



# Shared-care in haemodialysis

Information for patients from the Kent Kidney Care Centre

## What is meant by haemodialysis shared-care?

Shared-care is about being more involved in the day to day management of your condition and its treatment. This may involve performing care activities for yourself that have previously been performed by nurses or other healthcare professionals.

The idea of shared-care is to enable people who have long-term conditions to be more informed about and involved in the treatments needed to feel better and more in control of their own care.

For someone having dialysis this could mean anything from weighing yourself before and after dialysis, to undertaking parts of their own treatment in the Dialysis Unit.

Patients who have participated in managing their own care, have said they:

- have a clearer understanding of their condition and treatment
- become experts in their own care
- get back control and confidence; and
- feel better in themselves.



## What if I am unable to do it?

We realise that shared-care is not for everyone. If you do not wish to be involved you will continue to be cared for by the nursing staff at the Dialysis Unit.

You will not be pressurised to do anything beyond your wishes or capabilities.

### **How do I become confident enough to do things 'on my own'?**

The member of staff supporting you with your training programme will help you at every stage.

### **What if I do something wrong?**

The staff in the unit will still be checking things even if you are fully self-caring, but if you think you have made a mistake just call one of them and they will be pleased to help you.

### **How will I learn?**

All staff can be involved in teaching you the aspects of dialysis you have chosen to learn about. We know people can learn at different speeds, so the pace will really be set by you. There is also a booklet for you to complete, please ask the nurse in charge of your care for a copy.

Training / Information videos are also available both locally and nationally.

- East Kent Hospitals: Haemodialysis at home (<https://leaflets.ekhuft.nhs.uk/home-haemodialysis/>)
- Kidney Care UK: shared haemodialysis care (<https://kidneycareuk.org/kidney-disease-information/treatments/haemodialysis-hd/shared-haemodialysis-care/>)
- Sharing Haemodialysis Care: skills videos (<https://www.shreddialysis-care.org.uk/skills-videos>)

Please be aware that some of the video content on the Sharing Haemodialysis Care web site refers to aspects of care that may not be provided by East Kent Hospitals. Please discuss any concerns you may have with the unit nurses.

### **What if I'm trained, but on a particular day just do not feel up to it?**

Speak to the staff in your unit. They will be happy to take over any aspects of your treatment that you may not feel up to doing until you once again feel able to do so.

### **Who to speak to?**

Please speak to any member of staff if you wish to know more about this.

### **Can I dialyse at home?**

If you need more information about home dialysis, please ask the unit nurse to refer you to the Home Dialysis Team.

## What if I decide shared-care is not for me?

No problem. We realise shared-care does not suit everyone. Your treatment will continue as normal.

## Further information

All in-print patient leaflets are available to view from the Trust web site

([https://www.ekhuft.nhs.uk/information-for-patients/patient-information/?](https://www.ekhuft.nhs.uk/information-for-patients/patient-information/?i=leaflets&categories=renal-kidney)

[i=leaflets&categories=renal-kidney](https://www.ekhuft.nhs.uk/information-for-patients/patient-information/?i=leaflets&categories=renal-kidney)), or you can ask a member of staff for a list of other available Trust renal leaflets.



**This leaflet has been produced with and for patients.**

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

**Any complaints, comments, concerns, or compliments** please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145 (tel://+441227783145), or email [ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net) ([ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net))

**Patients should not bring large sums of money or valuables into hospital.** Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

**Further patient leaflets** are available via the East Kent Hospitals website (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/>).

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