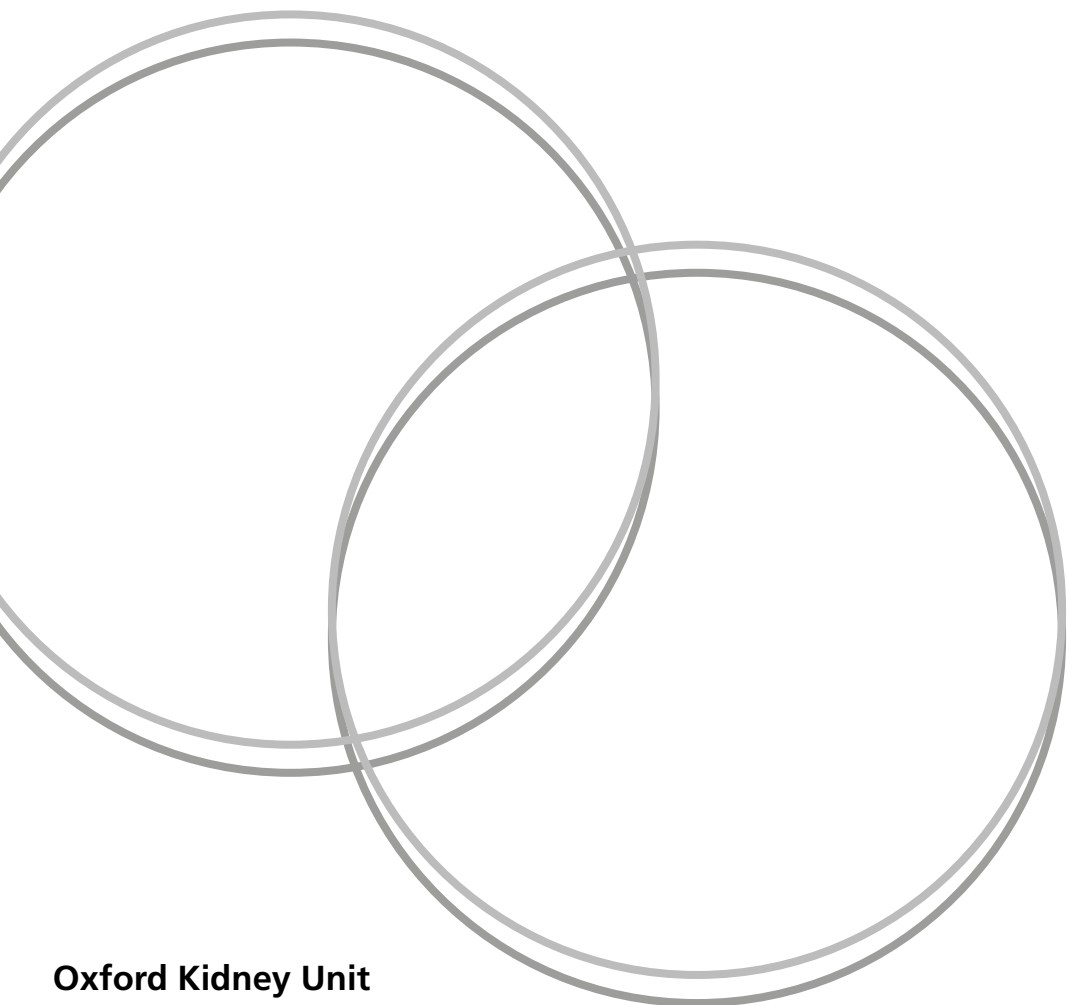




Oxford University Hospitals  
NHS Foundation Trust

# 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 some information about shared haemodialysis care, then this leaflet is for you.

## **What is shared haemodialysis care?**

Shared haemodialysis care allows you to choose some or all of your dialysis treatment that you would like to be involved with. 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.

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 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 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](http://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](http://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](http://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](http://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](http://www.kidney.org.uk)

### **Sharing Haemodialysis Care**

A website promoting information about shared care for everyone.

Website: [www.shreddialysis-care.org.uk](http://www.shreddialysis-care.org.uk)



## Further Information

If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, Braille, audio, electronically or another language, please speak to the department where you are being seen. You will find their contact details on your appointment letter.

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August 2020  
Review: August 2023  
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