Welcome to Wycombe Renal Unit
Information for patients
The aim of this booklet is to introduce you and your family to the Unit and staff, whether you are on some form of dialysis, or just attending the outpatient clinic. If you have read this booklet and still have questions or comments, please speak to a member of staff.

The Wycombe Renal Unit is a nurse led Satellite Unit of the Oxford Kidney Unit, which is run by the Oxford University Hospitals NHS Foundation Trust. We provide Renal services for patients in the South Buckinghamshire area. The Unit is staffed by a number of experienced Renal Nurses and Renal Care assistants, and we work closely with the team in Oxford.

The Unit is open:
• Monday, Wednesday and Friday, 7.30am to 11.00pm.
• Tuesday, Thursday and Saturday, 7.30am to 7.30pm.
Who will I meet in the unit?

**Unit Manager:**
Marianne Reyes

**Haemodialysis Team Leaders:**
Cherry Pangan
Theresa Joseph
Sindhu Cherodeth

**Home Therapies Nurse:**
Senior Staff Nurse Alison Sabin

**Pre Dialysis Specialist Nurse:**
Margaret Townsend

**Consultants:**
Dr Ed Sharples
Dr Tom Connor
Dr Naim Ahmadouk

**Unit Secretary:**
Tracy Ramsden

**Unit Administration Assistant.**

Unit philosophy

We believe that you should be involved in your own care, as much as you are able or want to. However, it is our role as health promoters to educate you about your illness and treatment and to help you to make informed decisions about your care. We will respect your decisions and be non-judgmental in caring for you.
What happens when I come to a clinic appointment?

Clinics are run at Wycombe each Wednesday and Thursday, with a Transplant clinic every other Tuesday. It is a great help if you can bring a list of your current tablets/medication, so that our records can be kept updated. A nurse will weigh you and check your blood pressure before you see a Consultant.

If you are not on haemodialysis you will be asked to have blood taken the week before your clinic appointment, so that the results are available for your consultation.

If you have any queries about your appointment or getting your bloods checked, please speak to one of our staff.

A Dietitian is available on some Wednesdays and Thursdays during clinic. We may refer you, or if you have any queries it is possible to see them during your appointment. The Dietitians can also be contacted in Oxford at other times.

What does a Pre Dialysis Specialist Nurse do?

This Specialist Nurse offers support to people requiring pre-dialysis care and conservative management in the hospital and community. The Specialist Nurse will educate and advise you on your renal therapy options. They are also able to advise you about vaccinations and PatientView (see page 8 for more information).
What happens when I come for haemodialysis?

The Unit has 15 haemodialysis (dialysis) stations. Dialysis appointment times are either in the morning, afternoon or evening, on a Monday, Wednesday and Friday, or a morning or afternoon on Tuesday, Thursday and Saturday.

The morning shift usually starts their treatment between 7.30am and 8.30am and the afternoon shift between 1.30pm and 2.30pm. The evening, or twilight, shift starts their treatment between 5.30pm and 6.30pm.

If you are on haemodialysis you will be allocated to a team; the Red, Blue or Green team. Your team is led by a Team Leader, who is a Senior Staff Nurse, and you will also have a Named Nurse, who is responsible for your continuing care.

When you arrive for dialysis, if you can, please weigh yourself and take your blood pressure. You will be shown how to use the equipment and there is always help available if you cannot manage this, so do not worry.

Please wait in the reception area until you are called in to the Unit. This allows staff to prepare the machines. Please do not come in earlier unless a nurse has asked you to, you have already arranged this with the staff, or you feel unwell.

After each treatment the machines need to go through a 40 minute heat clean, before being used for the next session. We always try to make sure your treatment is on time, however there may be occasions when we are running late; this may be due to a machine breaking down or a person who is unwell.

Whilst on the dialysis we will give you something to drink, biscuits and sandwiches. You are welcome to bring your own sandwich or snack. If you are on phosphate binders (Calcichew, calcium acetate, Renagel, Lanthanum, Alucaps) please remember to bring these with you to have when you eat.
You may wish to bring a book, magazine, or electronic gadget to help pass the time whilst you are dialysing. Electronic gadgets must be used with earphones, to avoid disturbing other people.

Electrical equipment must be checked by the hospital before being used in the unit. We will arrange for this to be done when you first arrive. We are unable to accept any responsibility for any items you bring into the haemodialysis unit.

Occasionally you may be asked to change your dialysis time or days to help other patients, but you will be given plenty of notice.

If you need to change your treatment day, please speak to the Unit Manager, Team Leader or the Shift Co-ordinator. Please give as much notice as possible and we will do our best to help you. We will always try to make changes for appointments, holidays, social and business events.

Your clinic appointment is booked to coincide with your visit to dialysis and the Consultant will see you whilst you are on your treatment. If you would rather see the Consultant in the clinic please let one of the team know.

You are welcome to have a relative or friend with you during your clinic appointment, but please tell the Unit Secretary or Admin staff that someone is coming. They will make sure that the Consultant waits until they arrive at your appointment time.

Some patients on the Unit have trained to do their haemodialysis at home. If this is something you are interested in exploring please speak to the Unit Manager or one of the Staff Nurses.
Peritoneal dialysis service

A peritoneal dialysis (PD) Nurse is usually available from Monday to Friday, from 8.00am to 3.30pm.

There may be some variation in these hours, but there is an answerphone available or the phone will be transferred to the Haemodialysis Unit, where a nurse can advise you.

Out of hours, if the problem is non-urgent, a message can be left with the haemodialysis staff. When the Unit is closed, please contact the Renal Ward in Oxford (the telephone number is at the back of this leaflet).

How do I get to Wycombe Renal Unit?

If you are unable to make your own way to the Unit, you may be eligible for hospital transport. This is provided by South Central Ambulance Trust.

If you are booked for hospital transport and you do not require it for a specific day or journey (if family are collecting you after dialysis or bringing you in for a clinic appointment), please let the dialysis staff know. These journeys need to be cancelled by the staff with the Ambulance Service, otherwise they are charged to the Unit.
PatientView

PatientView is an individualised online information for patients where you can:

• find out your latest blood results
• find information about your kidney condition and treatment and other information about kidney diseases
• read your letters from the Renal Unit
• read about renal diets.

To find out more, please visit www.patientview.org. If you then wish to enrol, please speak to your Dialysis Nurse.

How to contact us

Wycombe Renal Unit
Reception: 01494 426 347
Unit Manager: 01494 426 350
Nurses’ Station: 01494 426 352
PD Office: 01494 426 349

Oxford Renal Ward: 01865 225 780
(24 hours a day)
Oxford Dietitians: 01865 225 061
Other useful information

We have a number of books that you may wish to read for further information. Please ask staff if you wish to borrow any of the books.

**The Oxford Kidney Unit booklet**
This gives a brief guide to kidney failure for people who may need dialysis treatment, as well as their families. This may help to answer some of the questions you may have.

**Kidney Failure Explained**

**Help – I’ve got Kidney Failure** (BKPA publication)
Further support

**Six Counties Kidney Patients Association (SCKPA)**
This is a charitable association for all renal patients, their relatives and friends. It can be an excellent source of support, information and friendship.

Wycombe has a very active branch of the SCKPA, which meets regularly in a relaxed, informal manner. Patients and their families have found it to be very helpful and supportive.

Website:  www.sixcountieskpa.org.uk

Contacts: Margaret Sharp on 01494 674 256 or Margaretsharp47@googlemail.com

John Champion on 01628 482 137 or john@tendimus.com

**NHS Choices** – information about dialysis
Website:  www.nhs.uk/conditions/dialysis/Pages/Introduction.aspx

**Oxford Kidney Unit**
Information about the Oxford Kidney Unit for patients and their relatives.
Website:  www.ouh.nhs.uk/OKU

**National Kidney Federation**
Website:  www.kidney.org.uk
Helpline:  0845 601 0209
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 PALS@ouh.nhs.uk

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