

Video 7 Hemodialysis Overview

Key Notes

Hemodialysis

- Process that cleans toxins out of the blood when the kidneys are no longer able
- Blood goes from the body into a machine called a dialyzer where the toxins are filtered
- The clean blood is returned to the body

Access Types

- A-V fistula in the arm
- Tunneled catheter placed directly into a blood vessel in the chest
 - This type of access has increased risk of infections

Dialysis Sessions

- Usually done in a clinic
- Sessions last 3-4 hours, three times per week
- Schedules are usually Monday, Wednesday, and Friday or Tuesday, Thursday, and Saturday
- Shifts may be in the morning, afternoon, or sometimes in the evening or overnight
- Transportation may be available, ask the clinic social worker for information

Benefits of In-clinic Dialysis

- Staff is available for assessments and treatments
- Opportunity to interact and socialize with others on dialysis

Challenges with In-clinic Dialysis

- Cleansing of toxins happens only a few days per week
- Fatigue after treatments
- Stricter fluid and nutrition recommendations
- Fixed schedule
- Travel is possible, though needs to be scheduled in advance