Steps to Safe Swimming on Peritoneal Dialysis

Jodi Hodgkinson, RN
Arlene Cugelman, RN, C NEPH C
Canadian Dialysis Patients

- 78.5% ICHD
- 2.7% HHD
- 18.8% PD

98 Hospital Dialysis Centres
165 Satellite Units

1991 - 2006
Dialysis Growth %: 10.9, 9.7, 9.7, 8.0, 7.2, 11.6, 8.9, 9.0, 6.0, 7.4, 7.5, 7.0, 6.3, 3.0, 4.8

The need to maximize dialysis choice for patients

The need to be cost effective

Improvement needed to meet the needs of the elderly that enhanced their Quality of Life.

CKD 20,000 with 10,000 on RRT
Survival Probability for Patients Initiating Dialysis with PD Compared to HD

Probability (%)

Follow-up months

p < 0.001  
n = 10,633

CAPD/CCPD  
HD

Huntsville 5 Chairs

Alliston 6 Chairs

Collingwood 6 Chairs

Penetanguishene 8 Chairs

Orillia 43/3 23 Chairs

Barrie 12 Chairs

Alliston 6 Chairs
What is Peritoneal Dialysis?

• Removes uremic toxins through the peritoneal membrane, urea, creatinine

• Thin membrane (parietal and visceral) that lines the abdominal cavity
What does a TwinBag exchange look like?
PD Solutions: Now Available

Dianeal
1.5%,
2.5%,
4.25%

Nutrineal
1.1% Amino Acids

Extraneal
7.5% Icodextrin
Long Dwell
UF Management

Physioneal
Bicarbonate/lactate
1.36, 2.36, 3.86

Specialty Solutions – designer solutions

Nutrineal
1.1% Amino Acids
Nutritional Supplement
The Catheter....
There are two kinds of Peritoneal Dialysis:

Continuous Ambulatory Peritoneal Dialysis (CAPD)
A manual method performed by you about 4 times a day.

Automated Peritoneal Dialysis (APD)
An automated method of PD, performed by a machine while you sleep.
Patients want to have the option to swim
Private pools were seen as the next safest option
Swimming in rivers and streams and lakes were discouraged
**1st Prerequisite to swim is....**

*A well HEALED exit site*

<table>
<thead>
<tr>
<th>Ocean</th>
<th>Lakes/ rivers</th>
<th>Public pool</th>
<th>Private pool</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enterococci</td>
<td>Cyanobacteria Blue green algae</td>
<td>E coli Giardia Pseudomonas</td>
<td>E coli Giardia Pseudomonas</td>
</tr>
<tr>
<td>Giardia Cryptosporidiosis</td>
<td>streptococcus</td>
<td>Parastic Protozoa</td>
<td>Parastic Protozoa</td>
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</tbody>
</table>

**Hot tubs, whirl pool, soaker tubs are not recommended or supported**
The Equipment

AllKare protective barrier wipes
Holloster ostomy pouch AF 300
Tegadrm strips to all edges of ostomy pouch

Allow 20 minutes to adhere

Post swim........
Shower with antibacterial soap
AllKare Adhesive remover
Careful removal of pouch
Exit site care
The Patients Experience:

Over 30 swims one summer
In the water for an hour at a time – just “floating and enjoying”
Multiple entries each swim
Often at the beach for the entire day
Quality of life\

Being able to swim made all the difference to me this summer. Swimming is one of my favourite things to do so it would have been disappointing to sit on the sidelines while everyone else was having fun enjoying one of Muskoka’s most basic pleasures: summer days spent at the beach.

Gave me the freedom to belly flop into Lake Vernon. Used my Facebook news feed so that my friends knew when I would be heading to the beach to enjoy the soothing delights of the lake on a hot summer’s day.

Happy to discover that the device was fairly incognito under my black suit.

So glad I had this wonderful opportunity and that others may be able to have the chance as well.
Salt water river
fresh water Lagoon
Preparing to swim with the manatees
Prepare for ......
Questions?
Questions?