Oxford University Hospitals NHS Foundation Trust

Oxford Kidney Unit

Shared haemodialysis care

Information for patients, family, friends and carers
If you are on haemodialysis and you or your family or friends would like some information about shared haemodialysis care, then this leaflet is for you.

**What is shared haemodialysis care?**

‘Shared haemodialysis care’ is about involving you in your dialysis treatment. Your dialysis nurse will talk to you about how much you would like to be involved with your treatment. You may decide to help with most of your treatment and or may wish for your nurse to continue do all the dialysis for you. Your dialysis nurse will support you in deciding what you would like to be involved with. Most people find that, as they become more confident and familiar with their dialysis, they like to be more involved in their dialysis treatment.
Why should I take part in shared haemodialysis care?

A long term condition, such as chronic kidney disease (CKD), may make you feel that you have lost control of your health, especially if your treatment causes many changes in your life. You may feel overwhelmed and that you are not able to make any of the decisions about your dialysis treatment. You may also feel angry, helpless and upset.

Evidence from other dialysis units and government studies has shown that people who help and take part in their own treatment:

• have a better understanding of their condition and treatment
• become experts in their own care
• gain confidence and control over their care
• feel better, health-wise.
What can I do to become involved in my treatment?

Some people like to be involved in every part of their treatment, whereas others may decide to do one or two things. Here are a few things that you may like to be involved with:

- Measure your blood pressure and pulse.
- Prepare your dialysis chart.
- Prepare your dressing pack.
- Prepare the dialysis machine by getting it ready to use for the treatment (‘line and prime’ the machine).
- Insert the needles into your fistula, ready for dialysis.
- Carry out your dialysis treatment on your own.

Your dialysis nurse will teach and support you, once you decide how much of your own treatment you would like to do. There will always be a dialysis nurse in the unit to talk to if you are unsure or if you need help or advice.
What are the benefits of shared care for me?

Shared haemodialysis care will help you achieve:

• a greater understanding of your condition and haemodialysis treatment
• an increased control over your treatment
• increased confidence
• independence with your illness and treatment
• confidence to dialyse away from home and have a holiday.

For some people, this is a stepping stone to doing your dialysis in your own home.
What if I decide shared haemodialysis care is not for me?

Shared haemodialysis care is not for everyone and you may decide you do not want to be involved in any of your treatment. The dialysis nurses will not treat you any differently and you will still receive all the treatment you need. Shared haemodialysis care is not about reducing the number of dialysis nurses in your unit.
If you would like to know more or have any questions, please speak to your named nurse or the Shared Care Dialysis Link Nurses on your unit.

Your Shared Care Dialysis Link Nurse is:
If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call 01865 221 473 or email PALSJR@ouh.nhs.uk

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