

## 'Shared Care' improves dialysis treatment for patients with kidney failure

Dialysis teams have introduced 'Shared Care', an initiative encouraging patients to become more involved in their treatment by doing it themselves.

LHT runs a number of 'satellite' dialysis units across the region so patients who need treatment can do this closer to their homes. These include two units at Seacroft Hospital, Beeston, Dewsbury, Huddersfield, Halifax and Pontefract who have all signed up to the Shared Care programme.

Seacroft's R&S Ward sees over 130 patients who are undergoing Haemodialysis - a treatment that replaces poor kidney function by using a machine to remove waste from the blood before returning it back to the body. Patients usually dialyse two to three times a week and spend around four hours a day on the unit.

Dr Nicole Williams, Renal Medicine Consultant, said: "Dialysis has a huge impact on patients' lives as they are here so often. The Shared Care initiative empowers patients to become more involved in their care if they would like to be. It's not compulsory but many patients have chosen to take part."

Over 30 patients undergoing haemodialysis at Seacroft Hospital have now signed up to the scheme. Each patient receives one-on-one training from the ward teams on how to accurately take their own



observations, including monitoring their blood pressure and weight, checking their prescriptions, cannulating and programming their machine ready for dialysis. Patients are then supervised by staff until they are confident and competent at doing it themselves. Once signed off, patients are able to set up their own dialysis treatment as soon as they arrive on the unit.

Maria Jocelyn Diego, Sister on the unit, explains: "Dialysis has always been about treatment happening to you. The Shared Care means patients feel more involved and they tell us they really like it. Patients are able to come straight in for their session and get themselves ready to start so it saves them time and they feel more in control of what is happening to them."

Patient Brian Wigglesworth has been having dialysis treatment for three years. Brian first started taking part in the Shared Care initiative in December last year.

He said: "I wanted to learn more about my treatment and what was happening to my body every time I came in for dialysis. I never would have thought I could do my needles myself but I can now! My confidence has grown so much in just a few months and this has been thanks to the wonderful team who have looked after me every step of the way."

Brenda Philip has been having dialysis for fourteen years and has been on the shared care programme since 2013.

Brenda added: "It can be quite monotonous spending so much time hooked up to the machine but I find taking part in Shared Care means I'm more aware of what's happening rather than just sitting here while the nurses do it all. The team are always around to support me if I have any questions, but I'm very confident with it now and I really like just being able to get started when I come in and not having to wait for my machine to be ready."

