



## Home Haemodialysis

**This leaflet is intended to provide you with some information regarding Home Haemodialysis**

### What is home Haemodialysis ( HHD )?

Home Haemodialysis is when your dialysis treatment takes place in your own home. You can carry out the dialysis yourself or with the support of a family member or friend who has been trained to support you at home.' (Kidney Care UK)

HHD offers an effective alternative to unit-based treatment with a wide range of lifestyle and medical benefits. There are different options: standard three-times-per-week dialysis; more frequent such as short daily dialysis or nocturnal ( night ) dialysis.

### Benefits of HHD

- Privacy, flexibility and comfort of home
- No travelling to a dialysis centre
- Same person ( partner ) always helps you
- Dialysis can be at a convenient time to you
- Continue working normal hours
- There is a choice to increase your treatment time and frequency

### Advantages of more frequent dialysis

- A reduction in toxin and fluid build up
- Probability of less dietary and fluid restrictions
- BP may be better controlled, with a reduction in medication
- Gives an increased sense of well being
- Reduction in recovery time after each dialysis session

### Points to consider:

- You and your partner need to be trained
- Training will be unit-based
- There may be some impact on family life
- Space is required for the machine and supplies
- Minor modification to plumbing

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You could also consider solo dialysis if you live on your own and does not have a relative to assist you.

### **Home dialysis carries the same risks as in-centre dialysis, including:**

- A drop in blood pressure
- Risk of fistula needles falling out or other disconnections in dialysis circuit
- The risk of air entering the blood stream

These risks are minimized by the thorough training which you and your partner would undergo. You will be taught how to reduce the risks and how to react in any emergency situation.

Training usually takes 4-6 weeks but can vary depending on your progress. The HHD team will make sure everything is installed to start haemodialysis at home. You will need:

- Water and electricity supply to the room where you will be dialysing
- Space in order to accommodate a dialysis machine, RO (water filter machine) and some other equipment
- Supplies to be delivered to your home every month
- Your named nurse to visit you at home every 4-6 weeks for blood collection and review
- Consultant review every 3-4 months in our HHD clinic
- Technical support provided by Renal technicians

Here are some quotes from our patients at home:

“I dialyse daily which means I generally feel much better. I never get loaded with fluid and I’m not restricted on what I eat. Doing this has allowed me to come off some of my medications. We get all the support we need from the renal team who are always at hand to answer any questions.”

“Nocturnal home dialysis ( dialysis at night ) has given me my life back. Dialysis is now a minor inconvenience, a bit like the washing up. If you do one good thing for yourself and your family, this should be it.”

“Dialysis in itself is a necessary evil that is never going to be easy there is no getting away from the fact, so why not make it as comfortable and as pleasant as it possibly can be. The benefits far outweigh the negatives.”

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## What next?

If you are interested and would like to discuss HHD in more depth please call the numbers provided and we will arrange a home visit to start the process.

### □ **QEHB**

Smethwick Dialysis Clinic

Unit 2 , Rabone Park, Rabone Lane Smethwick, B66 2NN

0121 371 8340

Email : HomeHDteam@uhb.nhs.uk

### □ **BHH**

Runcorn Road Dialysis

Unit36 Runcorn Rd, Balsall Heath, Birmingham, B12 8RQ

0121 424 3957

Email : HomeHDRuncorn@uhb.nhs.uk