

Benefits of Shared Care



More control over your treatment.



Greater understanding of your condition and hemodialysis treatment.



Becoming skilled in your condition and hemodialysis treatment.



Increased confidence.



Comfortably independent.



A stepping stone to home or self-care dialysis (if desired).



Prepared to conduct your dialysis while on vacation.

For more information, speak with your nurse or email pfac-sharedcare@SHN.ca.

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GENERAL

3050 Lawrence Ave. E.
416-438-2911



CENTENARY

2867 Ellesmere Rd.
416-284-8131

Hemodialysis Unit – Bridgepoint Health

14 St. Matthews Road, 6th floor
416-461-8252, ext. 3631

Hemodialysis Unit – Corporate Drive

78 Corporate Drive, unit 1-6
416-438-2911, ext. 6888

Hemodialysis Services – Yee Hong

60 Scottfield Drive, ground floor
416-438-2911, ext. 8700



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Shared Care Hemodialysis

INTRODUCTION

What is Shared Care

Being diagnosed with chronic kidney disease (CKD) can feel overwhelming. You may feel that you have lost control over your life, particularly as you learn about what is involved with dialysis.

Going on dialysis requires changes in your day-to-day living. As a patient, we often have a more positive outlook and feel more in control when we are actively involved in our own care.

Shared Care works in partnership with your care team to help you manage your kidney disease. It encourages you to be an active participant in your care, promoting a more positive outlook towards your CKD.

You will have the opportunity to participate in certain aspects of your treatment plan with guidance and support from staff. It allows you to choose which aspects of your care you would like to undertake, such as taking your own blood pressure and weight, to any (or all) of the other dialysis procedural tasks. The emphasis is on taking part and feeling involved at a level that suits you as an individual.

How it helps

Dialysis patients who participated in their own care have felt that they:

- Gained a better understanding of their condition and treatment.
- Became skilled in their own care.
- Gained control and confidence as it relates to their care plan.



Shared Care offers the opportunity for you to conduct your dialysis treatment outside of the dialysis clinic. Options could include:

- ▶ Dialyzing at home.
- ▶ Dialyzing on a patient-managed, self-care unit (where available).
- ▶ Dialyzing at an independent health facility (IHF) where the care team is available to support you with your needs.

For more information please ask your dialysis nurse.

How to get started

Ask your care team about any parts of your treatment plan that you would like to learn more about.

You can then make the choice to begin learning and carrying out any or all of the following hemodialysis tasks:

- ▶ Measure your weight, blood pressure, pulse, and temperature.
- ▶ Set up your dialysis machine.
- ▶ Prepare your dressing pack.
- ▶ Program your dialysis machine.
- ▶ Insert and remove your own needles.
- ▶ Start, monitor, and finish your dialysis treatment.

With your health care team you can learn more about the task(s) you are interested in. As you learn and become more skilled, your nurse will work with you to decide when you are ready to safely carry out the tasks on your own.



If you would like to participate, let a member of your care team know and we will have a Shared Care team member speak to you.