

## Where do I learn how to do Home Dialysis?

Your renal health care team will refer you to the nearest home training unit.

**PD training** and follow up are offered in Halifax and Sydney. Some PD education and follow up are offered in Yarmouth.

**HHD training** and follow up are offered in Halifax and Sydney.

## What support is there if I choose Home Dialysis?

Each Home Dialysis Program provides:

**A place to stay** – for you and a support person while you are training.

**Phone advice** – 24 hours a day, seven days a week: nurses trained in Home Dialysis will talk with you about both PD and HHD.

**Renal health care team** – when you go for regular visits to the clinic or as needed. The team is made up of a nephrologist, nurse, social worker, biomedical technologist and dietitian.

Based on your needs you may get help from:

**Homecare Nurse** – to help do some of your PD treatments and manage your medications.

If you need a Nursing Home now or in the future:

**A Nursing Home** – in each District Health Authority can offer PD services.

Depending on your general wellbeing you may need some added help:

**A Support Person** – such as a family member or friend can be trained to help you with your dialysis.

## What if I do not choose Home Dialysis?

Your renal health care team will help you choose other options.

## More Resources

Kidney Foundation of Canada  
[www.kidney.ca](http://www.kidney.ca)

Home Dialysis Central  
[www.homedialysis.org](http://www.homedialysis.org)

Kidney Patient Guide  
[www.kidneypatientguide.org.uk](http://www.kidneypatientguide.org.uk)

Your Way to Wellness  
[yourway2wellness.gov.ns.ca](http://yourway2wellness.gov.ns.ca)  
**1-888-672-3444**

This program teaches new skills to help you better manage your chronic disease and live a healthier life.

For more information please contact your Renal Health Care Team.

A list of Nova Scotia Renal Service providers can be obtained from the Nova Scotia Renal Program website.

### Nova Scotia Renal Program

Email: [info@nsrp.nshealth.ca](mailto:info@nsrp.nshealth.ca)

Phone: (902) 473-5656

[www.nsrp.gov.ns.ca](http://www.nsrp.gov.ns.ca)

This pamphlet was produced in collaboration with South West Nova District Health Authority, Kidney Care Services, Cape Breton District Health Authority, Renal Clinic and Capital District Health Authority, Renal Program.

The literature referenced in this pamphlet is intended for an adult population.

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# Home Dialysis

Take Action towards a Healthier Life!



Home...  
the best place to be

*“My Peritoneal Dialysis machine gives me the freedom to do what I want during the day.”*

Margaret, from Sydney NS has been on Continuous Cycling Peritoneal Dialysis for over 3 years.

## Why should I choose Home Dialysis?

Home Dialysis can improve your health and give you better control over your life. Start learning about it while you are well. Talk to your renal health care team now about your options. Give yourself time to decide what will work best and adjust to the changes you need to make.

## What are the benefits of Home Dialysis?

- ✓ More independence and control over your time
- ✓ The option of continuing employment
- ✓ Less time in the hospital
- ✓ Less travel for treatments
- ✓ Fewer transportation expenses
- ✓ Less restricted diet
- ✓ Fewer medications
- ✓ Improved health and blood pressure

## How do I decide?

**Learn** more about Home Dialysis: go to your renal program's education sessions, read, look at the information in the Kidney Foundation's manual, "*Living with Kidney Disease*," and ask lots of questions. For more information go to the websites listed on the back page.

**Talk** to your renal health care team, a peer support volunteer, and your family.

## How does dialysis work?

Your kidneys filter out waste and fluid from your blood. All types of dialysis do that for you when your kidneys are no longer working.

## What types of Home Dialysis can I have in Nova Scotia?

There are two types: **Peritoneal Dialysis**, called **PD**, and **Home Hemodialysis**, called **HHD**.

### Home Peritoneal Dialysis or PD

PD cleans your blood inside your body. Dialysis solution flows through a tube into your abdomen. The solution cleans your blood of wastes and fluid which are then drained out of your body. Your remaining kidney function may last longer on PD.

You can do this type of dialysis in two ways:

Continuous Ambulatory Peritoneal Dialysis (CAPD), or Continuous Cycling Peritoneal Dialysis (CCPD).

**To do CAPD**, you will replace the solution in your abdomen four or five times during the day.

**To do CCPD**, you get help from a small machine which does *most* of your dialysis while you sleep.



*"PD gives me the freedom to do what I want and spend more time with my grandchildren."*

Marie and Glenys are a mother and daughter from Louisbourg N.S. both of whom are on Continuous Ambulatory Peritoneal Dialysis.

### Home Hemodialysis or HHD

HHD cleans your blood outside your body. A machine cleans a small amount of your blood at a time by taking out the waste and extra fluid and then returning it to your body.

You can do this type of dialysis in three ways:

**Nighttime**, also called Nocturnal: You do dialysis for six to eight hours while you sleep, five to six times a week.

**Short Daily**, You do dialysis for two to three hours a day, five to six times a week.

**Regular**, also called Conventional: You do dialysis for four to five hours a day, three times a week.



*"Home Hemodialysis allows me to self manage my time and I can fit my dialysis in around my lifestyle. I like that I am in control of my dialysis."*

Daniel from Metaghan Centre N.S. has been on Home Hemodialysis for over 2 years.

*Discuss the best option for you with your renal health care team.*