

HOME HEMODIALYSIS (HHD)



Photo credit: Kidney Campus

INFORMATION SHEET FOR USERS AND RELATIVES

INTRODUCTION

You have recently been approached to be part of the home hemodialysis clinic. We welcome you!

In home hemodialysis, you will learn to use the dialysis machine yourself. Often, a caregiver or spouse will also learn how to operate it, so that they can help you. The training required to master this type of treatment generally takes around four to six weeks, after which you can carry out your treatments in the comfort of your own home.

Home hemodialysis is recommended for anyone able to care for themselves independently and safely.

INFORMATION ABOUT TREATMENT

There are 2 types of home hemodialysis. The home hemodialysis team can help you choose the type of treatment that best suits your needs.

Nocturnal hemodialysis at home: Treatment administered by the user 3 to 4 times a week, for a duration of approximately 8 hours. The treatment takes place at night.

Daytime home hemodialysis: Treatment administered by the user 4 to 5 times a week, for a duration of approximately 3 to 5 hours. The treatment takes place during the day or evening.



Photo credit: Kidney Campus

■ Advantages of home hemodialysis

Home hemodialysis has many advantages and important points to consider:

Advantages	Points to consider
You will be able to dialyze in the comfort of your own home.	Permanent vascular access is required.
You'll avoid going to the hemodialysis clinic three times a week.	Certain risks of infection are possible.
Offers more control over the timing of dialysis.	Two needles are required for arteriovenous fistulas.
Can be performed during sleep, in the case of nocturnal hemodialysis.	Training lasts from 4 to 6 weeks.
You'll be able to dialyze longer and more often. This will help you feel better and improve your quality of life.	Storage space for equipment and supplies should be required.
Food and fluid restrictions are reduced in the case of prolonged home hemodialysis for more than 4 hours.	A plumbing and electrical system will be required for the operation of the dialysis machine.
A special bond of trust will exist between you and the members of the home hemodialysis team.	In-center treatments may be necessary in the event of a power failure or boil-over warning.
Training will give you the knowledge and confidence to carry out home hemodialysis treatments safely and independently.	

INFORMATION RELATING TO YOUR JOURNEY

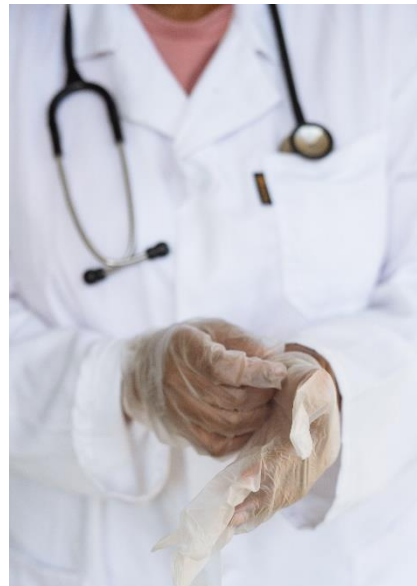
■ Training

You will receive 4 to 6 weeks of training from a nurse specialized in home hemodialysis. This will teach you all the steps involved in performing hemodialysis treatment. This includes:

- Operation of the hemodialysis machine and water filtration system.
- Monitoring health status.
- How to avoid contamination of dialysis equipment by microbes (principles of asepsis).
- The use of follow-up sheets. This is where you write down important information about your treatments.
- Troubleshooting advice.
- Disinfection procedures.
- Safety controls.
- Advice for cleaning and maintenance by the user.
- Equipment order management.
- Situations that would lead to the cessation of home hemodialysis.

Nursing follow-up

- A meeting with the nurse will take place before each medical appointment.
- An assessment will be carried out once a year in the home hemodialysis clinic. This will allow us to update your knowledge and provide you with any assistance you may need.
- A Transonic will be performed in the home hemodialysis clinic to ensure the health of your vascular access. The frequency will be determined by the home hemodialysis team.
- A meeting may be held with the vascular access nurse if you are having problems with your vascular access.
- A home visit is scheduled with the nurse. This allows us to check the condition of the equipment and ensure an optimal, safe environment.



Medical follow-up

- Once a month, a doctor will evaluate your prescriptions, dialysis schedule, treatment parameters and medication, based on your blood tests.
- You will need to take your blood samples at the blood collection center, approximately one week before your appointment with the doctor. Blood tests may be prescribed more frequently if your condition requires it. These should be done before dialysis.
- You'll need to bring your completed follow-up sheets to your medical visit.
- Your health and safety are very important to the home hemodialysis team. We may have to talk to you about being transferred to hemodialysis in your area if your safety is at stake.

Travel

- Travel for your training and for your clinic visits are your responsibility. You will be responsible for the costs associated with your travels.
- Depending on your needs, you may need to receive medication at the CLSC. This is the case, for example, for intravenous iron.

Contact details and opening hours of the clinic

- Saint-Jérôme Ambulatory Services Centre address: 315, du Docteur Street - Charles-Leonard, Saint-Jerome (Quebec) J7Y 0L1
- Phone: 450-432-2777 ext. 27094
- Opening hours: 8 a.m. to 4 p.m., Monday to Friday, except holidays

INFORMATION ABOUT EQUIPMENT AND SUPPLIES

Baxter contact information

- Technical Emergency Line: 24/7 Service: 1-888-441-6620
- Customer service for medical supply orders: 1-866-968-7477 and 378-6443 #

Equipment loan

- You will not be charged any costs related to the equipment and the installation of the devices, except in the case of damage caused by misuse or moving.

Device installation

Several steps are required to install the home hemodialysis machine. These include:

- Professional installation of plumbing and electrical systems.
- Delivery and visit by the Baxter technician to get everything up and running.
- Nurse visit to ensure the proper functioning of the equipment and the environment is safe.
- Satisfactory microbiological test to determine water quality.

Self-maintenance of device

- Appropriate disinfecting of devices according to the established schedule.
- Cleaning the exterior of the devices, making sure that there are no stains of blood or bicarbonate.
- Collecting water tests from the hemodialysis machine each month.
- Monthly change of pre-filtration system filters.
- Change the ultrafilter every 60 days.
- If you are away from home for an extended period, you must ensure that the device is properly maintained.
- Return loaned device in the same condition in which it was delivered in the event of withdrawal from the program (precarious health, transplant, etc.).

Device maintenance by Baxter

- Baxter technicians will repair your device when it breaks down.
- They will perform preventive maintenance at your home every year and as needed.
- You must be present and allow the technician access to your home during visits.

Delivery

- The first order is placed by the nurse.
- Subsequent orders are placed by you monthly. Based on the calendar provided by Baxter. Orders can be placed by telephone, fax or via the patient portal on the Baxter website.
- You must provide access for the delivery person.
- You must have sufficient space at home to store the equipment used, for a period of one month.
- Boxes will be delivered inside the home by the delivery person.
- A \$100 charge applies if you are absent at the time of delivery.



INFORMATION ON SKILLS TO BE DEVELOPED

Treatment

- Weighing before and after each treatment.
- Measure blood pressure before and after each treatment.
- Respect hemodialysis frequency, time, and parameters.
- Respect aseptic measures.
- Complete the clinical follow-up sheet for each treatment.
- Report any treatment-related anomalies to the clinic nurse during opening hours.
- Contact Baxter's 24/7 service for any technical problems related to the device.
- Notify us in the event of boiling water or prolonged power failure, so that we can arrange for in-center hemodialysis.
- Develop rigorous self-care practices.

Techniques

- Respect the rules of asepsis learned in training.
- Apply the techniques as learned during the training.
- Master the various steps required to care for your vascular access.
- Know the essential handling of the home hemodialysis machine.
- Perform equipment disinfection and cleaning procedures.

General

- Have a functional and accessible telephone line for the home hemodialysis team.
- Keep a cell phone and flashlight handy during treatments.
- Return phone calls within 24 hours.
- Do not use equipment while under the influence of drugs or alcohol.
- Respect the maximum ultrafiltration (UF) of 0.5 L/h (0.5 kg per hour).
- Always use blood leak detectors on the access port (arteriovenous fistula) during treatment, and secure needles to the skin.
- Use tubing stabilization devices (parkline, hemaclip).
- Actively participate in medical and nursing recommendations (blood tests, medication, etc.).
- Failure to follow these safety precautions could endanger your life.
- Outside hemodialysis treatment, for any major health problem unrelated to dialysis, you must go to the nearest emergency room without delay.
- If you need to be hospitalized, you will be cared for and dialyzed at the Saint-Jérôme hospital dialysis unit.

Potential risks/complications

- drop/fall in blood pressure.
- Muscle cramps.
- Arterio-Venous Fistula: Infiltration/ Hematoma/ Decrease or cessation of "thrill"/ Local infection/ Disinsertion of needles.
- Jugular catheter: catheter infection and dysfunction.
- Accidental disconnection of tubing from the vascular access.
- Gas embolism, which can lead to death.
- Bleeding/Hemorrhage, which may lead to death.
- Coagulation of the extracorporeal circuit.
- Death

The training you will have received, the support offered by the home hemodialysis team and the training documents will allow you to perform safe treatments at home. In the case of complications, you'll be better equipped to deal with them.

REFERENCE

- <http://kidneycampus.ca/>
- <https://www.ontariorenalnetwork.ca/>
- <https://rein.ca/>



Photo credit: Kidney Campus

If you have any questions about home hemodialysis,
please contact the nurse at
450 432-2777 ext. 27094

www.santelaurentides.gouv.qc.ca

Centre intégré
de santé
et de services sociaux
des Laurentides

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