

## + What are the benefits for me?

- ✓ Increased control over my treatment
- ✓ Possible reduction in my waiting time
- ✓ Greater understanding of my condition and haemodialysis treatment
- ✓ Becoming an expert in my condition and haemodialysis treatment
- ✓ Increased confidence
- ✓ Independence to a level I choose
- ✓ A stepping stone to Home *or Self Care* Dialysis
- ✓ Confidence to dialyse on holiday



## H What if I decide Shared Haemodialysis Care isn't for me?

No problem!

We realise that shared haemodialysis care doesn't suit everyone and if this is the case your treatment will continue to be carried out by the nursing staff.

## + Want to know more about Shared Haemodialysis Care?

Speak to your dialysis nurse

OR

Contact:

## An Introduction to Shared Haemodialysis Care

## Sharing Haemodialysis Care



Read on to find out about:

- Taking control?
- What does it mean for me?
- What can I do for myself?
- How do I get started?
- What are the benefits?
- What if it's not for me?
- Who do I contact?

## Taking Control

When you are told you have a long term condition such as kidney disease and need dialysis, you can feel that you have lost control, particularly as treatment requires so many changes to your life.

Whilst we are used to having our healthcare provided, we often have a more positive outlook, feel better and more in control when we are involved in our own care.

Evidence gathered from dialysis patients who have participated in their own care, show that they:

- Gain a better understanding of their condition & treatment
- Become experts in their own care
- Gain both in control & confidence
- Feel better in themselves



## What does Sharing Haemodialysis Care mean for me?

It can mean doing as much or as little as **you** want for yourself, supported by the nurses. As you gain confidence you may choose to gain more skills whilst remaining on a dialysis unit.



However, you also have other options too:

- You could choose to dialyse at home
- You could attend a patient managed self care unit [where available]

The choice is yours!

If you require information about Home Haemodialysis please ask your dialysis nurse to refer you to the Home Haemodialysis Team.

## What can I do for myself?

Any or all of the following:

- Measure my weight, blood pressure, pulse, temperature
- Set up my machine
- Prepare my dressing pack
- Programme my machine
- Put in **and take out** my own needles
- Start, monitor and finish my dialysis



## How do I get started?

You can approach your dialysis nurse and ask about the Shared Haemodialysis Care Patient Handbook. Together you can choose the procedures you are interested in. As you learn and become confident, you and your nurse will decide when you are experienced and safe enough to carry out the procedures on your own.