

Booklet 3

Taking Care of Your PD Catheter and Exit Site

What you will learn:

- How to care for your PD catheter and exit site
- How to identify signs and symptoms of an exit site infection or peritonitis
- What to do if you have a problem with your PD catheter or exit site

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Exit site care is one of the most important ways to avoid an infection. This booklet will review important information about how to care for your PD catheter and exit site. It is important to discuss caring for your exit site with your nurse to help you stay healthy and to help avoid infection.

For additional resources on PD, check out: www.pdempowers.com

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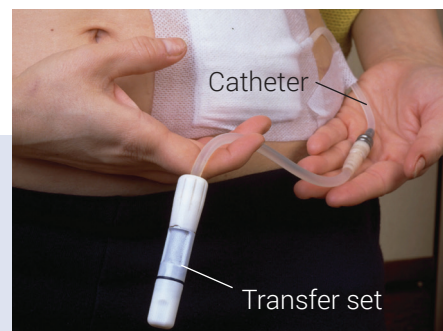
How To Care For Your PD Catheter and Exit Site

Check your PD catheter and transfer set frequently

- First, wash and dry your hands thoroughly before starting to care for your catheter and exit site.
- Then, check that your catheter and transfer set are:
 - Free of tears, cracks, slits, and holes
 - Connected tightly
 - Immobilized

When should you check your catheter and transfer set?

- Once your exit site is healed
- Before each PD exchange
- Each time you do exit site care



! Your nurse will schedule a change of the transfer set about every six months, according to the manufacturer's recommendations. If you notice a problem with your transfer set, do not proceed with PD treatment. Call your PD nurse, as directed.

Prepare your PD catheter before you sleep

Remember, it is important to secure your catheter before falling asleep because it helps prevent accidental pulling or tugging during sleep.

- Your PD nurse will show you how to secure your catheter. If you ever have any questions or forget his/her instructions, please talk to him/her directly.
- An immobilizing device or tape may be suggested by your nurse. Use the instructions provided with the immobilizing device.

How To Care For Your PD Catheter and Exit Site continued

Instructions to care for your exit site

Exit site care is important, whether you are doing CAPD or APD. Cleaning your exit site and putting on antibiotic cream can help to avoid infection.¹ Again, be sure to clean your hands before starting any exit site care.

1

Gather your supplies

- Gauze or clean wash cloths to clean your exit site
 - Liquid antibacterial soap or cleaning agent: (List below)
 - Antibiotic cream: (List below)
 - Cotton tip swabs or gauze to apply cream
 - Gauze dressing or other bandage
 - Your tape or other immobilizing device
-

2

Check your exit site

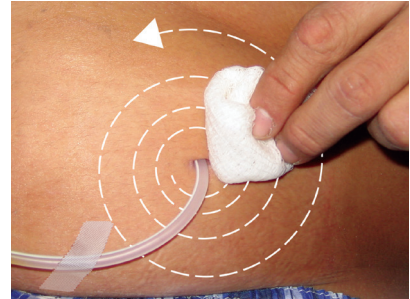
- Look at your exit site and the area around it. It should not be red, painful, or swollen. There should be no drainage.
- Feel around the area of the catheter tunnel
 - The catheter tunnel is the area where the catheter tunnels under the skin to where it exits the body.
 - The tunnel should not be red, tender, or swollen.

Instructions to care for your exit site Continued

3

Wash and dry your exit site

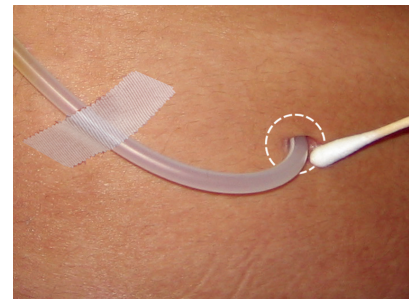
- Start washing close to the catheter, and gently wash in a circle around and away from the catheter.
- Rinse completely.
- Start drying the skin close to the catheter. Dry in a circle around and away from the catheter.
- Leave dried blood that forms crusts and/or scabs in the surface of the skin until they fall off on their own.



4

Place antibiotic cream around your exit site

- If directed, put a pea-sized amount of antibiotic cream on a cotton swab or gauze. Then put the cream on your exit site.
- If the exit site ever becomes wet or dirty, repeat this exit site care.



How To Identify Signs and Symptoms of Exit Site Infection or Peritonitis

What does an exit site infection look like?

The area around a healthy exit site is normal in color. It should have no drainage.



A healthy exit site

The area around an infected exit site may be red, tender, swollen, or have drainage.



An infected exit site

- ! It is important to immediately talk to your PD nurse if you think your exit site is infected as this could lead to peritonitis.

What is peritonitis?

Peritonitis is an infection of the peritoneal membrane. It is caused by germs that entered the peritoneal cavity.

Possible signs of peritonitis are:

- Cloudiness in your PD drain bag
- Fibrin (tiny white thread-like material in the PD drain bag)
- Stomach pain
- Fever
- Feeling sick (nausea or vomiting)

What to Do if You Have a Problem With Your PD Catheter or Exit Site

You should call your PD nurse if you have any of the following:

- Problems with your PD catheter or transfer set
- Redness, swelling or tenderness at the exit site or along the catheter tunnel
- Signs or symptoms of peritonitis

What to do if you have a problem or pain at your exit site

Problem	Action
<ul style="list-style-type: none">• Redness, drainage, swelling, or soreness around or at your exit site	<ul style="list-style-type: none">• If you see any of these signs, call your PD nurse, as directed
<ul style="list-style-type: none">• Irritation around the exit site	<ul style="list-style-type: none">• Secure your catheter at all times to keep it from tugging on your exit site and call your PD nurse, as directed
<ul style="list-style-type: none">• Redness, drainage, swelling, or soreness in the area along your catheter, from where it tunnels under the skin to where it exits	<ul style="list-style-type: none">• If you notice any of these signs, call your PD nurse, as directed

What to Do if You Have a Problem With Your PD Catheter or Exit Site continued

Problem	Action
<ul style="list-style-type: none">• There is a crack, slit, or hole in your transfer set	<ul style="list-style-type: none">• Put a clamp on the transfer set to stop the leak• Call your PD nurse immediately
<ul style="list-style-type: none">• There is leaking around your exit site	<ul style="list-style-type: none">• Call your PD nurse immediately• Do not do any more exchanges until you have talked to your PD nurse
<ul style="list-style-type: none">• There is a hole or crack in your catheter	<ul style="list-style-type: none">• Put a clamp on the catheter between the hole or crack and yourself• Call your PD nurse immediately• Do not perform any solution exchange until you have talked to your PD nurse
<ul style="list-style-type: none">• Cloudy drained solution, fibrin, stomach pain, fever, feeling sick (nausea, vomiting)	<ul style="list-style-type: none">• Call your PD nurse immediately• Check if you have cloudy fluid in the drain bag• Save the cloudy drain bag

New Words

Crust and/or scab

Dried blood and/or drain fluid material on the surface of the skin.

Fibrin

Tiny white thread-like material, occasionally seen in the PD drain bag.

Immobilizing device

A device that secures the PD catheter. It prevents accidental tugging or pulling on the catheter while you sleep.

Peritonitis

An infection of the peritoneal membrane caused by germs that have entered the peritoneal cavity.

Transfer set

Tubing that connects to your catheter.

Tunnel

The area where the catheter tunnels under the skin to where it exits the body.

Reference

1. Piraino B, Bailie G, Bernardini J, et al. Peritoneal dialysis-related infections recommendations: 2005 update. *Perit Dial Int.* 2005; 25:107-131.

Notes:

PD Training: Patient Training Self-test

Taking Care of Your Catheter and Exit Site

1. Before doing your catheter and exit-site care, wash and dry your hands thoroughly.
True False
2. Antibiotic cream on the exit site helps to prevent infection.
True False
3. Before each PD treatment and each time you do exit-site care, check your catheter and transfer set to be sure they are free of tears, cracks, slits or holes.
True False
4. Before exit site care, it is important to look at your exit site and the area around it to make sure which of the following is not present?
 - a. Redness
 - b. Swelling
 - c. Drainage
 - d. All of the above
5. To check your catheter tunnel (area where the catheter is placed under the skin), feel along it with your fingers. It should not be tender or swollen.
True False
6. Which action should you take if there is a hole in your catheter?
 - a. Put a clamp on the catheter between the hole and yourself
 - b. Call your PD nurse immediately
 - c. Do not do any more exchanges
 - d. All of the above
7. If crusts or scabs are present on your exit site, you should leave them in place until they fall off on their own.
True False
8. Which of the following can be used to secure your catheter in place?
 - a. Tape
 - b. Immobilizing device
 - c. Both a and b
9. If your exit site becomes dirty or wet, you can wait to clean it until your next treatment.
True False
10. Peritonitis is an infection caused by germs that have entered your peritoneal cavity.
True False

11. Which of these may be signs and symptoms of peritonitis?

- a. Stomach pain
- b. Fever
- c. Cloudy fluid
- d. All of the above

12. You can wait until your next clinic visit to report signs of redness, swelling or tenderness at your exit site.

True

False

13. When should you call your PD nurse if you feel sick, have a temperature or stomach pain?

- a. Right away
- b. After your next PD treatment
- c. Before your next clinic visit

Patient Signature:

Date: _____

Answers: 1-True, 2-True, 3-True, 4-d, 5-True, 6-d, 7-True, 8-c, 9-False, 10-True, 11-d, 12-False, 13-a

For the devices referenced herein, refer to the manufacturer's instructions for use.

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PD Training: Patient Checklist

Taking Care of Your Catheter and Exit Site

Patient Name: _____

Person Trained: _____

Relationship to Patient: _____

Completed by (Signature): _____ Date: _____

Patient Training/Retraining Checklist Instructions

- The Patient Training Checklist should be used to help track the patient's progress while being trained, to refresh the learning of a current patient/caregiver or to retrain a returning patient.
- Place the date in the appropriate box as the patient verbalizes understanding of a topic or successfully completes a return demonstration of a procedure.
- If the topic is not applicable (N/A) to the patient, place the date in the N/A column.
- Use Notes section as needed to indicate future training needs.

How To Care for Your PD Catheter and Exit Site

Patient demonstrates or verbalizes understanding of:	Yes	No	N/A
Exit site care – check your PD catheter and transfer set			
• Wash and dry your hands before caring for your catheter and exit site			
– Check catheter and transfer set once exit site is healed, before each treatment, and each time you do exit site care			
– Catheter and transfer set should be free of tears, cracks, slits, and holes			
– Catheter and transfer set should be immobilized			
– Make sure connection of catheter to transfer set is tight			
– Your nurse will change the transfer set about every six months			
– If you note a problem, do not proceed with PD treatment. Call your PD nurse, as directed			

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Patient demonstrates or verbalizes understanding of:	Yes	No	N/A
Gathering supplies for exit site care			
• Gauze or clean washcloths			
• Liquid antibacterial soap or cleaning agent			
• Antibiotic cream or ointment			
• Cotton-tip swabs or gauze			
• Tape or bandage			
• Immobilizing device			
How to care for your PD catheter and exit site			
• Exit site care is important to help avoid infection			
• Start by checking your exit site			
– It should not be red, painful, swollen, or have drainage			
– Feel around the catheter tunnel, where the catheter tunnels under the skin to where it exits the body			
– Tunnel should not be tender or swollen			
• Wash and dry your exit site			
– Start washing close to the catheter, washing in a circle around and away from catheter			
– Rinse completely			
– Dry skin close to catheter, drying in a circle around and away from catheter			
• Leave crusts and/or scabs in place			
• Place antibiotic cream or ointment and secure exit site			
– Put pea-size amount of cream/ointment on swab or gauze, then put cream/ointment on exit site			
– Secure your catheter			
– If exit site gets wet or dirty, repeat exit site care			
• Secure catheter while you sleep			
– This prevents accidental pulling or tugging			
– Your nurse will show you how to secure catheter			
– Immobilizing device or tape may be suggested			

How to Identify Signs and Symptoms of Exit Site Infection or Peritonitis

Patient demonstrates or verbalizes understanding of:	Yes	No	N/A
Exit site infection			
• Healthy site is normal in color and has no drainage			
• Infected site may be red, tender, swollen, or have drainage			
Peritonitis			
• Cloudiness in PD drain bag and fibrin may be seen			
• Symptoms: feeling sick, fever, stomach pain			
When to call the PD nurse			
• Problems with catheter or transfer set			
• Problems with exit site or tunnel			
• Possible peritonitis			
• When your belly doesn't feel right			

What to Do if You Have a Problem with Your PD Catheter or Exit Site

Patient demonstrates or verbalizes understanding of:	Yes	No	N/A
• Redness, drainage, swelling, or soreness at exit site; call PD nurse, as directed			
• Irritation around exit site: Secure your catheter to prevent tugging; call PD nurse, as directed			
• Tunnel infection: If there is redness, drainage, swelling, or soreness in area along catheter; call PD nurse, as directed			
• A crack, slit, or hole in the transfer set: Put a clamp on the transfer set and call PD nurse immediately			
• Leaking around the exit site: Call your PD nurse immediately, and do not do any PD exchanges until you have talked to your nurse			

Patient demonstrates or verbalizes understanding of:	Yes	No	N/A
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<ul style="list-style-type: none"> A hole or crack in your catheter: Put a clamp on the catheter between the hole or crack and yourself, call your PD nurse immediately, and do not do any PD exchanges until you have talked to your nurse 			
<ul style="list-style-type: none"> Cloudy drained solution, fibrin, stomach pain, fever, feeling sick (nausea, vomiting): Call your PD nurse immediately, check if you have cloudy fluid in the drain bag, and save the cloudy bag 			

Final Checks	Yes	No	N/A
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Lesson reviewed			
New words reviewed			
Self-test completed			

Patient Signature: _____ Date: _____

Notes

(If topic not completed or retraining required, specify reason. Procedure training may be documented if applicable.)

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Notes

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