

Oxford Kidney Unit

Welcome to the Haemodialysis Unit

Information for patients



Welcome to the Haemodialysis Unit

This leaflet is about the day-to-day running of your dialysis unit.

There are two dialysis units at the Churchill Hospital

- Main Dialysis Unit: 01865 225 807
- Tarver Dialysis Unit: 01865 225 725

There are also five satellite units

- Banbury (Horton General Hospital)
- Milton Keynes
- Swindon
- Stoke Mandeville
- High Wycombe

Some information in this leaflet may be a bit overwhelming, so if you have questions please ask any members of the team. We are here to help you have a positive experience throughout your treatment.

Our philosophy

We aim to:

- promote person-centred care
- treat every patient as an individual
- achieve a high standard of care through patient involvement with planning and evaluation
- respect and accept individual values, cultures and customs
- achieve optimum levels of function and wellbeing
- promote partnership across the multidisciplinary team (MDT)
- offer research opportunities and new ideas for enhanced treatment
- welcome comments and feedback.

Who will look after me?

When you start dialysis you will meet your named nurse, who will oversee your treatment. You may be cared for by one of the dialysis nurses, who will report back to your named nurse. Your named nurse will ensure that all our units know about your treatment.

When do I come for dialysis?

You will need to come to the unit three times a week, although some people only need dialysis twice a week. Three times a week dialysis takes place on either Monday, Wednesday and Friday, or Tuesday, Thursday and Saturday, in the morning, afternoon or evening (twilight).

We will try our best to give you the days that you would like; this may involve a short wait until a slot becomes available.

- If you are dialysing in the morning you should be in your unit for 8.00am.
- If you are dialysing in the afternoon you should be in your unit for 1.00pm.
- If you are dialysing in the evening (twilight) you should be in your unit for 6.00pm.

Some of the satellite units offer booked appointment times. Your named nurse will give you more details.

What happens when I arrive?

When you arrive we will show you to a bed or dialysis chair. Your dialysis nurse for the day will ask you some questions about your health since your last dialysis treatment, then connect you to a dialysis machine.

While you are on dialysis, the nurses will check your blood pressure and dialysis lines, and give you medications if needed.

When your treatment has finished, your nurse will disconnect you from the machine and make sure you are well enough to go home.

What can I do whilst on dialysis?

All hospitals now offer free WiFi and you may bring personal electronic devices with you. You can also bring books or newspapers.

Each dialysis space has radio and television, although in some units you need to buy a card to watch television. Cards can be bought from machines outside the Oxford units for £5 - £10.

Ask your dialysis nurse for some headphones, which we will keep for you each time you visit.

You can also talk to your neighbour on dialysis.

What refreshments will I be given?

We provide tea, cooled water, biscuits and sandwiches. Unfortunately we cannot provide coffee as it contains too much potassium. You can also bring a snack or sandwich with you.

What should I wear?

Please wear loose comfortable clothing, so your nurse can easily gain access to your fistula or Tesio (tunnelled dialysis catheter) line.

Who can be with me when I dialyse?

You may bring a relative or friend with you, however, no more than two visitors at any one time please, as space is limited.

What do I need to do before I dialyse?

If you have a fistula, please wash both your hands and fistula with soap and water before your dialysis treatment begins. By each wash basin there is a copy of the hand hygiene washing procedure which you should follow. If you are unable to get to the wash basin, we can provide hand wipes.

What to expect during dialysis

The unit can be noisy; the machines bleep if there is a problem, to alert the nurses.

During connection and disconnection of the dialysis machines the unit can become quite busy, which is normal.

All units have mixed bays where men and women dialyse together.

Your nurse may talk to you about Shared Haemodialysis Care, which is about involving you in your dialysis treatment. There is a leaflet that explains this in more detail, so please ask your dialysis nurse for a copy.

There will be a doctor on the unit to manage any dialysis or renal problems. For any other medical issues please book an appointment with your GP. In the satellite units a doctor may only be present on certain days. Your named nurse will let you know when they are in the unit.

How might I feel on dialysis?

Most people feel fine on dialysis, but you might experience any of the following.

- Headache
- Sickness
- Cramps
- Low blood pressure
- Dizziness
- Tiredness

If so, tell your dialysis nurse.

When will I see my Renal Consultant?

You will see your Renal Consultant every two to three months in the outpatient department. Some consultants may visit patients on the unit.

If you are unsure of your appointment date, or need hospital transport to attend your appointment, please ask the ward clerk.

How do I get to dialysis?

Your dialysis team will talk to you about getting to and from dialysis. A separate leaflet is available on transport for dialysis; please ask a member of the team for a copy.

Telephone numbers

- Main Dialysis Unit: 01865 225 807
- Tarver Dialysis Unit: 01865 225 725
- Renal Ward: 01865 225 780
- Banbury Dialysis Unit: 01295 229 812 / 01295 229 813
- Stoke Mandeville Unit: 01296 316 996 / 01296 316 997
- High Wycombe Unit: 01494 426 347
- Swindon Unit: 01793 605 291 / 01793 605 286
- Milton Keynes Unit: 01908 996 496 / 01908 996 497
- Renal Dietitians: 01865 225 061
- Dialysis Matron: 01865 225 555

Further information

Oxford Kidney Unit

www.ouh.nhs.uk/oku

National Kidney Federation

Information about kidneys for patients and relatives.

www.kidney.org.uk

Renal Association

Recommendations and guidelines used in dialysis.

www.renal.org

British Kidney Patient Association

Free counselling and support service

www.britishkidney-pa.co.uk

Tel: 01420 541 424

Six Counties Kidney Patients Association (SCKPA)

Active kidney patients' association. Membership costs £1.00 per year.

www.sixcountieskpa.org.uk

Mr John Champion: 01628 482 137

Email: john@tendimus.com

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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