

Home Dialysis Update

A triannual newsletter published by the HOME Network
Edition 4—November 2018



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Welcome to the fourth edition of *Home Dialysis Update*, our newsletter from the HOME Network

Welcome to our latest Newsletter, we hope you have been enjoying three quarters of 2018, with plenty of energy to get us all up and active and enjoying the great challenges. See our latest photo below.

We have got something really big coming soon. We shall share more details with you in our next Newsletter but let us tell you about what's happening right now.

On 6 September 2018, 16 members met at the HOME Network Workshop. Besides catching up and sharing the good food, as usual we were non-stop between 10:00am till 4:00pm driving progress for the HOME Network. We stepped on the gas and drove current projects on technology, patient factors and healthcare professional issues. We also looked at changing the gears, exploring new journeys for the HOME Network which you will find in this Newsletter.

We would like to extend our warm welcome to our new members, Dana Windebank (consumer) and Natasha Darby (New Zealand) to the family of The HOME Network. You will find out more about Dana at the Member Profile column.

We hope you will get inspired to share your ideas and suggestions with us and spread the word to your colleagues to do the same. Happy reading!!



Home Dialysis Waste information brochures!

Home Dialysis Waste
- Information for *Patients*

Did you know...

In a 2004 survey of NSW material recovery facilities (MRFs), 70% of operators reported problems with the incorrect disposal of peritoneal dialysis waste into council recycling services, particularly fluid bags and tubing.

The peritoneal dialysis solution bag **outer envelope** – although typically manufactured from high density polyethylene (HDPE) should **NOT** be placed into the recycling bin. Outer envelopes should be disposed of in the general waste bin.

WHAT IS HOME DIALYSIS WASTE?

Haemodialysis and Peritoneal Dialysis procedures both generate different waste items. The components of **Peritoneal Dialysis** waste include:

- Dialysis fluid bag containing renal waste
- Outer plastic envelope
- Drained solution and waste fluid bags and tubing set

The following waste management practices are to be followed:

Do

- ✓ Dispose of renal waste from used fluid bag into sewer.
- ✓ Dispose of both empty fluid bags and tubing set into the general waste bin.
- ✓ Dispose of the outer plastic envelope in the general waste bin.
- ✓ Recycle any clean cardboard and paper.

Don't

- ✗ Dispose of any peritoneal dialysis waste in the recycling bin.
- ✗ Place any dialysis waste in yellow clinical waste bags for disposal in general waste.

Queensland Government
Queensland Health
TROPICAL PUBLIC HEALTH UNIT
ENVIRONMENTAL HEALTH

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It was identified at the September 2018 Home Network Meeting that there is limited written information and guidelines on the disposal of clinical waste for patients, and health services who are required to care for a person on home therapy.

The information brochures which can be found on the HOME Network website/Patient Information Page, were developed by Queensland Health to guide the safe disposal of clinical waste for patients in their own environment. The waste brochures inform home therapy patients of the correct practice to dispose of clinical waste and pharmaceutical products. An additional brochure provides information for health professionals or local Councils on how to dispose of home dialysis waste.

The ideal situation would be to develop a generic clinical waste brochure that is easily accessible and can be distributed to patients, health facilities and Councils by home therapy units nationally.

The HOME Network will explore this further in the coming year.

To find out more, visit The HOME Network website at www.homenetwork.net.au

The HOME Network: who are we?

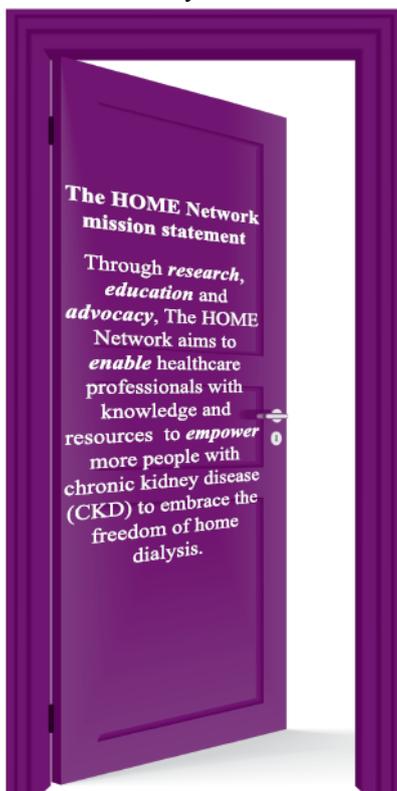
By Josephine Chow, Chairperson

The HOME Network is a national initiative that brings together a solution-focused group of home dialysis healthcare professionals from across Australia. The group draws upon all levels of evidence to provide insights and practical options for colleagues throughout Australia to facilitate a positive change towards increased use of home dialysis.



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Since its establishment in 2009, the HOME Network has had considerable successes in developing resources for patients and healthcare professionals in line with its objectives and making optimal use of members' time available to commit to projects.

Through a directed process of reflection and analysis of strengths, weaknesses and opportunities, the HOME Network has refined its vision and mission to identify solutions and strategies to promote and enhance home dialysis.

Today, members are committed to driving outcomes aligned with the group's renewed strategy and working towards achieving our overall mission statement "Through research, education and advocacy, the HOME Network aims to enable healthcare professionals with knowledge and resources to empower more people with chronic kidney disease to embrace the freedom of home dialysis".

The HOME Network has been working within three focus areas:

- **Healthcare Professional Education:** Improved awareness, knowledge and training about home dialysis for healthcare professionals.
- **Patient Factors:** Targeted action that enables healthcare professionals to address factors impacting on the ability of Australians with CKD to embrace the freedom of home dialysis.
- **Technology and new initiatives:** Support for new initiatives and technologies that strengthen home dialysis utilisation as part of establishing flexible and innovative models of care that strengthen support for people on home dialysis including their carers.

Working in these three focus areas is part of our continuing campaign to drive increased uptake of home dialysis across Australia. We hope you will lend your support as we work together to keep pushing for world class home dialysis care for our patients.

TEACH-PD Update - A Targeted Education Approach to improve Peritoneal Dialysis outcomes (TEACH-PD)

By Professor Josephine Chow, Co-Chief Principal Investigator



The Trial Steering Committee is planning a pragmatic phase 4, multi-centre, multinational, cluster-randomised trial (CRCT), randomising PD units to implement TEACH-PD training modules targeted at PD trainers and incident PD patients versus standard existing practices.

Primary Objective:

To determine whether implementation of standardised training modules based on International Society of Peritoneal Dialysis (ISPD) guidelines targeting both PD trainers and patients results in a longer time to the composite end-point of exit site infections, tunnel infections and peritonitis in incident PD patients compared with existing training practices.

Secondary Objectives:

To determine whether a standardised PD training curriculum (vs. standard care) improves important *clinical, patient-centred* and *economic* outcomes

Current status of progress – 2018

Survey:	Completed
Training e-modules:	Developed
Pilot study:	Completed
Site Engagement:	In progress
Protocol:	To be submitted to Ethics Committee in December 2018
Trial registration:	Completed
Funding:	Currently have \$600K, submitted several grant applications



The HOME Network Member Profile



Name: Dana Windebank

Role: Consumer Representative (NSW) THN

What is your role and where are you from?

My current role is as an administrative officer/secretary to a clinical academic within the renal medicine department of a South Western Sydney hospital. I have been working in this department for over fifteen years.

How long have you been with The HOME Network?

I am a recent member of THN, having only joined the group in late August 2018 as a *consumer representative* for NSW. I bring to the group first-hand knowledge regarding home haemodialysis, and the associated experiences that arises with living with this mode of treatment, i.e. the effects on family, work and lifestyle in general.

What prompted you to join The HOME Network?

I understand that The HOME Network is basically an interest group consisting of some of the finest and passionate dialysis nursing and allied health professionals in Australia and NZ. I believe that, as a consumer representative, I bring to this group a personal perspective on home dialysis treatment and patient support *through the eyes of a patient*.

What projects have you been involved with?

In my first THN Workshop (September 2018), I participated in group collaborations for:

- updating the “Myth Busting Fact Sheet”;
- modifications to existing THN posters.

It was enlightening to be teamed with such dedicated and focused individuals.

Future plans with The HOME Network?

- To provide personal insight from a consumer’s perspective on home dialysis and clinical support;
- To help find ways of improving/updating the existing model for home dialysis patient support;
- To provide personal insight in the transition from home dialysis patient to renal transplant recipient (should that be a consideration for future workshops?).

Telehealth & Remote Monitoring Start-up Tool Kit

The HOME Network has been working with industry providers to develop a Telehealth project tool kit specifically for renal support programs e.g. home dialysis, remote area dialysis support, patients with kidney or related diseases. While telehealth programs can be daunting, this tool kit is designed to provide assistance for those looking to undertake a program or project.

Some of the anticipated outcomes of this project are to:

- Provide a toolkit for hospital/clinical programs that want to develop a telehealth support program for their patients,
- Encourage telehealth programs to be developed by providing a resource that makes it easier for deployment,
- Share best practice and real experiences from other similar programs,
- Establish a minimum common data set to enable data comparisons between programs for industry research,
- Ultimately reduce unnecessary hospitalisation of renal patients, reduce the costs of caring for patients, and improve their quality of care.



The project team is finalising a series of template documents that will form the basis of the tool kit. The tool kit document will be loaded on to the HOME Network website.

WATCH THE SPACE!

Changing the gears and exploring new journeys for The HOME Network

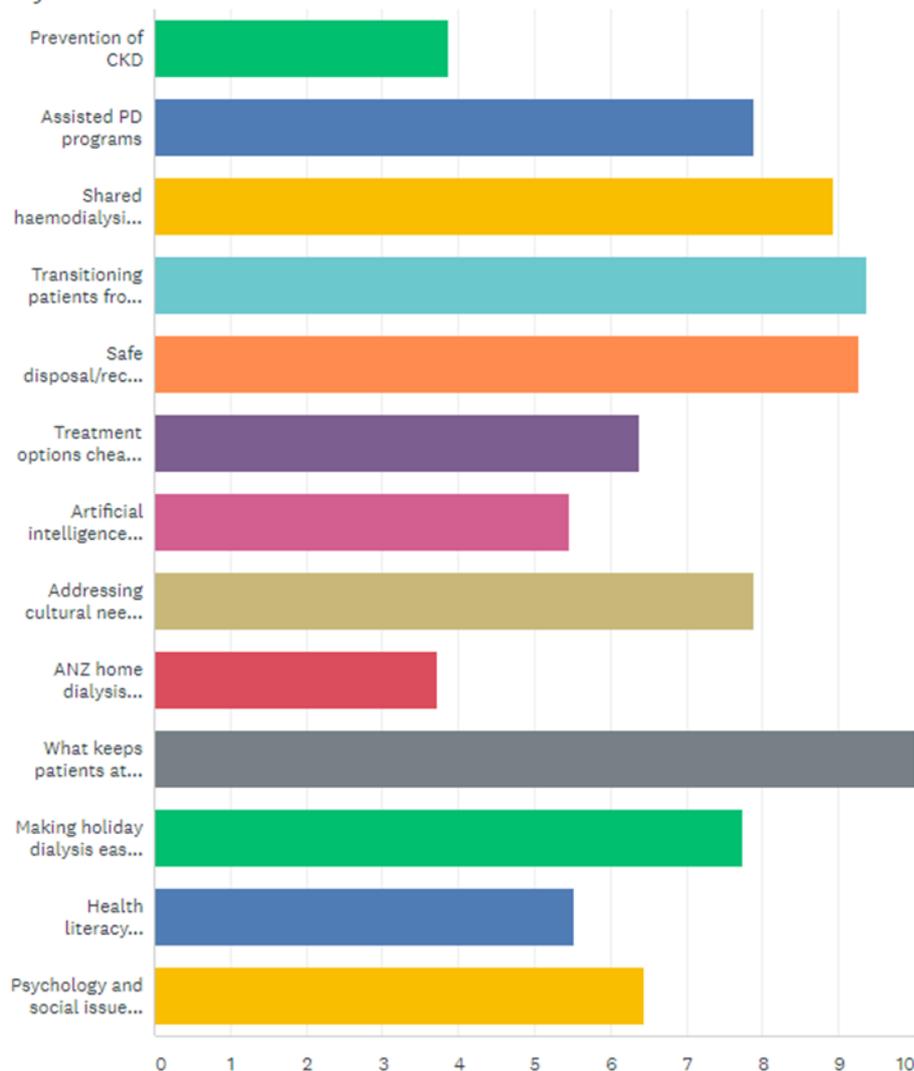


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In preparation for The HOME Network Workshop on 6 September 2018, the members were asked to send in their ideas for new projects and areas of interest to be explored by the HOME Network. Seventeen ideas were received, compiled and well discussed at the Workshop. We looked at the potential impact of each of the ideas for healthcare professionals and/or patients with CKD who may be considering home dialysis. All ideas were treated as anonymous and ranked. We also awarded the Inaugural THN People's Choice Award!!! See below list of ideas and see whether you can spot the THN People's Choice Award Winner.

- Prevention of CKD
- Assisted PD programs
- Shared haemodialysis care
- Transitioning patients from in-centre/satellite to HHD
- Safe disposal/recycling of home dialysis waste products
- Treatment options cheat sheets
- Artificial intelligence in delivery of home dialysis
- Addressing cultural needs for patient education
- ANZ home dialysis patient blog
- What keeps patients at home?
- Making holiday dialysis easier
- Health literacy assessment tool
- Psychology and social issues - education module

Rank the projects!



Journal Watch

THN members have been working hard writing up publications. Please find the below publication and feel free to access the full document on the HOME Network website by clicking on the link: <http://www.homenetwork.net.au> (go to the Resources tab then Publications and Newsletters).

Haemodialysis at home: review of current dialysis machines

(Haroon et.al. 2018)

To view this article please click on the link: <https://doi.org/10.1080/17434440.2018.1465817>

This article deals with a new generation of dialysis machines specifically designed for home haemodialysis, allowing for the hopeful increase in the number of patients opting for home haemodialysis.

Watch this space!



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News & Resources

New associate members continue to come in as a result of our newsletters being sent out. Feedback about the newsletters has been very positive and has influenced how we continue to put together our newsletters. If you know of any colleagues who may be interested in reading our newsletter, please forward a copy and let them know how they too can join as an associate member (see below for more information).

The **HOME Network's website** at www.homenetwork.net.au is a great place to go find out about our past and current projects underway in this exciting area. We have recently added some new resources and publications to the website. You can also email Josephine Chow (the HOME Network Chairperson) at contact@homenetwork.net.au for more information about the HOME Network and the group's activities.

Finally, if you have any **news relevant to home dialysis to share**, please email the editor at news@homenetwork.net.au.

Share your big idea!



At the HOME Network, we aim to increase HCP networking and to share some of the novel ways in which we as healthcare professionals are making a difference for our CKD patients. Often, there are fantastic projects underway locally that we believe deserve a national platform for sharing.

Help us by sharing your ideas and ways in which you are supporting your CKD patients to choose the home dialysis option! Please email the editor at news@homenetwork.net.au to share your big idea. We will publish a selection of great ideas in each newsletter. Please include your contact details so that colleagues may get in contact to learn more.

(And... stay tuned for more news about how we plan to support the sharing of ideas in future!)

Join the HOME Network as an associate member!

We hope you enjoyed reading this edition of the HOME Network newsletter, *Home Dialysis Update*. It's an exciting time for the HOME Network and home dialysis. If you're not already an Associate Member, now is your chance to join us!

As an associate member, you will receive our newsletters containing articles, information and advances in the field of home dialysis as well as information about upcoming events. This is also the first place you will hear about our new projects starting – your chance to get involved in a project that you feel passionate about.

To join as an associate member, use this link to enter your details: <https://www.surveymonkey.com/r/35DWRRV>

Please share this link with any healthcare professional who you think would be interested in joining as well.

Acknowledgements

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