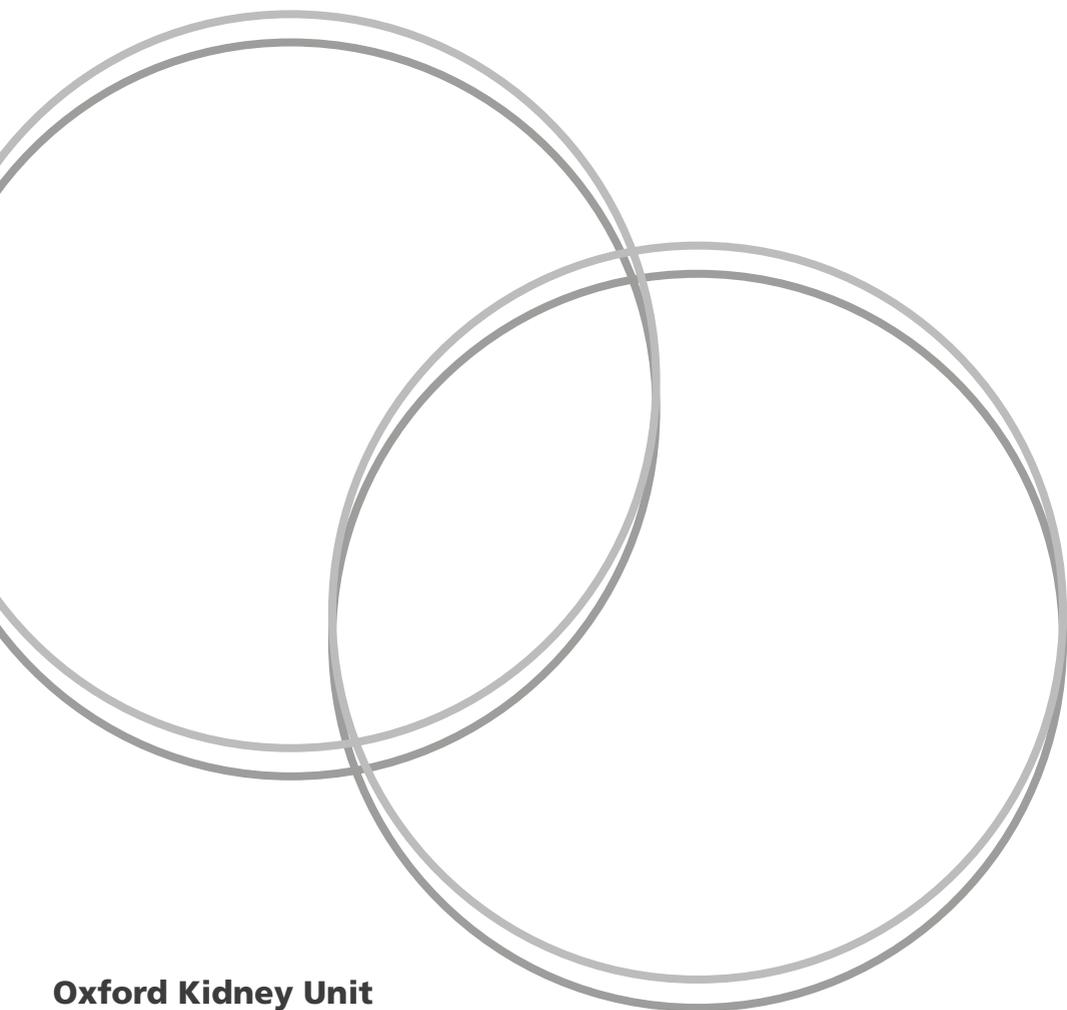




Oxford University Hospitals
NHS Foundation Trust

Shared Haemodialysis Care

**Information for patients,
family, friends and carers**



Oxford Kidney Unit

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

If you have questions after reading this leaflet please speak to a member of the dialysis team.

What is shared haemodialysis care?

Shared haemodialysis care allows you to choose which aspect of your dialysis treatment you want to be involved with. Your dialysis nurse will guide you when thinking about what you could do. 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.

Shared care helps you to have better understanding of your condition and treatment.

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 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 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 independently.

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 happens if I change my mind or my condition changes?

Shared haemodialysis care is not for everyone and you may decide you do not want to be involved in any of your treatment. It is your choice to decide if you want to continue shared care. Sometimes people's health care condition changes and you may need more help from the dialysis nurses. Shared care is about improving your experience of dialysis.

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:

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Useful websites

Oxford Kidney Unit

Lots of information about the Oxford Kidney Unit for patients and carers.

Website: www.ouh.nhs.uk/oku

Kidney Patient Guide

Information for patients with kidney failure and those who care for them.

Website: www.kidneypatientguide.org.uk

Kidney Care UK

A charity which has lots of practical support and information for people with kidney disease.

Website: www.kidneycareuk.org

Six Counties Kidney Patients Association

The SCKPA is run for patients by patients or family members.

They offer support to people suffering from kidney disease or who are on dialysis. They work closely with the Oxford Kidney Unit and have branches in Oxfordshire, Northamptonshire, Buckinghamshire, and Milton Keynes, and parts of Wiltshire, Gloucestershire and Berkshire.

Website: www.sixcountieskpa.org.uk

National Kidney Federation

A charity which has lots of practical support and information for people with kidney disease.

Website: www.kidney.org.uk

Sharing Haemodialysis Care

A website promoting information about shared care for everyone.

Website: www.shareddialysis-care.org.uk

Contacts

Main Haemodialysis Unit

Churchill Hospital

Telephone: **01865 225 807**

Email: renaldialysisunit@oxnet.nhs.uk

Tarver Haemodialysis Unit

Churchill Hospital

Monday to Saturday, 7am to 7.30pm

Telephone: **01865 225 695**

Email: renaltarverunit@oxnet.nhs.uk

Milton Keynes Haemodialysis Unit

Milton Keynes University Hospital

Monday to Saturday, 7am to 7.30pm

Telephone: **01908 996 496**

Email: renalunitmk@oxnet.nhs.uk

Stoke Mandeville Haemodialysis Unit

Monday to Saturday, 7am to 7.30pm

Telephone: **01296 316 996**

Email: RenalUnitSM@ouhnhksuk.onmicrosoft.com

Horton Renal Unit

Horton General Hospital

Monday to Saturday, 7am to 7.30pm

Telephone: **01295 229 811** or **01295 224 130**

Email: renalunitbanbury@oxnet.nhs.uk

High Wycombe Haemodialysis Unit

Monday to Saturday, 7am to 7.30pm

Telephone: **01494 426 347**

Email: renalunithw@oxnet.nhs.uk

Swindon Haemodialysis Unit

Monday to Saturday, 7am to 7.30pm

Telephone: **01793 605 286**

Email: renalunitsw@oxnet.nhs.uk

Whitehouse Dialysis Unit

Monday to Saturday, 7am to 7.30pm

Telephone: **01295 228 552** or **01295 228 553**

Email: whdu@oxnet.nhs.uk

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Authors: Angela Pietrafesa, Renal Deputy Matron
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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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