

An effective education program for home hemodialysis (HHD)

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About us

- Helsinki University Hospital (HUS), Finland
- Our HHD program started year 1998
- We have trained almost 500 patients to HHD
- Year 2017 our patients did 13 686 dialysis at home

Why to choose home hemodialysis

- Home hemodialysis has been shown to improve patient wellbeing and it is also an economically beneficial alternative
- Dose of dialysis at home is optimal
- The quality of life is better at home

How to start the HHD program

- An effective HHD education program is an essential key to the growth of home therapy
- Highly motivated HHD team with dedicated nurses and committed nephrologists
- Identification of the patient
- Set out a training program for the patient
- Other physicians and nurses has to be committed to the program and they need to buy the idea of HHD being a good and safe dialysis option

How to find suitable HHD patients

- The people giving information have to believe in home therapy and patient's ability to home treatment
- Patients need to have willingness to treat themselves
- Family relations and family's attitude toward home therapy must be sorted out

HHD education program is Driver's licence for HHD

- **Practical part:** How to set up the dialysis machine, how everything works and how to clean-up the machine after the treatment
- How to start and finish dialysis
- **Theory part:** How to make a treatment plan: ultrafiltration, blood flow, dialysis time etc. and how to change the plan, if any problems are noticed

HHD training program

- Six weeks, 4-5/week, on average 25 dialysis treatments in total
- One-on-one training
- The patient has to learn to get help orally
- Training timetable is made at the beginning
- Deadline – a good goal. Mostly patients are ready on the planned day!
- The training is completed when the patient is ready

Weeks 1-2

- Mostly practical issues
- Learning how to do self cannulation starts as early as possible
- During the second week the nurse starts to speak about theory issues: ultrafiltration, weight, dialysis time – what is enough etc.

Weeks 3-4

- Usually patients cope quite well with their machines
- The nurse lets them work with the machine. The patients can have written instructions to help them
- The patient's self-confidence grows, which empowers them to be independent
- During these weeks patients learn how to do their dialysis at home: ultrafiltration, target weight, how to plan the treatment, blood pressure, blood flow etc.
- The patients have to know the possible side effects: nausea, cramps, low blood pressure, headache etc.

Weeks 5-6

- Patients plan their treatments without help, the nurse observes and lets the patients make decisions
- Patients learn to know the most common technical disorders and how to survive with them
- During these weeks it is time to rehearse things, which have been difficult for the patients
- During the last treatments in hospital patients often do their dialysis from set-up to clean-up solo. This helps them to feel that they are ready to go home

When the training program is completed

- A good training program to HHD gives necessary skills and knowledge to the patients, but equally important is to build up patient's self-confidence, because it empowers them to be independent.
- It is nurse's duty to break the ice and keep the atmosphere and the environment safe.

Thank you!

Any questions?

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