Introduction

There are several different ways that you may have heard about home haemodialysis:-

- You may have had the option discussed with you at your pre-dialysis education session
- Your consultant may have raised the discussion at clinic
- If you are already on dialysis your nurse may mention it
- You may have found out about it on the Internet

The following frequent question and answers may help you make a decision.

Am I suitable for Home Haemodialysis?

To enable you to dialyse well at home you will need:-

- A good functioning fistula
- Be trained to put your own needles in
- Motivation to learn the process
- Commitment to maintain your treatment
- Stability with weight and Blood Pressure control
- Support from someone willing to assist during your dialysis session

What do I need at home?

For us to provide you with the service you will need:-

- A large enough room downstairs or a heated conservatory – if you live in a flat or wish to have the machine upstairs please ask
- Electricity supply with mains box
- Water supply
If you wish to build a facility such as an extension then it will need to be funded by yourselves. If you are unsure then please ask.

What equipment is needed?
We will only provide everything that is required to carry out the dialysis treatment:

- dialysis machine
- water softener and purifying machine
- small hand basin
- reclining chair

What do I need to learn?
You need to learn as much as possible to build up your confidence prior to going home such as:

- dexterity for putting in your own needles and handling a syringe
- getting used to the dialysis machine – Including the alarms, setting up and priming the lines (this includes whoever is going to assist you at home)
- stick to your fluid restriction – it is not safe to dialyse at home if you need to remove large volumes of fluid

Please check that your dialysis unit uses the same model of machine that you will have at home, please ask your nurse.

What are the benefits for me to dialyse at home?
There are several advantages for you, they are:

- Increase in independence
- No travel to and from a unit for treatment
- More comfortable surroundings
- Dialysis at a time of day to suit you
- You will have a named nurse who will be in contact with you on a regular basis
- Different dialysis sessions including daily or nocturnal - there is a criteria please ask

Daily dialysis – 6 days a week for 2 hours each session. Many people find this fits in better with their home life and they often feel better physically.

Nocturnal dialysis – dialysing through the night for longer periods.

Can I still go on holiday?
Yes, with the right plans in place:-

- The Community Team Administrator will assist you with the arrangements
- Your Community team nurse will ensure all the correct bloods are done as requested by your holiday unit

What does the training consist of?
Once all the above have been met:-

- Installation will take place
- The home dialysis nurse will arrange a date to come to your house and start the training
  Please ensure your partner/assistant is also available
- The first week will be intensive one to one training and after that it will be reassessed
- You will be trained on how to run the machine and carry out the dialysis safely
- If you are not safe you will not be able to remain at home
How do I get the process started?

- If you are already on dialysis then speak to your dialysis nurse/consultant - they can refer you to the Community Team
- If you have not started dialysis yet but wish to plan for the future then speak to your doctor at clinic or the Renal Education Nurse

How much time will it take to get home?

There are some factors to consider:-

- You must have had your home assessment done
- The Community team will have a waiting list and you may need to wait a while
- You will be kept informed of how matters are progressing and you will given dates well in advance
Patients comments

“because the responsibility has been handed to me, I now take responsibility for other things. So it started with needling, I notice I now pay more attention to fluid intake, and also diet. When you take responsibility for some of the big things it helps you take responsibility for other smaller things because the belief is changed”

“the biggest positive that I’ve had from doing it at home is that I’ve been able to do it when I want”

“When I am at home, I dialyse more...my health has improved a lot…”
Summary

- Make sure you have the adequate accommodation
- Discuss your plans with your family especially the person who will be your assistant. Consider how they will feel about having everything in the home
- Gain awareness of the dialysis process by taking part in your care at each dialysis session
- Be confident
- Be safe

NHS Constitution. Information on your rights and responsibilities. Available at www.nhs.uk/aboutnhs/constitution
If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.

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