



Haemodialysis at home; the patients' views

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Have you thought of having dialysis at home?

Home haemodialysis offers an effective alternative to unit based treatment, and a wide range of life style and medical benefits.

The advantages of dialysing at home are:

- Flexibility of dialysing at times convenient to you, including overnight dialysis
- The ability to dialyse more frequently which may be gentler for your body, this can improve your blood pressure and phosphate control, and reduce post dialysis fatigue
- Dialysing in the comfort of your own home
- No travelling to the dialysis unit
- Gaining more control of your health, and working closely with the team to manage your dialysis

There are no barriers to dialysing at home if this is your choice. Most people have someone identified who will be with them for their dialysis, and they will be trained to deal with any situations which may arise, but we will also consider patients dialysing on their own at home. The first step is to make the decision that you would like to dialyse at home and we will help you with the rest. After being referred we will call you and arrange a home visit with you and your dialysis partner; this will give us all an opportunity to discuss what is involved before you commit.

The key points are:

- We will send our plumber to assess your property and he will check that it is suitable and there is adequate water pressure. If your property is rented we will need to seek permission from your land lord
- When your training starts you will leave your dialysis unit and come to Smethwick dialysis unit instead, where we will take you through a competency based training package.

- You will be able to speak to experienced home dialysis patients to hear their experiences
- When you are confident to dialyse independently we will arrange machine installation and delivery of your consumables, and then plan your transition to home

It is important you know that we appreciate your 'carer' and support them in this process. We also offer respite dialysis for you so they can have a break, or if they are unable to help you with your dialysis for any reason.

We reimburse you for any extra electricity your dialysis machine uses, and also water if you are on a water meter.

You will be supported at home by a small team of nurses, led by a Renal Consultant. The home haemodialysis nurses will visit you at times that are convenient to you, in order to do your monthly bloods and generally see how you are getting on. They are available Monday to Friday 9-5 for support over the phone, and home visits as necessary. Out of these hours you will be supported by the on call renal doctor at University Hospital Birmingham.

Your dialysis machine will be installed and maintained by the Renal Technicians who will do regular visits to check water quality and service the machine. They also offer support between the hours of 8-4 and telephone support until 22.00 hours at night for machine problems.

Here are some quotes from our patients at home:

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

– TL from Walsall

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

– AH from Kidderminster

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

– WW from Tenbury

If you are interested please call the team on 0121 371 8340. If you would like to make an appointment we would be happy to show you around the home training area at Smethwick and enable you to have a chat with the team.



Above is a picture kindly provided by Pete who has been dialysing at home with his family for a few years now, and Amie and Liam celebrating their first Christmas at home on dialysis.

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