

What to Expect From Home Hemodialysis (HD) Training

Welcome! If you are taking this course, you are getting ready to start HHD training. Now let's talk about what comes next.

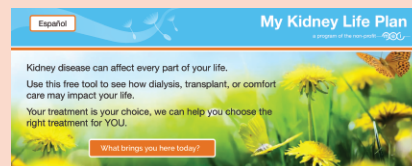


Training For Home HD Takes Most People About 4-6 Weeks In the US there are three ways to do home HD.

1. **Daily**—treatments are 2 ½ to 5 hours long 4-6 times a week.
2. **Nocturnal**—treatments are 7-8 hours long, 3-7 nights a week.
3. **Standard home HD.** Very rarely, people will do 4-5 hour treatments three times a week or every other day.

Use **My Kidney Life Plan** to match your Home HD type to your values— so you can keep doing the things that matter to you most.

mykidneylifeplan.org



What will training be like? You will go to a clinic. You will get your treatments while you learn how to do them. At the clinic a nurse will teach you:

1. How to safely do home HD by yourself—or with a care partner.
2. How to track and record your health.
3. The treatment steps in order.
4. How your new machine works.

How does HD work?

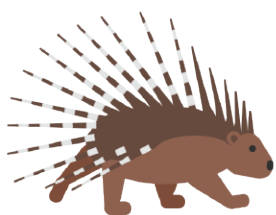
Home HD pulls water and wastes out of your blood when kidneys no longer can. Besides a machine, the three key parts of home HD are:

1. **A vascular access** to reach your blood.
2. **A filter** to clean your blood. Just as in-center, this is a dialyzer.
3. **Dialysate fluid** to pull wastes out of your blood. (A pump pulls out water.)

When You Have Questions, Ask!

There are no stupid questions. The best way to stay safe is to know why you do each step. You can call a home HD nurse or tech support any time.

Are you worried about needles? Needle fear is very common. You are not alone and you can get past it:



- Focus on why you want to do home HD, and how doing it can make your life better.
- A numbing cream like EMLA can also help.

You are the only person who can feel both ends of the needles. This makes you the best person to place them well.

Your Access is Your Lifeline. Caring for it is one of the first things you will learn. You are the one most able to protect yourself and your lifeline. You will learn to check it daily, and keep an eye out for any changes.

Call your nurse for help right away if you have access issues!



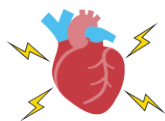
Learning How to Do Home HD Starts With The Basics. Your nurse will teach you the steps to set up your machine, and “prime” it for treatment. After that, you will learn how to:

1. Get safely on and off the machine.
2. Run your treatment from start to finish.
3. Know the common alarms and what they mean.
4. Trouble-shoot challenges you run into.



How long will it take to feel well after treatment? First, let’s talk about Ultrafiltration Rate, or “UFR” for short. UFR is how fast HD pulls water out of your blood. A lower UFR has longer more gentle treatments—which means you recover faster. A high UFR like you get with in-center treatment pulls too much water too fast. It can take more that 12 hours to feel well after this! Pulling water faster than your body can handle is harmful. Treatments that are too short can cause:

- Painful muscle cramps
- Headaches
- Ringing in your ears
- Nausea and vomiting
- Feeling dizzy, seeing stars, passing out
- Chest pain. A stunned heart can even stop.



One of the best things about home HD is that YOU are in control.



You can do longer treatments and more than just three days a week. Slow, gentle HD takes more time—and helps you feel more like you did with healthy kidneys. This makes the “extra” time worth it!

In-center dialysis gives the least amount of treatment you need to stay alive. That is not a good thing for most people. It is best to do dialysis at least every other day.

Tell your nurse if you make a mistake! We all make mistakes at some point. Home HD mistakes are scary since you know your life is at stake. When you share what went wrong, it helps your care team to make all of the patients in your program safer. Don’t let one error shred your confidence.

Your Home HD Space. Before you go home with HD, your care team will set up a time to see your home. This is to check that your home has everything you need (like good lighting, clean water and storage space) to safely do home HD.

Which Room is Best for Home HD? Good dialysis takes time! Before your home visit, think about where you spend the most time. The living room? You can hang out with loved ones while you do HD. A bedroom, for more quiet? The choice is yours.

Store & manage your supplies.

- Plan out what to put where, so you can find what you need when you need it
- Stash supplies in a closet, dresser, under a bed, or next to a wall.
- Keep extra supplies—and snacks!— in arm’s reach, in case you need them.
- Make packs. It saves a LOT of time to make up supply packs ahead of time.
- Add your supply order due date to your calendar so you send it in on time.