

Home Hemodialysis as a treatment option (HHD)



What is home hemodialysis?(HHD)

Home hemodialysis is a treatment option available for patients receiving chronic renal replacement therapy that is willing able to do their own dialysis treatment at home using a hemodialysis machine



- Patients must have area in their home that can be adapted to do the treatment
- Patient must have a working phone in the treatment room; within reach
- Home must be a hygienic environment for dialysis (3x3m for dialysis machine and chair; shelves to store disposables)
- Patients must be free of alcohol-/drug abuse which can cause drowsiness/erratic behaviour during dialysis

How do I know if I am a candidate?

Discuss home hemodialysis as a treatment option with your attending doctor. They will be able to give you guidance if home hemodialysis is a viable treatment option as they do know your history and possible co-morbid diseases that might have an influence on your decision



Who can do home hemodialysis?

- A medically stable patient; free of complications that might render HHD unsafe (unstable diabetic patients and patients with unstable cardiovascular problems)
- Must have a working fistula/graft
- Have good eye sight, hearing, dexterity, intellectual capacity and reading abilities/have a care worker/family member to do the dialysis treatment
- Patient's mental state and social situation must be stable to perform HHD as prescribed by the attending doctor without supervision
- Patient must have the ability and motivation to learn and carry out the process and the commitment to maintain the treatment

- Patient must have access to quality water, sewerage and electricity supply with suitable water pressure
- A supportive family is a benefit for the HHD patient and should attend training with the patient to ensure the patient have the necessary back up when dialysis commend at home
- The patient must complete the training in the dialysis unit under supervision of a renal care practitioner
- NRC procedure for admission and confirmation of treatment must be followed, as well as terms and conditions must be signed by the patient

My doctor said yes – what now?

- The unit staff must be informed of your choice
- They will work out a training program by discussing it with you
- You be taught to line- and prime the machine, needling yourself, connecting and disconnecting yourself from the machine
- You will be taught to do trouble shooting on the machine when alarms occur, how to disinfect the machine, how to wash and maintain the machine.
- You will be taught how to take care of your water system (RO system)
- A family member/care take must attend the training
- You will be signed off on all the procedures
- You will be assisted at home with the first few dialysis sessions

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