Welcome to the Humber River Hospital Nephrology Program. Learning to live with kidney failure is a big adjustment, for you and your caregiver. We have put together information to help answer some of your questions about home hemodialysis, our team, and the services we provide.

This booklet covers only the basics. If you have any other questions or concerns, please ask the team. We welcome your feedback in helping us provide the best possible services and care.

About the Home Dialysis Unit

What is the Home Dialysis Unit (HDU)?

This unit is for patients who are training for home peritoneal dialysis or hemodialysis. You will receive one-on-one education that will give you the skills and knowledge to perform your own dialysis at home.

Where is the HDU?

The HDU is located at Humber Kidney Clinics, Church site. Enter through the main doors and follow the signs to the registration desk.

Where can I park?

There is parking at the front of the clinic and stations where you can buy a parking pass for the day.

Are there other transportation options?

If you do not drive and cannot arrange transportation, TTC Wheel Trans® may be an option for you. Speak to your team to learn about the various transportation options available to you.
What happens when I arrive at the HDU?

Please arrive **10 minutes before your scheduled time**. At registration, the clerk will:

- Make sure your contact information is up-to-date by verifying your personal identification information, including your emergency/contact person, phone number, and health card number.
- Place an identification band around your wrist. Please keep this on throughout your visit. For each visit, you will be required to wear an identification band.
- Use the washroom before starting each session.
- Weigh yourself on one of the scales located near the dialysis area. We will help you if needed.
- For your health and safety, wash your hands before and after your dialysis to limit your risk for infections.

When your nurse is ready for you, we will call you in to the Home Dialysis Unit and assign a training chair to you for the day.

What to Expect Before Home Hemodialysis Training

Home Assessment and Home Dialysis Consent

Before you start home dialysis training, the technologist and home dialysis coordinator will do a home visit, if not done so already.

During the home visit, they will:

- Inspect your home to ensure you are prepared for home hemodialysis.
- Give you recommendations on how to prepare for hemodialysis at home.

In addition, the technologist will:

- Collect water samples
- Inspect the electrical set up and
- Take pictures of electrical panel and the room you will be using for hemodialysis.

You must also complete a **Consent for Patient Participation for Home Hemodialysis Program** before you start the training.

What to Expect During Home Hemodialysis Training

**TRAINING SCHEDULE**

| Day 1 to Day 21 | **Training in the HDU:** It takes at least 21 days of training for a patient to be independent with their dialysis. You will also train with the technologist to learn about maintenance of the dialysis machine and RO system. During this time, the nurse will arrange delivery of the supplies and machine to your home. |
| Final Day | **Home Visit by the primary nurse** |

Every training schedule is different and geared towards the patient’s needs. Your training nurse will establish a schedule with you.

If you need more training, your training nurse can work with you to determine the best time to start dialyzing at home on your own. Once you have successfully completed hemodialysis training, your primary nurse will visit your home on the final day to ensure that everything is set up.

Note: Your primary nurse may change based on needs.
What to Expect Once you Start Home Hemodialysis

Home Visits
Home visits are mandatory and help manage your care and support your treatments at home.

- Your nurse will arrange for a home visit 1 month after you start dialyzing at home to see how you are adjusting to home hemodialysis.
- After that visit, your nurse will arrange to visit you at home at least 3 times a year.
- A home visit is also scheduled after any episode of infection.

Bloodwork
Bloodwork is important to check how you are doing with your treatments at home. You are responsible for collecting your bloodwork and dropping it off to a laboratory each month and before each clinic visit.

Water Samples
You must collect water samples every 10 weeks to bring to your clinic visits. The technologist will instruct you on how to collect the water samples.

Clinic Visits
Once you start home hemodialysis, you must attend an initial 2-week follow-up in the clinic. After this initial appointment, you will have follow-up visits at the clinic every 10 weeks. These clinic visits are scheduled on Thursdays.

Remember! Before the initial visit and each follow-up clinic visit, you must get bloodwork done.

Managing at Home between Visits
Between clinic visits and home visits, your primary nurse will contact you on a monthly basis via your preferred method of communication. It is important that you keep them informed of important issues that arise.

AT EACH CLINIC VISIT, YOU WILL SEE THE:

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<th>Role</th>
<th>Responsibilities</th>
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<tr>
<td>Pharmacist</td>
<td>They will review your bloodwork and your medications. If you have any new medications, tell your pharmacist.</td>
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<tr>
<td>Dietitian</td>
<td>They will review your bloodwork and make suggestions regarding your diet. If you have any concerns or questions about your diet, ask the dietitian.</td>
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<tr>
<td>Kidney doctor (nephrologist)</td>
<td>The nephrologist will review your bloodwork and discuss any concerns that you may have regarding your kidney or treatment. Note: Nephrologists rotate so you may not have the same doctor at every visit.</td>
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<td>Primary Nurse</td>
<td>They will review the treatments with you and discuss any concerns that you may have regarding dialysis at home. At each visit, your nurse will:</td>
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<td>• Assess your catheter site or fistula/graft with the transonic monitor.</td>
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<td></td>
<td>• Review catheter care or fistula/graft care.</td>
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<td>• Review hand washing techniques</td>
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<td>• Review aseptic techniques</td>
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<td>Dialysis Technologist</td>
<td>They will collect your water samples for testing. You can ask them questions regarding maintaining the machine or RO system.</td>
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<td>Social Worker</td>
<td>If you have concerns regarding your finances or transportation, you can ask to see the social worker.</td>
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Recertification

Your primary nurse will arrange a 1-day recertification session with you once a year. This is mandatory and will ensure that you continue to dialyze at home successfully.

If you have any issues or concerns:

Monday to Friday, 8:00 a.m. to 4:00 p.m:

• For clinical issues, call the HDU at (416) 658-2264 to speak with your primary nurse.
• For machine or RO related issues, call the dialysis technologist at (416) 249-8111, ext. 8413.

Weeknights after 4:00 p.m., on weekends, and holidays:

• For clinical issues, page the HD nurse on-call at (416) 242-1099
• For machine or RO related issues, page the dialysis technologist on-call at (416) 242-1099.

Please call ahead before visiting HDU. All visits must be scheduled with your nurse.

Tips for Home HD:

• Follow hand washing and aseptic techniques: Infections can lead to serious issues with your catheter. Always wash your hands before you touch your catheter or perform dialysis.
• Follow training and prescriptions: Always follow the dialysis schedule your kidney doctor prescribed to you and the training you learned.
• Sterilizing and cleaning your machine: Sterilization and cleaning schedule depends on the type of machine you have. Please follow the sterilization and cleaning schedule the technologist and nurse provided. Your machine must be sterilized as directed after every use.
• RO System: RO cleaning schedule depends on the type of RO you have. The RO system must be cleaned every week, as directed.

In Case of Emergency

If you have any of the following:

• Difficulty breathing
• Bleeding that will not stop
• Chest pains
• High temperature (more than 38°C or 100.4°F)
• Vomiting
• Blurred vision
• Fainting

Call 9-1-1 or come to the Emergency Department at Humber River Hospital, WILSON SITE, right away. Let the ED staff know that you are a home hemodialysis patient.