

Booklet 5

Making Decisions at Home About Your Care

What you will learn:

- When to call your PD nurse
- What resources to use when troubleshooting

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Your PD training has made you well prepared for PD at home. However, unexpected events can occur when you are at home and it is important to know how to handle these situations. This booklet will help identify some of the possible challenges that could arise and offer strategies to deal with them. This way, if something happens, you will be well prepared.

Problems During Your Treatment

Problems I'm having with PD

Actions I should take

- | | |
|---|--|
| <ul style="list-style-type: none">• I cannot fill or drain. | <ul style="list-style-type: none">• Check for closed clamps, kinks, and broken frangibles.• Be sure your transfer set twist clamp is open.• Change your position.• Try another solution bag.• If using a cyclor, use the Automated PD System Guides:<ul style="list-style-type: none">1) Patient At-Home Guide (PAHG)2) Patient Troubleshooting Guide for Common Alarms (Troubleshooting Guide)• Call your PD nurse. |
| <ul style="list-style-type: none">• My solution is too cold. | <ul style="list-style-type: none">• Be sure the solution bag on the heater pan covers the silver heater sensor button. |
| <ul style="list-style-type: none">• My solution is too cold and I feel pain | <ul style="list-style-type: none">• Warm the solution bag as instructed by your PD nurse.• Drain the cold solution and fill with warm solution. If the pain continues, call your PD nurse. |
| <ul style="list-style-type: none">• My solution is flowing into the peritoneal cavity too fast and I feel abdominal pain or discomfort. | <ul style="list-style-type: none">• Check the position of your cyclor. It may be too high. It is recommended to be no more than 12 inches (30 cm) higher or lower than you when you are lying in bed.• If the pain persists, call your PD nurse. |

Problems During Your Treatment continued

Problems I'm having with PD

Actions I should take

- | | |
|--|---|
| <ul style="list-style-type: none">• The cyclor reads "Connect yourself/Check patient line" but there is air in the patient line. | <ul style="list-style-type: none">• Refer to the Patient At-Home Guide for instructions on how to reprime the patient line. |
| <ul style="list-style-type: none">• My catheter or tubing is blocked by fibrin. | <ul style="list-style-type: none">• Gently squeeze the line to loosen the fibrin and allow to pass. Complete your treatment and call your nurse to report the presence of fibrin. |
| <ul style="list-style-type: none">• My catheter, tubing, or frangible is blocked by fibrin. | <ul style="list-style-type: none">• Gently squeeze the line or bend the frangible back and forth to loosen the fibrin and allow to pass. Complete your treatment and call your PD nurse to report the presence of fibrin. |
| <ul style="list-style-type: none">• My drained fluid is cloudy. | <ul style="list-style-type: none">• Call your PD nurse immediately. Do not wait. Save the fluid in the drain bag. Take the fluid with you to the dialysis unit or emergency room as directed. |
| <ul style="list-style-type: none">• My drained fluid is clear but it has white strands (fibrin) in it. | <ul style="list-style-type: none">• Call your PD nurse as directed. |
| <ul style="list-style-type: none">• My drained fluid is pink. | <ul style="list-style-type: none">• Call your PD nurse as directed. |

Problems I'm having with PD

Actions I should take

- | | |
|--|---|
| <ul style="list-style-type: none">• My drained fluid is dark yellow. | <ul style="list-style-type: none">• Dark yellow but clear fluid may be due to some medications. Discuss with your PD nurse. |
| <ul style="list-style-type: none">• There is a crack or hole in my catheter or transfer set. | <ul style="list-style-type: none">• Put a clamp on the catheter between the hole or crack and yourself. Cover the hole with gauze and secure with tape. Do not complete any exchanges. Call your PD nurse immediately. |
| <ul style="list-style-type: none">• I have cramping or pain during drain. | <ul style="list-style-type: none">• Check drained fluid for cloudiness.• If using a cyclor, check the position of your cyclor. It may be too high or too low. It is recommended to be no more than 12 inches (30 cm) higher or lower than you when you are lying in bed.• If your fluid is cloudy or the pain persists, call your PD nurse.• Change your position <p>For manual exchanges,</p> <ul style="list-style-type: none">• Slow the flow by partially closing the twist clamp on the transfer set.• Change your position.• Check drained fluid for cloudiness.• If your fluid is cloudy or the pain persists, call your PD nurse. |

Problems During Your Treatment continued

Problems I'm having with PD

Actions I should take

- | | |
|---|---|
| <ul style="list-style-type: none">• I have multiple Low Drain Volume Alarms. | <ul style="list-style-type: none">• First use the "Patient Troubleshooting Guide for Common Alarms," provided by your nurse to troubleshoot the alarm. If you cannot find the Troubleshooting Guide, refer to the PAHG. If the alarms continue, call your PD nurse as directed. Be sure to record when the alarms occurred or use the cyclor alarm log to review with your nurse. |
| <ul style="list-style-type: none">• I keep getting all different kinds of alarms. | <ul style="list-style-type: none">• First use the "Patient Troubleshooting Guide for Common Alarms," provided by your nurse to troubleshoot the alarms. You may also refer to the PAHG. If the alarms continue, call your PD nurse as directed. Be sure to record the type of alarms and when the alarms occur or use the cyclor alarm log to review with your nurse. |
| <ul style="list-style-type: none">• My transfer set came apart from the catheter. | <ul style="list-style-type: none">• Place a clamp on the catheter to stop the drainage. Cover the end of the catheter with gauze and secure with tape. Do not complete any exchanges. Call your PD nurse immediately. |

Problems I'm having with PD

Actions I should take

- My PD system tubing came apart from my transfer set during my treatment.

- Close the transfer set. Do not complete the exchange or therapy. Call your PD nurse immediately.

- There is a hole in my PD system.

- Close your transfer set twist clamp. Disconnect your transfer set from the exchange system and put on a new **MiniCap** disconnect cap. Call your PD nurse immediately.

- I touched or dropped the open/exposed end of my transfer set.

- Close the transfer set twist clamp and put on a new **MiniCap** disconnect cap. Do not complete any exchanges. Call your PD nurse as directed. A nurse may need to change your transfer set.

- I accidentally touched the sterile parts while making a connection.

- Do not do any PD exchanges. Call your PD nurse as directed.

Problems with Your Catheter or Exit Site

Problems I'm having with PD

Actions I should take

- | | |
|---|--|
| <ul style="list-style-type: none">• There is a leak around my exit site. | <ul style="list-style-type: none">• Keep the exit site dressing dry. Call your PD nurse immediately. |
| <ul style="list-style-type: none">• I have 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. Call your PD nurse as directed. |
| <ul style="list-style-type: none">• I have symptoms of an exit site or tunnel infection such as redness, tenderness/pain, or drainage at the exit site. | <ul style="list-style-type: none">• Call your PD nurse as directed. |

Other Problems

Problems I'm having with PD

Actions I should take

- | | |
|--|---|
| <ul style="list-style-type: none">• I have stomach pain and/or a fever. | <ul style="list-style-type: none">• Check for cloudy fluid. Call your PD nurse as directed. |
| <ul style="list-style-type: none">• I have symptoms of uremia such as loss of appetite and fatigue, even though I am doing my exchanges. | <ul style="list-style-type: none">• Call your PD nurse as directed. |
| <ul style="list-style-type: none">• I am not urinating as much. | <ul style="list-style-type: none">• Call your PD nurse as directed. |
| <ul style="list-style-type: none">• I am having trouble keeping to my treatment schedule. | <ul style="list-style-type: none">• Call your PD nurse as directed. |
| <ul style="list-style-type: none">• I have symptoms of the flu, common cold, or cough. | <ul style="list-style-type: none">• Call your doctor or PD nurse for medical advice. Do not take any over the counter medication without first checking with your health care team. |
| <ul style="list-style-type: none">• I am constipated. | <ul style="list-style-type: none">• Talk to your PD nurse or dietician about your diet and ways to prevent constipation. |
| <ul style="list-style-type: none">• I have shoulder pain. | <ul style="list-style-type: none">• Call your PD nurse. |

When Should I Use My APD Cyclor Resources to Manage My Problems at Home?

Problems I'm having with PD	Baxter resources to use
<ul style="list-style-type: none">• I get confused about the steps for setting up my cyclor.	<ul style="list-style-type: none">• Procedure Guide, Patient At-Home Guide
<ul style="list-style-type: none">• What steps do I follow when I reach the End of Therapy screen?	<ul style="list-style-type: none">• Procedure Guide, Patient At-Home Guide
<ul style="list-style-type: none">• I can't remember how to disconnect in an emergency.	<ul style="list-style-type: none">• Procedure Guide, Patient At-Home Guide
<ul style="list-style-type: none">• I get a Low Drain Volume alarm.	<ul style="list-style-type: none">• Patient Troubleshooting Guide, Patient At-Home Guide
<ul style="list-style-type: none">• I get a System 2240 alarm.	<ul style="list-style-type: none">• Patient Troubleshooting Guide, Patient At-Home Guide
<ul style="list-style-type: none">• I get a Check Lines and Bags/Check Lines alarm.	<ul style="list-style-type: none">• Patient Troubleshooting Guide, Patient At-Home Guide
<ul style="list-style-type: none">• I have a lot of different alarms during my treatment.	<ul style="list-style-type: none">• Patient At-Home Guide

PD Training: Patient Checklist

Making Decisions at Home About Your Care

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.

Patient demonstrates the ability to make the correct decision about care in the following problems:	Yes	No	N/A
Problems during your treatment			
• I cannot fill or drain			
• My solution is too cold			
• My solution is too cold and I feel abdominal pain or discomfort			
• My solution is flowing into the peritoneal cavity too fast and I feel abdominal pain or discomfort			
• The cyclor reads "Connect yourself/Check patient line" but there is air in the patient line"			
• My catheter, tubing or frangible is blocked by fibrin			
• My drained fluid is cloudy			
• My drained fluid is clear but it has white strands (fibrin) in it			
• My drained fluid is pink			

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Patient demonstrates the ability to make the correct decision about care in the following problems:	Yes	No	N/A
• My drained fluid is dark yellow			
• I have cramping or pain during drain			
• I have multiple Low Drain Volume Alarms			
• I keep getting all different kinds of alarms			

Possible contamination			
• There is a crack or hole in my catheter or transfer set			
• My transfer set came apart from the catheter			
• The PD system tubing came apart from my transfer set during my treatment			
• There is a hole in the PD system			
• I touched or dropped the open/exposed end of my transfer set			
• I accidentally touched the sterile parts while making a connection			

Problems with your catheter or exit site			
• There is a leak around my exit site			
• I have irritation around the exit site			
• I have symptoms of an exit site or tunnel infection such as redness, tenderness/pain, or drainage at the exit site			

Other Problems			
• I have stomach pain and/or a fever			
• I have symptoms of uremia such as loss of appetite and fatigue, even though I am doing my exchanges			
• I am not urinating as much			
• I am having trouble keeping to my treatment schedule			
• I have symptoms of the flu, common cold, or cough			
• I am constipated			
• I have shoulder pain			

Patient demonstrates understanding of the APD resource to use for the following problems:	Yes	No	N/A
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• I get confused when I'm setting up my cyclor			
• What steps do I follow when I reach the End of Therapy screen?			
• I can't remember how to disconnect in an emergency			
• I get a Low Drain Volume alarm			
• I get a System 2240 alarm			
• I get a Check Lines and Bags/Check Lines alarm			
• I have a lot of different alarms during my treatment			

Final Check	Yes	No	N/A
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Lesson reviewed			
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Patient Signature: _____ Date: _____

Notes

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

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