

# MIDER

## Haemodialysis open day: supporting pre-dialysis patients towards haemodialysis

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# Haemodialysis open day

## Supporting pre-dialysis patients towards haemodialysis



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### Introduction

The Haemodialysis open day program was developed to support patients who have opted for haemodialysis after receiving CKD education. Feedback was used as method to determine if this program had helped pre dialysis patients in their transition to haemodialysis. NICE guidelines recommend that people with CKD including their family are given education and information that suits their modality choice.<sup>1</sup> A haemodialysis satellite centre was used as the venue for the open day.

### Results

Patients reported they felt more empowered to talk about haemodialysis after the day. There was great feedback from attendees:

Came very anxious and went home satisfied

Speakers are great and able to answer my questions

Very informative

It helped my mental health in preparation for dialysis

I might consider home dialysis

A worthwhile experience

As home dialysis is recommended by NICE<sup>1</sup>, we had one patient who opted for home haemodialysis as a direct consequence of attending the program.

Feedback from patients who started dialysis:

Made me more informed about the process

Was able to contact Auriga and Kidney Care UK for support while on dialysis

Service and open day perfect as it is

Made day one much easier

### Method

Pre dialysis patients who opted for Haemodialysis after receiving CKD education were invited to the monthly Haemodialysis open day. Patients were invited to bring 1-2 family members to support them. Internal and external speakers from Kidney Care UK (peer supporters who are on and have had haemodialysis), Auriga assist services, renal dietitians, home haemodialysis and the Advanced Kidney Care Nurse Specialist shared their expertise on wide range of topics. These include the process of haemodialysis and how to look after a fistula, how to access grants and other money matters, how to access the psychological support team, information on renal diets, and the potential advantages of home dialysis. Attendees were given time to interact with speakers (either 1:1 or as a group), the opportunity to see and feel a fistula and group interaction with patients currently undertaking haemodialysis. They had a tour of the haemodialysis satellite centre including the home haemodialysis training area. The home haemodialysis team discussed the potential benefits of home dialysis. Attendees were asked to complete a feedback form after attending and after starting dialysis.

### Discussion

While haemodialysis open days gave our patients the opportunity to know more about their modality choice, there are limitations to this approach. The venue can only accommodate 20 people and is not accessible to buses (public transport). There is free parking available. We were not able to offer interpreters for some patients and they had to rely on their family to interpret for them. Patients who cannot attend the open days were seen in clinics for further information about dialysis. Although, we can offer them a tour of the dialysis unit.

However, those who did attend reported more confidence in starting haemodialysis, were reassured that they will not be alone during their treatment and support will always be available. Patients reported that the open day helped their mental health during transition.

### Reference

<sup>1</sup> [www.nice.org.uk. \(n.d.\). Recommendations | Renal replacement therapy and conservative management | Guidance | NICE. \[online\] Available at: https://www.nice.org.uk/guidance/ng107/chapter/Recommendations#choosing-modalities-of-renal-replacement-therapy-or-conservative-management.](https://www.nice.org.uk/guidance/ng107/chapter/Recommendations#choosing-modalities-of-renal-replacement-therapy-or-conservative-management)



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