



# Development of nocturnal guidelines for home haemodialysis

## by special interest group for home haemodialysis nurses (SIGNhd-UK)

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### Background

Whilst Home HD is not a new concept it appears that the uptake of nocturnal treatments at home is still underutilised even though evidence shows that frequency and longer duration of therapy has proven benefits.

Working as a group of experienced renal nurses it became apparent that there were so many differing opinions and options that it was difficult to offer any definitive nocturnal guidelines.

### Aim

To develop robust evidence based nocturnal guidelines that would be ratified by a group of peers- ANN UK and could then be disseminated to the wider renal community

There are not many opportunities and it is not always easy to share experience with other colleagues from other units. As the first special interest group for home haemodialysis, our aim is to provide a support network for nurses working in the field offering advice, providing guidelines and information on common areas of practice in home HD.

A patient survey, **Exploring views regarding nocturnal (overnight) Home Haemodialysis (Home HD)** has been given to patients to try and identify any barriers to the uptake of nocturnal dialysis, these results will be available in the future.

### Findings

Initially we looked at 3 areas of practice

- Nocturnal haemodialysis,
- Independent haemodialysis
- Self cannulation for haemodialysis

Our first guide 'Clinical Practice recommendations for nocturnal home haemodialysis', once completed will be available to the wider renal community.

We will introduce our nocturnal guide/ recommendations, through the special interest group and feedback on ways of promoting nocturnal haemodialysis going forward.



### Conclusion

We are the first special interest group to be invited by the new association specifically for nephrology nurses - ANN-UK.

Our future aspirations are to continue develop guidelines for independent haemodialysis and self cannulation which will bring the work to our multidisciplinary colleagues through SIGNhd- UK/ANN-UK and in turn, the Renal Association/BRS. This will allow our specialist knowledge and experience to be utilised nationally.