

Home Hemodialysis

“Dialysis that fits into your life”

Dr. Micheli Bevilacqua
Lysa Wone, RD
Corinne Forshaw, RN
Ann-Marie Heino, SW

November 29, 2022

Overview for Today

- ▶ Review the benefits of Home Hemodialysis
- ▶ Introduce the two machines used
- ▶ Highlight the training process
- ▶ Patient experience - Yorgos Lam
- ▶ Questions (please ask/type them throughout the presentation)



**KEEP
CALM
AND
DO HOME
DIALYSIS**

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)?



Independent (Home-based) hemodialysis:

- Manage own care at home
- Allows for a flexible schedule

Benefits

- ✓ Ability to complete more than the minimum amount of dialysis
- ✓ Increased energy & health
- ✓ Fewer diet restrictions
- ✓ Flexible schedule
- ✓ More independence
- ✓ Lower risk of infection
- ✓ Flexibility to be at home to fulfill parenting and work responsibilities

Home Hemodialysis

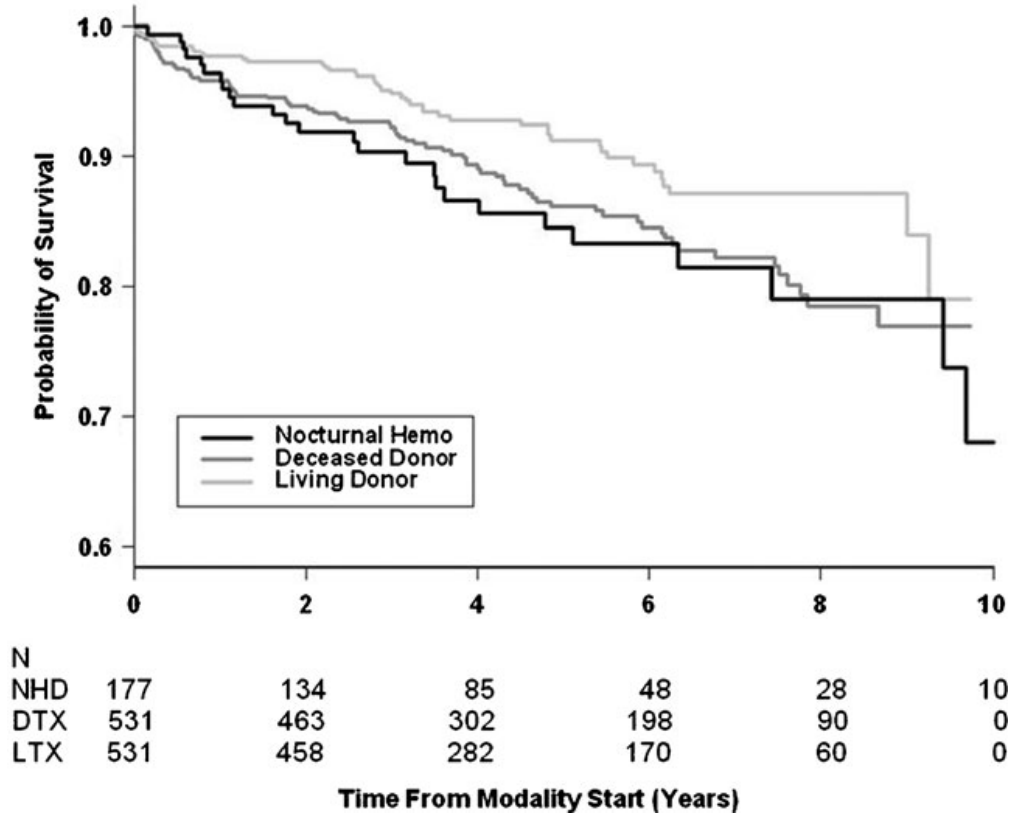


Other Considerations

- ▶ Requires commitment for training (longer than PD)
- ▶ You can train alone or with a support person
- ▶ Has been compared to a “part-time” job (blood work, clinics, machine maintenance and dialysis)



Nocturnal/extended HHD patients have similar survival rates to transplant patients



Machines



AK 96



Nx Stage

The AK 96 System

- ▶ Most comparable to a conventional dialysis machine
- ▶ Is user friendly and easy to troubleshoot
- ▶ Requires a minor home renovation that is paid for by BC Renal



Renovations



BC Renal will reverse required renovations when patients come off HHD

The Nx Stage System

- ▶ Simple interface
- ▶ Transportable with the top portion (up to 4 weeks/year)
- ▶ Requires more hours of dialysis
- ▶ No renovations



BC Renal Video



Training

- Patients are trained with either a fistula or catheter
- Training typically takes 8-12 weeks
- Patients can have a friend or family member also attend training
- Patients transition home when the HHD team is confident in their abilities



Hemodialysis Vascular Access



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

Supplies



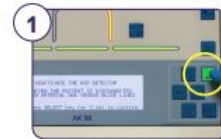
HHD supplies will be delivered to your home every 4 weeks

Waste Removal

Disposal of Hemodialysis Waste

Used dialysis tubing and dialyzers can be thrown out with your household garbage—but only *after* you make it safe for collection.

Follow these steps after every treatment:



1 Press "SELECT" key for 3 seconds to deactivate the air detector.



2 Remove needles. Hold AVF sites or cap CVC.



3 Place arterial blood line into a cup of acid concentrate and open clamp.



4 Allow the arterial blood line to take up the acid. When the acid is taken up, keep the pump running and allow air to be sucked into the circuit.



5 Allow lines to completely empty into waste bag (at least 2 minutes) and then stop the blood pump.



6 Drain the dialysate out of the dialyzer.



7 Put used lines and dialyzer in double bagged, heavy duty black garbage bag.



8 Drain waste into toilet.



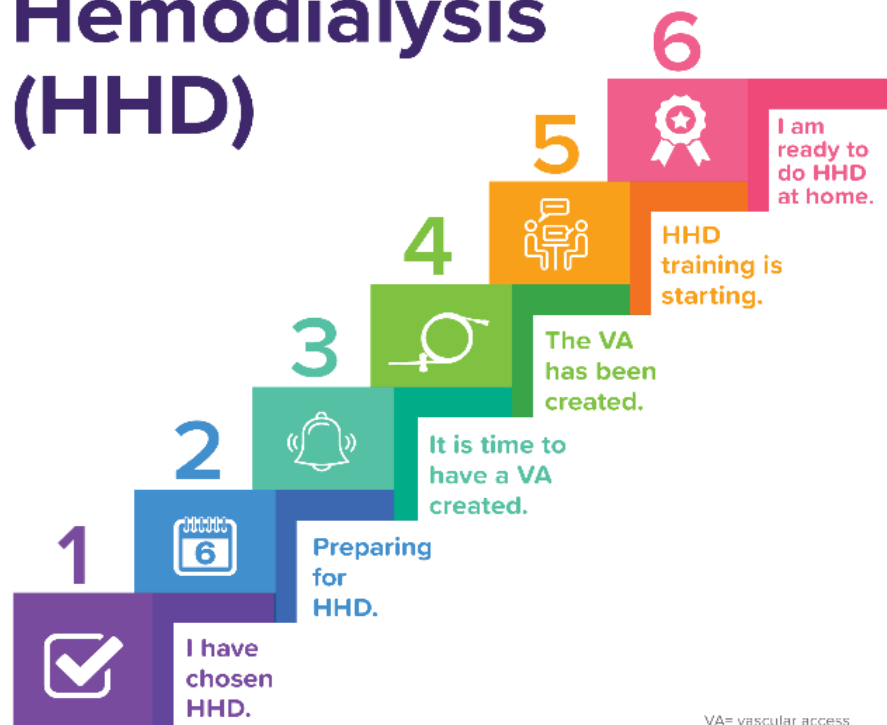
9 Store in an area away from domestic animals or wildlife and dispose with household garbage in a sealable container.



10 It is **never** ok to put needles in garbage. Always use your sharps container.

Next Steps

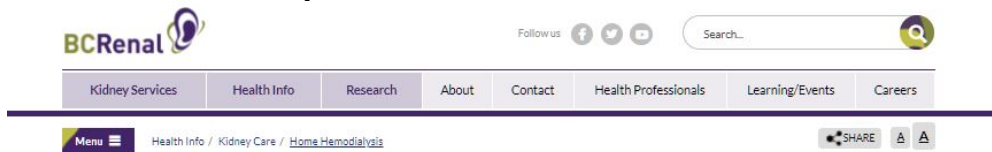
Transitioning to Home Hemodialysis (HHD)



VA= vascular access

Online Resources

<http://www.bcrenal.ca/>



Home Hemodialysis

Home Hemodialysis is an option that allows you the flexibility to complete your hemodialysis treatments in the comfort of your home.

Benefits of Home Hemo

Resources for Current Patients

"I feel like I have my life back. My days are free."

"I do almost everything myself, but if I have any questions or need any help, the nurses are right there."

Some of the benefits independent Hemodialysis patients have described include:

- More liberal diet
- A flexible schedule that patients can control
- Higher level of independence
- More time at home
- More energy, and simply feeling better
- Less time at the hospital
- Ability to travel

To be a successful home hemodialysis patient, your commitment is needed, as well as an understanding and acceptance of the importance of your training, the maintenance of your skill set and your ongoing responsibilities.

Learn More



**The information in our patient handout materials are provided for educational/information purposes, and to support discussion with your health care team about your medical condition and treatment. It does not constitute medical advice and should not substitute for advice given by your physician or other qualified health care professional.*



Symptom Assessment and Management >

Novel coronavirus (COVID-19) >

Home Hemo and Travel >

Mental Health Resources >

Travelling HD Patients >

Travel info for patients on HD and HHD not using the NxStage travel program.

Transitions in Kidney Care >

Quick Links for current patients:

- NEW on our YouTube Channel:
 - [It's Better at Home video series](#)
 - [Current BC Travel Guidelines](#)
- [Patient Workbook - 2020 Update](#)
- [Monitor Log for Clinic](#)
- Emergency Disconnect Procedures - NOW in Chinese and Punjabi:
 - [Graft/Fistula- AK96 : NxStage](#)

<https://kidney.ca/>



Being diagnosed with a chronic illness is life-changing and can happen with little or no warning. We're here to provide emotional support and resources to help people live well with kidney disease.

Peer support is one of our key services. Talk to others with similar life experiences about what to expect when learning to live with kidney disease. You and your family members will be paired with trained volunteers who have first-hand experience coping with kidney disease.

Peer Support volunteers do not offer medical advice, but they can tell you about their experience with kidney disease and how they balance family life, work and social activities. They'll be able to answer many of your questions, because they've been there too.

To make a request for peer support you can [use our online form](#) or call 1 866 390-PEER (7337) to speak with a program coordinator.

Would you like to share your time and experience to help people with kidney disease? [Join us as a volunteer](#)

Request Peer Support

Peer Support Volunteers assist many people each year, and those who have accessed services believe the support and encouragement they've received has been an important part of learning to live with kidney disease.

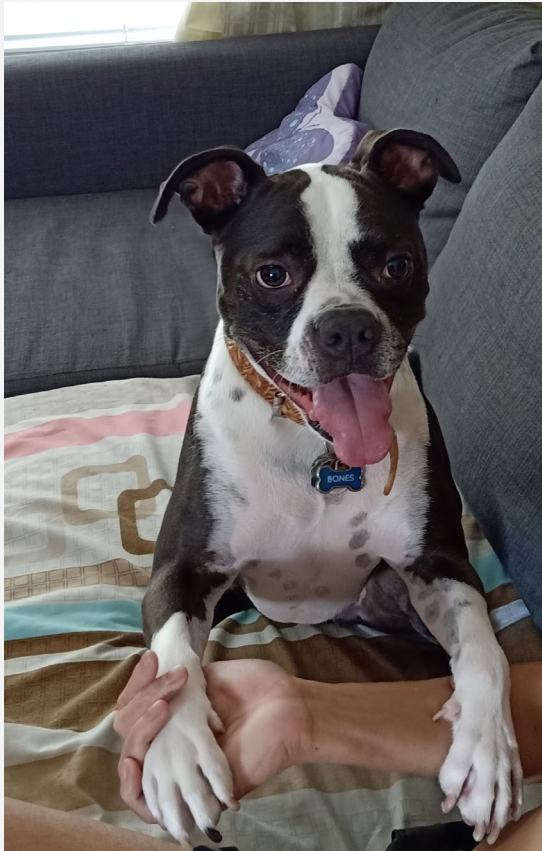
LEARN MORE

Support & Engagement Groups

Some communities have peer support groups who meet on a regular basis to discuss a variety of topics or participate in activities of common interests.

LEARN MORE

Patient Experience



**Yorgos Lam
(& Bones)**

Questions?

