

Haemodialysis at Home

Kidney failure causes waste products and fluid to eventually build to dangerous levels in the body – different treatments help to remove these and to reduce symptoms of kidney failure.

What is haemodialysis at home?

- Your blood is transported outside the body through an artificial kidney dialysis machine that removes waste products and excess fluid from your body.
- You do your own haemodialysis treatments on a machine in your home.
- You will be supported throughout the process in a special training unit and then when you are dialysing at home by specialist Home Haemodialysis nurses.
- You (*and your dialysis partner if you have one*) will be responsible for setting up the equipment, needling your fistula or connecting to your line, responding to alarms and troubleshooting, and ending the treatment. You will be fully trained and to do this.
- You can dialyse during the day, in the evening, or even overnight whilst you sleep.
- Haemodialysis at Home is free of charge, and you will be reimbursed for the costs of electricity and water related to your dialysis.

Health benefits and survival

- Haemodialysis at Home can improve your life expectancy and your physical and mental health, compared to dialysis in a unit.
- Avoiding the 2-day gap between dialysis treatments by doing more frequent dialysis at home reduces your risk of becoming unwell on dialysis, and even reduces your risk of dying on dialysis. The 2-day gap is unavoidable with unit haemodialysis schedules.
- Compared to dialysis in a unit, you may need fewer blood pressure tablets, less medicine for anaemia and bone disease, and you may be able to relax your diet and fluid restrictions.

Quality of life benefits

- Haemodialysis at Home gives you more time to spend with friends and family, and for work or leisure, compared to dialysis in a unit. You can choose what time of the day to dialyse to fit in with your lifestyle and other commitments.
- Dialysing more frequently shortens the time it takes to feel back to normal after a dialysis treatment.
- With better general health, you are more likely to receive a kidney transplant compared to doing dialysis in a unit.
- You don't need to spend time travelling to a dialysis unit three times per week.
- You are in control of your treatment. In general, patients who do Haemodialysis at Home report increased happiness compared to having dialysis in a unit.

Am I suitable for Haemodialysis at Home?

- Haemodialysis at Home is good for patients who need to stop Peritoneal Dialysis or are unsuitable for peritoneal dialysis, patients who are unsuitable to receive a kidney transplant or whose kidney transplant is failing, or patients who are receiving haemodialysis in a dialysis unit but want to be more independent and in control of their own treatment.
- Haemodialysis at Home can help patients who find haemodialysis in a unit makes them feel unwell.
- You can do Haemodialysis at Home with a working fistula, a tunnellled dialysis line (*Permcath*), or a graft.
- You can do Haemodialysis at Home if you live

alone, or you don't have a dialysis partner. You will have safety measures including a key safe and a blood leak detector, to minimize the risks.

Is my house suitable for Haemodialysis at Home?

- A spare room or garage is useful to store the boxes of equipment which are delivered monthly. If your home is small, we can arrange fortnightly deliveries to reduce the number of boxes kept at home.
- You need a room with space for a dialysis machine and a reclining chair.
- The machine, plumbing and electrical sockets will be installed by our technicians. The room will be returned to it's original state if you stop the treatment. This is free of charge.

What happens next if I am interested in Haemodialysis at Home?

- A Home Haemodialysis nurse, and a dialysis technician, will visit your home to check it is suitable.
- If you are already having dialysis in a unit, you will be encouraged to start learning to set up your machine and connect yourself to the machine, with support from the dialysis unit nurses. This is also called Shared Care.
- You will be given a date when training for Haemodialysis at Home will start. You will come to the training centre for your dialysis treatments while you learn everything you need to know about doing the dialysis yourself. The training usually takes 6-12 weeks.
- When you have completed the training, you will do your first treatment at home with the

support of a Home Haemodialysis nurse. Once you are dialysing independently at home, the nurses will be available if you need support and will visit your home regularly to make sure everything is going well.

Comments

Important Telephone Numbers

Chronic Kidney Disease Team: 029 218 45854
(Mon to Fri 8-4pm)

Chronic Kidney Disease CNS



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