Your Guide to Peritoneal Dialysis
Module 1: Training for Peritoneal Dialysis
Introduction

This manual was created by Ontario Renal Network in collaboration with Dialysis Training Programs in Ontario to help guide you through peritoneal dialysis (PD).

This manual is not meant to replace already existing training materials you may have received, but rather to supplement them as required by your clinic. You are encouraged to seek more information or clarification from your healthcare team, as needed.

You have decided with your healthcare team to begin PD a kind of dialysis that can keep you in control and you can do conveniently in the comfort of your own home and elsewhere. Your team is there to help you succeed. This manual will help you learn about PD and you can refer back to it at any time.

Your Healthcare Team

On peritoneal dialysis, YOU are the most important member of your care team. You are giving yourself these treatments and you know how you are feeling. Remember to keep a positive attitude, ensure to get answers to all your concerns, and take action as needed. The members of your care team are there to help and support you to manage your own care. They will provide the training and support you need to do dialysis safely at home and let you know how to get help if you need it. Your healthcare team may consist of:

Dialysis Nurses – Manage your care from assessment to implementation. They provide training and ongoing support.

Nephrologists – Assess and prescribe the best treatment for you. They will see you regularly at clinic, monitor your health and make changes as needed.
Social Workers – Assist with any social needs you may have. They may provide counseling to help you adjust to dialysis at home and provide information and resources in your community.

Pharmacists – Review and provide information you need regarding your medications.

Dietitians – Teach you about your special diet and will work with you to maintain proper nutrition and eating habits.

Support Staff – Assist with scheduling appointments, keeping your personal information up-to-date and directing your inquiries to the appropriate staff.

Other Members – There may be other members of your healthcare team such as a chiropodist, physiotherapist, psychiatrist or dialysis technician. Ask your clinic if these services are available should you need them.

Your healthcare team may also refer you to other specialists as needed.

**PD Training**

PD is your dialysis treatment of choice. Your healthcare team will help you learn to do PD independently so you can do it at home safely and confidently. At the end of your PD training, you will be able to:

- Understand PD, how it works and the type of PD you will be using
- Set up your dialysis area
- Proper hand hygiene
- Take your blood pressure, pulse, temperature and weight accurately
- Understand how to choose your dialysis solutions
- Be able to complete your treatment (or ‘exchange’) independently
- Keep a treatment record
- Store and order your supplies
- Care for your catheter and your exit site (where the catheter comes out of your body)
- Know how to recognize, handle and report any problems
- Understand how to follow your diet and fluid limits
Remember You Are Not Alone

There are many people with kidney disease who use PD.

Your healthcare team is here to help you. You will not do your exchanges on your own at home until both you and your nurse are confident that you can do all of the steps by yourself safely.

Your healthcare team is experienced in helping people with PD. Call your clinic if you need any advice or have concerns. You may also wish to connect with other people receiving PD whom you meet at your clinic or through the Kidney Foundation of Canada – you can often help each other.
## Important Contact Information

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