

Home Haemodialysis

As a kidney patient at Guy's hospital you may be able to choose between different dialysis options. This may include haemodialysis at home. This leaflet tells you more about the benefits of home haemodialysis, why it might be right for you and the training you will have.



Further Information

Knowledge & Information Centre (KIC).

For more information about health conditions, support groups and local services, please call **020 7188 3416** or email kic@gstt.nhs.uk or visit their website at www.kic.gstt.nhs.uk

PALS

To make comments or raise concerns about the Trust's services, please contact our Patient Advice and Liaison Service (PALS). Ask a member of staff to direct you to PALS or call **020 7188 8801** at St Thomas' or **020 7188 8803** at Guy's. Email pals@gstt.nhs.uk

The trust's website provides further information about our services
www.guysandstthomas.nhs.uk

Guy's and St Thomas' NHS Foundation Trust

St Thomas' Hospital
Westminster Bridge Road
London SE1 7EH

Guy's Hospital
Great Maze Pond
London SE1 9RT

Switchboard: 020 7188 7188

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Haemodialysis at home has many benefits for patients:

- you will not need to travel to the hospital to dialyse;
- you can have the dialysis when it suits you;
- you can do dialysis for longer or more often - this will benefit your health, including increased flexibility in what you eat and drink;
- you can take more control of your condition.

There is a set criteria you must meet before starting home haemodialysis. You must:

- be motivated and ready to learn;
- have suitable housing for dialysis, which may be rented or your own home. The dialysis technician will visit your home to assess its suitability;
- have good functioning access for dialysis. This can either be a fistula or a dialysis line.

Some people find it helpful to have a partner or friend at home when they are dialysing. This is not essential. We are happy for you to bring a partner or friend with you to be involved in the training.

Training for home haemodialysis:

- is usually done by the home haemodialysis nursing staff in a dedicated training area at Guy's, although some initial training may take place at a dialysis unit;
- may take up to three months. This is done at your own pace;
- may be done with other patients training for home haemodialysis at the same time.

Home haemodialysis may not be right for you at this time. You may want to think about self-care dialysis in a unit, perhaps then deciding to make the move to home haemodialysis. You can find out more about your options in the DVD '**Living life to the full on dialysis**'. Ask a doctor or nurse for this information.

Frequently asked questions

What support will I have when dialysing at home?

You will have access to 24 hour support from technical and nursing staff. The home haemodialysis team will visit to provide support and monitor your condition on a regular basis.

Will I need to buy any equipment?

All equipment will be provided by Guy's Hospital. Reasonable adaptations will need to be made to your home.

Who can I contact for more information?

For more information please talk to a member of your health care team or contact:

Home Haemodialysis Charge Nurse

Tel: 020 7188 5655

email: colin.jamieson@gstt.nhs.uk

We also offer a range of support services for kidney patients:

A renal counsellor offers telephone support, counselling and therapy sessions for kidney patients and their families.

Please call 020 7188 5969

Peer support aims to provide practical, emotional and social support for people with kidney disease and their families. It provides an opportunity to talk to an experienced kidney patient on a one-to-one basis.

Please call 020 7188 7924

Language Support Services. If you need an interpreter or information about the care you are receiving in the language or format of your choice, please call 020 7188 8815, fax 020 7188 5953 or email languagesupport@gstt.nhs.uk