

SHARED CARE HEMODIALYSIS

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

What is shared care hemodialysis?

Shared care hemodialysis is about becoming actively involved in your dialysis treatment. Your dialysis practitioner 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 dialysis practitioner to continue to do all the dialysis for you. Your dialysis practitioner will support your decision.

Why should I take part in shared care hemodialysis?

Chronic kidney disease is long term condition and may make you feel like you have lost control of your health, especially if your treatment causes many changes in your life. It may make you feel angry, helpless and upset.

Evidence has shown that people who help and participate 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
- Have a positive outlook
- Can more easily progress on to manage home haemodialysis with associated better outcomes and quality of life.

What can I do to become involved in my treatment?

Shared care is about doing as much or as little as you want for yourself supported by your dialysis practitioner. You may choose to take over your whole dialysis session or choose to become involved in a few things such as:

- Measuring your blood pressure, pulse and temperature
- Prepare your dressing pack
- Prepare the dialysis machine by lining, priming and programming the machine
- Needling your fistula / graft
- Carry out your dialysis treatment on your own

Your dialysis practitioner will teach you and support you every step of the way once you decide how much of your own treatment you would like to do. There will always be a dialysis practitioner in the unit to talk to, assist you and help you if you are unsure what to do. You will never be left alone.

What are the benefits of shared care for me?

Shared care hemodialysis will help you achieve:

- A greater understanding of your condition and hemodialysis treatment
- An increased control over your treatment
- Learn to a level of your choice
- Increase your confidence
- A sense of freedom
- Independence with your illness and treatment
- Confidence to dialyze away from home and have a holiday
- For some people this is a stepping stone to home hemodialysis
- Reduction in waiting

How do I get started?

Speak to your designated dialysis practitioner. Your dialysis practitioner will use the self-care manual to guide your learning. Once you and your practitioner decide you are experienced and safe, you can carry out the procedures on your own.

What if I decide shared care hemodialysis is not for me?

Not a problem! Shared care hemodialysis is not for everyone and you may decide not to be involved in any of your treatment. The dialysis practitioner will not treat you any different and you will still receive all the treatment you need. Shared care is not about reducing the number of dialysis staff in your unit or taking away their responsibility, it is about empowering you in managing your condition and giving you ownership of your treatment, addressing what matter most to you.

If you have any questions or would like more information, please speak to your dialysis team.