“Allowed me to be alone and try being by myself – made me feel more confident about going home.”

“Excellent simulation experience and gave us the confidence dialyzing alone, knowing that the health care provider was just a call away.”

What happens when I start doing hemodialysis at home?

For the first treatments at home you will be accompanied by your health care provider.

Your health care provider will come for each treatment until he or she is satisfied that you are safe to be on your own.

After that, your health care provider will plan routine visits.

If you have any problems you will have more visits by your health care provider.

Who do I contact when I have questions or need help?

- You will be given a detailed contact list for nursing and technical help to use when you are at home.
- If you become ill, you will need to go the Emergency Department for assessment. If you think that you have a dialysis-related problem be sure to go to St. Joseph's Hospital Emergency Department.



Who can I talk to for more information?

If you are interested in learning more about home hemodialysis, or you would like to talk to or meet a patient in the program, contact the Home Hemodialysis Program.

Remember:

Home hemodialysis is a partnership between you and your health care team.

What else can I find at the King Campus?

The King Campus has a:

- pharmacy
- laboratory
- urgent care department,
- radiology department
- eye clinic
- surgery centre and
- many more programs and clinics



The cafeteria in the main building is open from 7:00 a.m. to 2:00 p.m. It is closed on week-ends and holidays.

Best Foot Forward Program

The Best Foot Forward Program is a team of nurses and chiropodists who have special training in foot care for people with diabetes. This team of health care professionals will help you keep your feet healthy. Your health care providers can tell you about this program and make a referral if you meet the criteria.

Stay Well Program

To get fit and stay active contact the Stay Well Program.

This Program is offered through the Health for Older Adults Program at St. Joseph's Healthcare Hamilton – King Campus

For more information, call:

- 905-522-1155 at ext. 38755 or ext. 38243.



Transportation and Parking:

- DARTS provides service here.
- Patient parking is available for a monthly fee while you are in training.
- Major bus routes service this area.

Your Health Care – Be Involved

Patient safety is our concern. In order to have the best health care, you can be an active member of your health care team.

Here is how you can be involved:

- Ask questions and talk about your concerns
- Know the medications you take and why you take them
- Carry a current list of medications and herbal products you take to share with all health care providers
- Carry a list of your current medical conditions, allergies, past problems and surgeries
- Make sure you know what to do when you leave the hospital, clinic, program or doctor's office

For more information there is a booklet called “Your Health Care – Be Involved” published by the Ontario Hospital Association.

You can download this book in many languages from

www.oha.com



