

INFORMATION ON THE HOME PERITONEAL DIALYSIS (PD)

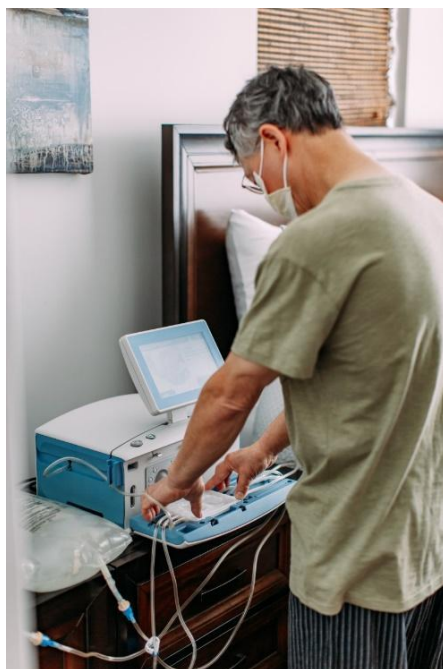


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USER INSTRUCTION SHEET

INFORMATION ON PERITONEAL DIALYSIS AT HOME

Peritoneal dialysis is a treatment designed to clean your blood using a membrane that surrounds the organs in your abdomen (tummy). This membrane is called the peritoneum and acts as a filter.

Beforehand, a peritoneal dialysis catheter resembling a flexible plastic tube will be inserted near your navel. This gives access to the inside of your abdomen. During dialysis, fluid called "dialysate" will be introduced into your abdomen through this catheter. The fluid will draw water and waste products from the blood and then be removed from your abdomen by the peritoneal dialysis catheter.

This type of autonomous dialysis is performed at home.

INFORMATION ABOUT TREATMENT

There are two types of home peritoneal dialysis. The responsible team will be able to assist you in the treatment that best meets your needs. Initially, the technique for continuous ambulatory peritoneal dialysis (CAPD) will be taught to you. Then once it is well mastered, automated peritoneal dialysis (APD) will be taught to you. DPA will only be taught to you if you wish.

■ **Continuous ambulatory peritoneal dialysis (CAPD)**

This treatment should be done four times a day. Your peritoneal dialysis catheter will be connected to a set of bags. The first empty bag will be used to collect the solution present in your abdomen and the second bag will be used to refill it with a new solution. This solution will remain in your abdomen for 4 to 6 hours. Each exchange (emptying, then filling your abdomen) takes 30 minutes to perform. Usually, 4 exchanges are made in the day. Once a trade is complete, you can continue your activities as normal.

■ **Automated peritoneal dialysis (APD)**

This treatment is carried out using a device called a cycler. It allows exchanges while you sleep and takes around 9 to 10 hours. You should allow at least 45 minutes to prepare the device for connection. This connection should be made at bedtime.

bedtime. Disconnection takes place in the morning when you get up. Once the device has been disconnected from the cycler, you can continue your normal activities.



Photo credit : Kidney Campus

■ Advantages and points to consider about peritoneal dialysis

Peritoneal dialysis has many advantages and important points to consider.

Advantages
You will be able to perform your dialysis in the comfort of your own home.
You won't have to travel three times a week to a hemodialysis clinic.
You will have the opportunity to travel.
You will see your chances of hospitalization decrease and your quality of life improve.
You will benefit from pain-free and needle-free treatment.
Your urinary function will last longer.
A bond of trust will exist between you and the members of the peritoneal dialysis team.
The training will allow you to acquire the knowledge and confidence necessary to perform your peritoneal dialysis treatments independently and safely.
Points to consider
Exchanges have to be made every day.
Permanent access to the peritoneal catheter is essential.
Certain risks of infection are possible if asepsis is not respected.
An increase in waist circumference may occur due to the fluid transported.
A space at home is required to store the necessary equipment.
You will be responsible for ordering supplies from the company each month.
You will have some food and liquid restrictions to respect.

INFORMATION ABOUT YOUR JOURNEY

■ **Setting up your peritoneal catheter**

Your peritoneal dialysis catheter will be installed in the Radiology Department, and the procedure will take approximately one hour. If you have no complications during the immediate monitoring period, you will be discharged from hospital.

A dressing will cover your peritoneal dialysis catheter, and you will be asked to leave it in place. You will have an appointment with a peritoneal dialysis nurse one week after the procedure. This is when she will change your dressing. The dressing must remain dry until authorized by the peritoneal dialysis nurse (about two weeks). After that, showers are permitted, but swimming, spas and baths are prohibited.



Photo credit : Kidney Campus

■ **Training**

You will receive four to five weeks of training from a nurse specialized in peritoneal dialysis. This will begin one week after the installation of your peritoneal dialysis catheter. You will be taught the steps involved in performing a peritoneal dialysis treatment.

Training includes:

- Complications and interventions.
 - Identification of situations leading to discontinuation of peritoneal dialysis.
 - Operation of the cyclor device (if used).
 - Supply order management.
 - Hand and body hygiene.
 - Principles of asepsis to avoid microbial contamination of dialysis equipment.
 - Procedures in the event of a problem with the peritoneal dialysis catheter or a breach of the sterility.
 - Peritoneal dialysis catheter care and dressing changes.
 - Daily health checks.
 - Manual exchange techniques.
 - Use of monitoring sheets to record important treatment information.
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Nursing follow-ups

- A close telephone follow-up will take place following the training. Thereafter, new follow-ups will be carried out each month.
- A meeting with a nurse will take place before each medical appointment.
- An evaluation will be carried out every six months (or more often if required) in the peritoneal dialysis clinic. It will then be possible to evaluate the effectiveness of the treatment by carrying out various examinations.
- Follow-ups will be carried out via a platform where data from the cyclor will be transmitted to a peritoneal dialysis nurse.

Medical follow-up

- Once a month, a doctor will evaluate the prescriptions, the frequency of exchanges, the types of solution and the medication based on your blood tests.
- You will have to take your blood samples at the collection center about a week before your appointment with the doctor. Blood tests may be prescribed more often if your condition requires it.
- You will need to bring your completed follow-up sheets to your medical appointments.
- Your health and safety are very important to the peritoneal dialysis team. It is therefore possible that you may be transferred to hemodialysis if your safety become an issue.

Travels

- You are responsible for all travel required for your training and clinic visits. As such, you will be responsible for your own travel expenses.
- Depending on your needs, you may receive medication at the CLSC.

Clinic contact details and opening hours

The Saint-Jérôme Ambulatory Services Center is open Monday to Friday
8 a.m. to 4 p.m., except holidays. Calls will be answered within 24 hours.

Saint-Jérôme Ambulatory Services Center
315, du Docteur-Charles-Leonard Street
Saint-Jerôme, Qc
J7Y 0L1

Phone: 450 432-2777 ext. 22132

INFORMATION RELATING TO EQUIPMENT AND SUPPLIES

Baxter Company Contact Information

The Service Department Technical Emergency Line is available 24 hours a day, 7 days a week by calling 1-888-553-6898.

The customer service line for medical supply orders and for the home services Home Services Representative is available from 8 a.m. to 4 p.m. on business days by dialing 1 866 968-7477, followed by 378 and extension 6799.

Deliveries

- The first order will be placed by the nurse, and subsequent orders will be placed monthly, according to the schedule provided by Baxter.
- You must provide access for the delivery person.
- You must have enough space in your home to store 30 boxes. These are the size of a box of baby diapers or a box of windshield washer fluid cans.
- The boxes will be delivered and placed inside your home by the delivery person.
- Please note that a \$300 fee will apply if you are absent during delivery time.

Cycler installation

A few things are needed to install a peritoneal dialysis cycler, including access to an electrical outlet.

Cycle maintenance

You should:

- Wash the exterior of your device weekly with mild soap and water.
- Return loaned equipment in the same condition in which it was delivered, in the event of withdrawal from the peritoneal dialysis program (precarious health, transplant, etc.).



Photo credit : Baxter

Device maintenance provided by Baxter

Baxter technicians will replace your equipment when it breaks. To benefit from this service, you must contact the representative home services by dialing 1 866 968-7477, followed by 378 and extension 6799 from 8 a.m. to 4 p.m. on weekdays days.

INFORMATION ABOUT SKILLS TO BE DEVELOPED

Treatment

- In the event of a technical problem related to the device (if it is the case), contact the Baxter company service department available 24 hours a day, 7 days a week, by calling 1 888 553-6898.
- Develop a rigorous practice of self-care.
- Perform manual exchanges if the cyclor is not working or if there is a power failure.
- Check your blood pressure after each treatment.
- Notify the clinic nurse of any abnormalities related to treatment.
- Complete the clinical follow-up sheet for each treatment.
- Respect the frequency, time, types of solutions prescribed and the principles of asepsis.
- Weigh yourself every day at the same time.
- Watch the frequency of your bowel movements.



Photo credit : Kidney Campus

Techniques

Apply the techniques learned during training:

- Carry out the essential procedures for your peritoneal dialysis treatment.
 - Apply the techniques if there is a problem with your peritoneal dialysis catheter.
 - Carry out the various steps required to care for your catheter, including changing your dressing.
 - Observe strict asepsis guidelines.
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INFORMATION ABOUT YOUR SAFETY

General

- For any major health problem unrelated to dialysis and not concerning peritoneal dialysis treatments, you should promptly go to a walk-in clinic or emergency room.
- The peritoneal dialysis team must be able to contact you by telephone, at any time.
- Do not use equipment under the influence of drugs or alcohol.
- Follow medical and nursing recommendations (blood tests, medication, etc.).
- Return phone calls within a maximum of 24 hours.
- Have a scale, a blood pressure device and a measuring container with a capacity of 1 liter.
- Outside clinic opening hours, if you suffer from abdominal pain, go straight to the nearest hospital emergency room. You may need to undergo tests and be seen by a specialist.
- If you need to be hospitalized, you will be cared for and dialyzed using manual exchanges on the inpatient unit.

Risks and complications

- Pressure drop.
- Accidental disconnection of the tubing connected to your peritoneal dialysis catheter (known as a transfer device or transfer line).
- Displacement of peritoneal dialysis catheter caused by constipation.
- Leaks and edema (swelling).
- Infection or malfunction of the peritoneal dialysis catheter.
- Peritonitis (infection in the abdomen).
- Bleeding or hemorrhage.
- Sugar level too high

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

References

American Nephrology Nurses Association (2015). *Core Curriculum for Nephrology Nursing*. (6th edition). New Jersey (USA). ANNA.

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Ontario Health. (2022). *Ontario Renal Network*.
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**If you have any questions about peritoneal dialysis,
please contact the nurse at
450 432-2777, ext. 22132
www.santelaurentides.gouv.qc.ca**