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# Hemodialysis

Patient name: \_\_\_\_\_

Admission: \_\_\_\_\_

NRS  
DATE INITIAL

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**I. The client/caregiver can define hemodialysis.**

- A. It is a process that mimics the functions of the kidney, removing wastes and other impurities and excessive fluid from the body.
- B. The blood is removed from the body and put into a dialyzer to filter it and is then returned to the body.
- C. The procedure usually lasts approximately 3 to 6 hours and is usually required three times per week.

**II. The client/caregiver can list various types of vascular access for hemodialysis.**

- A. An external shunt may be placed in the wrist or forearm to connect an adjacent artery and vein.
- B. An internal fistula may be placed in the wrist or forearm to connect an adjacent artery and vein.
- C. An artificial graft is an additional segment added to client's own vessel to connect the artery and vein.
- D. For temporary hemodialysis, a catheter may be inserted into the subclavian vein at shoulder or into the femoral vein at the groin.

**III. The client/caregiver can list measures to follow when receiving dialysis.**

- A. Follow the diet as prescribed, usually low protein, low sodium, high carbohydrate, high fat, and low potassium.
- B. Restrict fluid as prescribed.
- C. Weigh as recommended.
- D. Avoid infection.
- E. Obtain adequate rest and exercise.
- F. Take medications as prescribed.
- G. Wear Medic Alert bracelet.
- H. Keep follow-up appointments with physician and dialysis.

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- I. Report any light-headedness, dizziness, nausea and vomiting, sweating, headache, weakness, lethargy, muscle weakness or cramps, and irregular pulses.

**IV. The client/caregiver can adequately care for access blood route.**

- A. Never allow anyone to take blood pressure, draw blood, or give injections on the arm being used for dialysis.
- B. Avoid trauma to site.
- C. Avoid constrictive clothing on affected arm.
- D. Avoid heavy lifting.
- E. Cleanse cannula as instructed and apply a dry, sterile dressing.
- F. Palpate the site for a vibration (thrill), which indicates blood circulation or listen with a stethoscope for a rushing sound (bruit).
- G. Report any swelling or pain over site or absence of thrill or bruit to physician.
- H. Report any signs of infection (i.e., redness, tenderness, and warmth).
- I. Report any signs of lack of circulation, i.e., numbness, tingling, or coolness in extremity.
- J. Report any bleeding.

**V. The client/caregiver is aware of possible complications.**

- A. Infection
- B. High or low blood pressure
- C. Heart arrhythmias
- D. Hemorrhage and anemia
- E. Air embolus
- F. Restless leg syndrome
- G. Hepatitis B
- H. Muscle cramps
- I. Hypovolemia and shock
- J. Disequilibrium syndrome

(Continued)

**RESOURCES**

American Association of Kidney Patients  
[www.aakp.org](http://www.aakp.org)

American Kidney Fund  
[www.kidneyfund.org](http://www.kidneyfund.org)

National Kidney Foundation  
[www.kidney.org](http://www.kidney.org)

Dietitian

Support groups

Counseling

**REFERENCES**

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