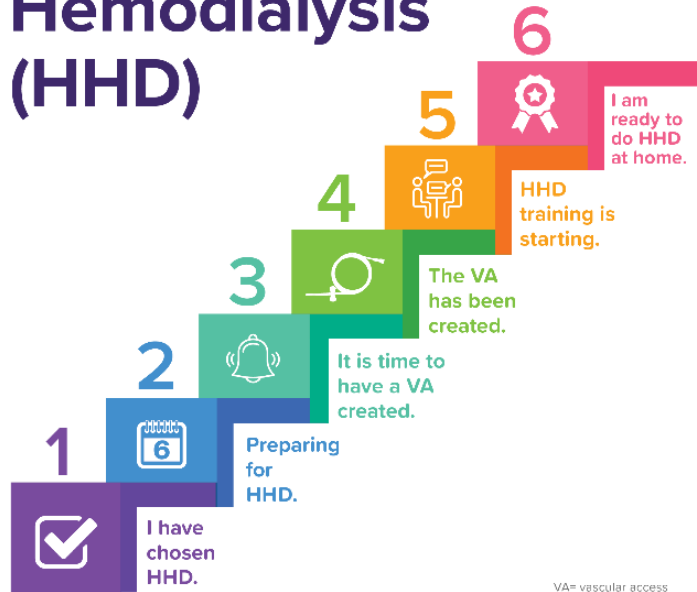




Home Hemodialysis: A step-by-step approach

Thursday, February 4, 2021

Transitioning to Home Hemodialysis (HHD)



VA= vascular access

Orientation Overview

- What is hemodialysis?
- What is home hemodialysis (HHD)?
- Benefits of HHD
- Types of HHD
- What is needed to perform HHD?
- What is a vascular access?
- What does training look like?
- Performing HHD at home
- Supplies
- Travel
- Patient experience
- Questions?

What is hemodialysis?

What is hemodialysis?



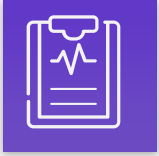
Removes, cleans and returns your blood to your body



Can be done at home or in a dialysis clinic



To access your blood, vascular access is required



What is home hemodialysis HHD?

- **Manage your care at home**
- **Allows for a flexible schedule**
- **Close support of your health care team**
- **On call technical & clinical support**



Benefits of HHD

- **Fewer diet restrictions**
- **Flexible schedule**
- **More independence**
- **Increased energy & health**
- **Lower risk of infection**
- **Ability to travel**
- **Dialyze more often = feel better**





Benefits of Home Hemodialysis



Types of Home Hemodialysis



Nocturnal



Short daily



Conventional



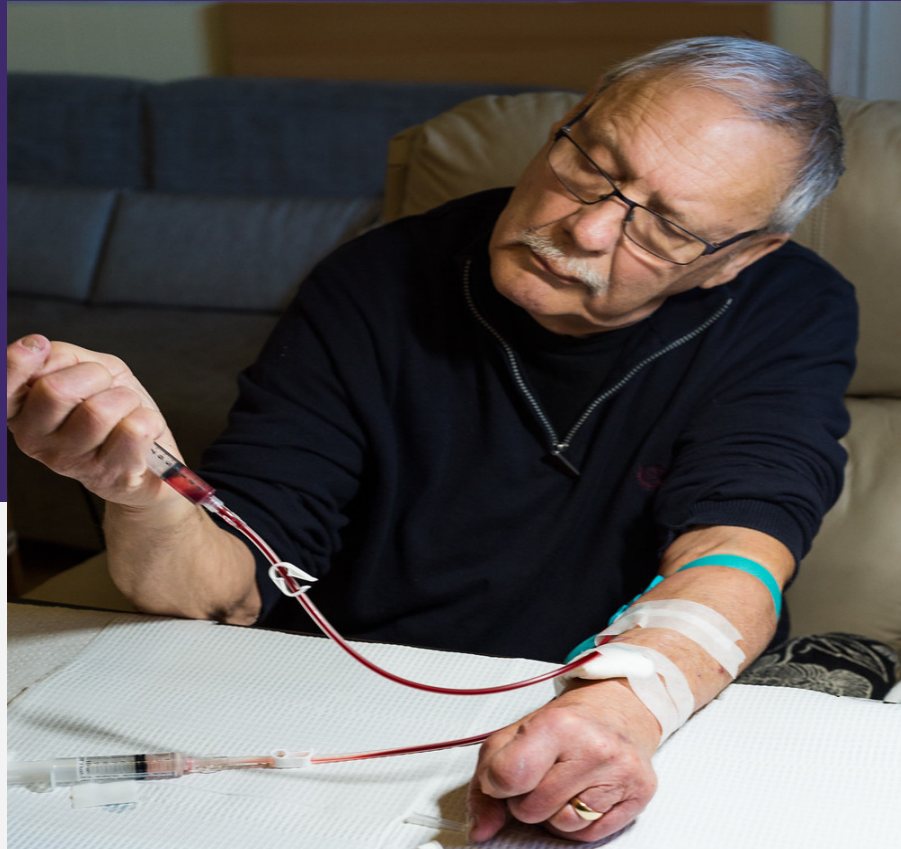
What is needed for to perform HHD?

- A home with adequate space
- Rental ok with approval of landlord
- A way to access your blood
- Hemodialysis machine, scale & supplies*
- May require minor home renovations*

** Equipment, supplies and renovations paid for by BC Renal*



What is a vascular access?



There are 3 types of vascular accesses



Fistula



Graft



Catheter

The benefits of fistulas

A fistula is the best choice because:

- It performs the best
- It lasts the longest



**Choose early.
A fistula takes time to mature**



Fewer complications
(infections)



It is safe to
shower and swim



Requires fewer
hospitalizations



**It's ok to be
home alone**



What does HHD training look like?



You will dialyze while learning HHD: average 3-4 days a week for 6-8 weeks

Personalized training

You will learn:

- **HHD procedures**
- **How to keep clean**
- **Caring for your vascular access**
- **How to solve any HHD problems**
- **How to monitor your health**
- **Ordering HHD supplies**





Supplies



HHD supplies will be delivered to your home every 4 weeks



Common fears when thinking about HHD





Travel



Travel your way!





Welcome Trevor and Tammy. Thank you for sharing your HHD experience.

For more information:

- ✓ Your kidney care team
- ✓ BC Renal website



Questions?

