

# Ways to Prevent Aneurysms in Fistulas

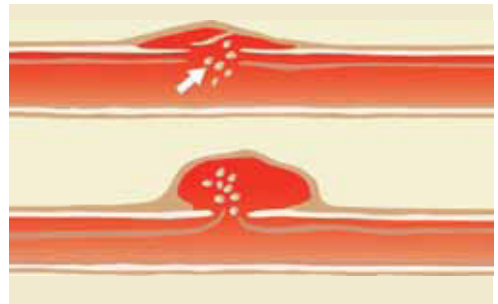
## What is an aneurysm?

A bulging in the wall of the vein



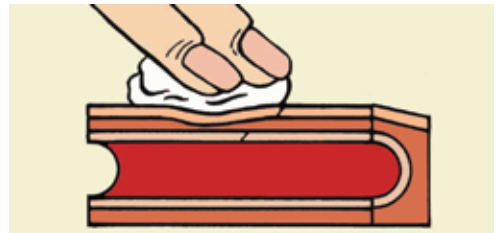
## How do aneurysms form?

Repeated needle insertions in the same area



## How can they be prevented?

1. Rotate the needle sites (rope ladder); OR teach patient to needle the exact same sites each time (buttonhole)
2. Hold needle sites x 15 min after dialysis



## What if the area continues to be used?

- Skin becomes white and shiny
- Skin breaks down
- Large scabs form
- Bleeding excessive after needles removed
- Fistula may rupture



For more information, including a series of patient teaching pamphlets on vascular access, go to the BC Renal Agency website: [bcrenalagency.ca](http://bcrenalagency.ca)

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