

## Living Life to the Full on Dialysis FAQs

### What are the different options of dialysis in which I can self-care?

Some or all of the following options may be available by your hospital; you are strongly advised to check with your consultant or nurse to confirm this:

- Continuous ambulatory peritoneal dialysis (CAPD)
- Automated Peritoneal dialysis (APD)
- Conventional Home Haemodialysis
- Nocturnal home haemodialysis
- Self-care in a haemodialysis satellite unit

### Will I receive training to self-care on dialysis?

PATRICK The training I have to say I didn't find that difficult - it's fairly logical, and if you're fairly practical I think it's something you can pick up really easily.+

### What are the benefits of self caring?

The most common benefits that people experience are the freedom and flexibility to dialyse at a time that best suits them. For some patients this means the ability to continue to work, pursue hobbies and to generally live as much of a normal life as possible. Patients often say that by self caring they are able to fit dialysis around their life rather than fitting their life around dialysis.

### Will I be able to go on holiday if I chose self-care dialysis?

Yes, the hospital staff will support you in organising plans to ensure you can dialyse whilst on holiday.

### How do I know if self-care dialysis is for me?

Anyone can be suitable for self-care. The most important thing is wanting to do it. If you want to do this at your home, your home will need to be suitable and you will be supported to take this option.+

### Where will I store supplies if I dialyse at home?

Places where people store their supplies vary between sizes of homes but some of the common places are in the spare bedroom, hallway, cellar, shed and garage.

### What about self needling?

(MADDY) Well once you're set up the machine with all the lines and you prepare all the packs, you have two needles and you have your fistula in your arm which is where one of the surface veins in your arm gets joined to one of the arteries to provide a good blood supply going so you can put the needles in repeatedly to get a good blood flow.+

**What if I decide that self-care is not right for me?**

We realise that self-care is not for everyone and if you don't want to be actively involved in your dialysis, that's fine. Peritoneal dialysis can only be done at home but haemodialysis is done at hospital or in smaller local units (satellite units) where you can be cared for by the nursing staff, if this is your preference. Of course, you may change your mind and decide you wish to learn to self-care later so the opportunity will always be there.

**What will happen in the future if I can no longer manage to self-care at home?**

If you are having peritoneal dialysis you may have to switch to haemodialysis. If you are already having haemodialysis your dialysis care will be transferred to a hospital or satellite unit.

**Do I need someone to help me self-care at home?**

Not necessarily. Most people can carry out peritoneal dialysis unaided. Most people who have home haemodialysis do have a helper, usually a family member, but it may be possible for you to manage alone, you would need to discuss this with the renal team.

**I am hoping to have a transplant soon, is it worth learning how to self-care?**

If you think you are going to have even a short period of time on dialysis, it is worth learning to self-care. This will help you to get into the self-care way of thinking which will help you to manage your condition after you have had the transplant.

**I want to be self-caring but my family want me to be looked after at the hospital, what should I do?**

Families sometimes feel happier if their loved one is being looked after at hospital so it is important that you talk to them about your reasons for wanting to self-care so that they understand your wishes. The renal team are also very willing to talk to your family about self-care if you wish.

**If I opt for home dialysis will I still have access to the health professionals e.g. dietician, nurses?**

Yes; you will still have regular visits to the hospital for check-ups and you can also contact the renal team for advice in between appointments. Technical support and assistance is also available in case you have problems with your equipment.