

Queen Elizabeth Hospital Birmingham



Part of University Hospitals Birmingham

NHS Foundation Trust



Keeping healthy: how to help reduce the risk of infection for people on haemodialysis

Delivering the best in care

UHB is a no smoking Trust

To see all of our current patient information leaflets please visit
www.uhb.nhs.uk/patient-information-leaflets.htm

Introduction

It is important for you to keep yourself as well as possible, especially when you have a long-term health condition such as chronic kidney disease. Having kidney problems puts you more at risk of serious illness and increases the risks and effects of many infections.

Your kidney doctors and nurses will explain the risks of infection and the importance of minimising the spread of infections in the dialysis unit.

This leaflet gives advice and tips to people on haemodialysis about how to help reduce the risk of infections.

Top tips

For the health and well being of everyone within the dialysis unit, we ask that you follow the advice and tips below:

- Ensure you always wash your hands either with soap and water or by applying the alcohol hand gel when you come into the dialysis unit. Simply rub the hand gel onto your hands, taking care to cover both the palm and backs of hands and the skin between your fingers. The hand gel will dry in a couple of seconds. Alcohol hand gel dispensers are located throughout the dialysis areas
- Encourage your visitors, friends and family to use the alcohol hand gel on entering and leaving the dialysis unit
- Let staff know if the alcohol hand gel or soap dispensers are empty
- Any visitors who have coughs, colds or any other infections should be discouraged from visiting
- Report any concerns about the cleanliness of the dialysis unit or equipment to the nurse in charge

- Protect yourself from flu by having the seasonal flu vaccination between September and November. To stay protected you will need to have the flu jab each year
- You should also have had the pneumococcal vaccine within the last 10 years. If you are uncertain as to whether you have received this then please check with your GP Practice. Pneumococcus is a very important cause of respiratory and other infections. It is recommended that all people with chronic kidney disease, including people who are receiving dialysis are vaccinated against it
- If you have a haemodialysis line please follow the care instructions (see separate leaflet 'Information for patients following insertion of a haemodialysis line')
- Please remind anyone who uses your haemodialysis line to clean their hands and put on a pair of sterile gloves before handling it. It is important that the dialysis line is used for your dialysis treatment only. If a nurse or a doctor wishes to use the dialysis line for any other purpose then refer them to your kidney doctor or nurse
- Participate in the regular screening programmes for MRSA, hepatitis B, hepatitis C and HIV
- Telephone staff on the dialysis unit before your dialysis treatment if you have had any diarrhoea or vomiting. It may be necessary for you to dialyse in a side room for your privacy
- Let staff know if you become unwell with a high temperature and shivers or have redness, swelling or oozing around your fistula or dialysis line. These may be a sign of severe infection and you must contact the Kidney Assessment Team immediately. If it is outside the team's opening hours (08:00-20:00 Monday-Friday and 08:00-16:00 at weekends) then contact the on-call renal registrar at the Queen Elizabeth Hospital. You will find contact numbers for all of the above at the end of this leaflet

- We encourage you to ask our staff if they have washed their hands or used alcohol hand gel before they care for you. Staff will not mind being reminded of the importance of hand washing
- If a relative or carer is helping with your dialysis treatment they must wear disposable gloves and an apron
- Please dispose of any waste, for example used tissues, in the waste bins provided
- Please let staff know if you are thinking about travelling and having dialysis abroad

The renal team is committed to ensuring the patient environment is well maintained, clean and safe. It is important to us that our dialysis units meet the highest possible environmental and hygiene standards. You can play an important part in monitoring this by reporting any problems to us.

If you have any concerns, questions or require further information please speak to the nurse in charge.

Where can I find further sources of information?

Please visit the following websites:

The National Kidney Federation www.kidney.org.uk

West Midlands Renal Network website www.wmrn.co.uk

The Clean, Safe Care website www.clean-safe-care.nhs.uk

View NHS Choices website for more information about a wide range of health topics www.nhs.uk

Useful numbers

301 Acute	0121 371 3096
301 Chronic	0121 371 3011
Old Renal Dialysis Unit	0121 627 2910
Kidney Assessment Team	07887985486
Aston Cross Dialysis Centre	0121 333 6766
Tipton Dialysis Centre	0121 557 8313
City Hospital Renal Dialysis Unit	0121 507 4014
Kings Norton Dialysis Centre	0121 486 4280
Lichfield Renal Unit	01543 262363
Kidderminster Renal Unit	01562 826370
Hereford Dialysis Centre	01432 277929
Woodgate Valley Dialysis Centre	0121 421 0090
Worcester Dialysis Centre	01905 721 940



The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk or call 0121 627 7803

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