

Dialysis away from home

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Presentation **outline**

- Treatment options for End-Stage Kidney Disease
- Why do people travel?
- Why cant they Travel? – what happens if you miss a session?
- Planning – Advice for patients, how to assist in planning etc
- Holidays and treatment
- Travel insurance
- Where to go + costs?
- KHA and Travel – making contact with other units
- Enable NSW
- Resources available for patients

What are the **treatment options** for end-stage kidney disease?

Dialysis



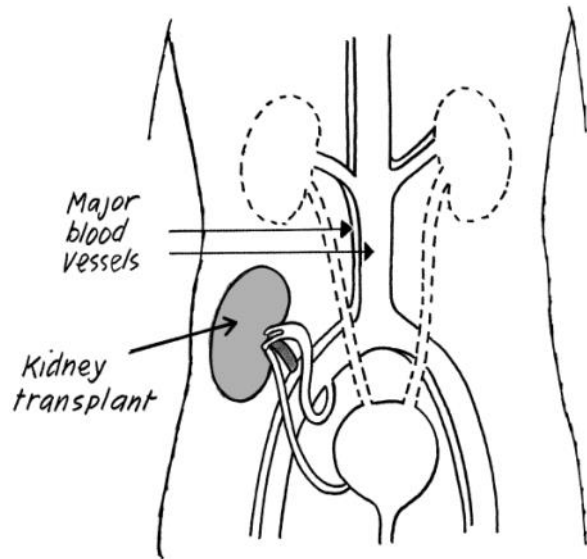
Haemodialysis involves connecting to a haemodialysis machine either at home or hospital, at least 3 times a week for around 5 hours at a time to cleanse your blood.



Peritoneal Dialysis involves a tube being permanently inserted into the abdomen. Special fluids are then introduced regularly to draw waste from the body.

What are the **treatment options** for end-stage kidney disease?

Transplantation



Kidney transplants come from living or deceased donors. Living donors can be relatives as well as partners and close friends. Deceased donors are people who have decided to donate their organs after death.

If you're suitable for a transplant you can wait on average 4-7 years for a kidney to become available.

Why do people travel?

According to the Travel Industry association and published in the RSA Journal 2009 benefits of travel include:

- An annual vacation can cut a persons chance of a heart attack by 50%
- Recuperation and improvement in exhaustion are facilitated by free time, good sleep and meeting new people
- Higher levels of physical and mental health
- Increase in positive feelings about life, family, money and health
- Increase in life satisfaction
- There is also a positive relationship between vacations and intellectual functioning
- ETC! (the list does go on)

Why do our patients feel like they cant travel?

Published in KHA's Consumer Perspective on Dialysis (First National Census):

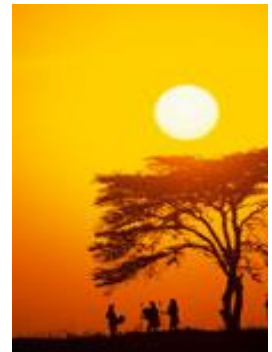
- Too difficult to organise dialysis at holiday location (34%)
- No dialysis available at holiday location (28%)
- No dialysis unit at holiday location (20%)
- Not enough money to go on holidays (17%)
- Not feeling well enough to travel (13%)

It is also important to note that our patients often have multiple health issues. Many of our patients our diabetics, hypertensive and can be managing mental health issues. These can be compounded by family stress and issues involved with the need to undergo regular life sustaining treatment. As health professionals its important to eliminate myths and educate patients on the benefits of travel.

What happens if I miss my regular dialysis treatment?

Planning your holiday

- **Every holiday requires careful planning** – A priority for any patient is to decide on a destination and seek accommodation for dialysis sessions.
- **Important to do your home work** – Kidney Health Australia has an online unit guide for Australia, if going overseas the patient will need to investigate costs and handover of medical records.
- **Your nursing staff/ KHA can assist, but remember they are not travel agents- you must be the researcher** – People can provide advice, but the final decision should be that of the patients.
- **The modality of dialysis can impact on the location and holiday chosen.**
- **Remember: there are LOTS of options and LOTS of resources to assist you**



Holidays on PD

- **Peritoneal Dialysis** can be taken virtually any-where in the world. If going overseas you will need to co-ordinate delivery of fluids to coincide with your trip. For domestic you can travel with them, or again, organize delivery along the way.

Key Considerations....

- **The longer you are away for and the further away you are going = the more planning that will be needed.** Patient needs to be aware of the physical size and weight of the fluids required to be transported. It is important to be clear with your instructions and plans so that the dialysis company knows where to deliver.
- **(If Driving) Consider the size of your vehicle you are travelling in!** Is it big enough? Some patients who are on a longer trip will hire a Station Wagon to allow room for transporting fluids.
- **Consider** if you would like to dialyze manually with bags or with machine
- **Communication with dialysis provider** (Baxter/Fresenius) and your local PD team are vitally important.
- **For short trips** you should do a bag before and then after your journey.

Holidays on HD

- **Haemodialysis** takes a little more planning. Depending on where you are travelling, the most widely used option is to dialyze in dialysis centers. If going overseas space can be limited and it can be costly to organize, so planning ahead will help.

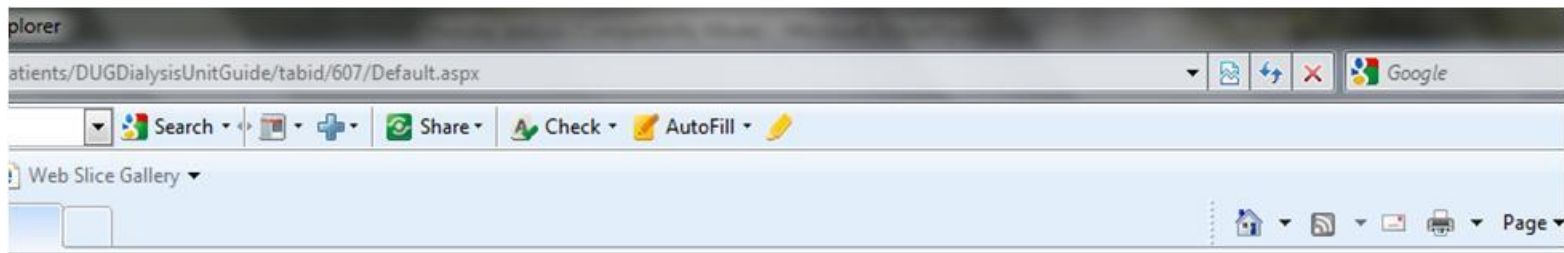
Key Considerations....

- **Organizing dialysis** at satellite dialysis unit requires patients to plan well ahead.
- If you have **private travel health insurance** it is easier to get dialysis interstate or overseas
- To find out which dialysis units are close to your destination in Australia, visit the Australian [Dialysis Unit Guide \(the DUG\)](#). Located on the KHA website.
- To find out links for **overseas units** and general information visit KHA [Dialysis and Travel](#) page
- **Before acceptance** it is necessary to have blood and spool tests to confirm no health problems.
- Being a patient **undertaking self dialysis** possibly helps, as the receiving renal unit does not have to provide the same level of nursing services.
- **Dialysis can be done on the road** in a caravan tent or holiday home. This option is only available to patients that are trained to dialyse without a nurse present.

Travel Insurance...

- Holiday insurance remains a difficult topic and solutions one month are not available the next month. KHA have more detailed information at [Dialysis and Travel](#).
- Travel insurance agencies who have offered cover to people post transplant include: [Australia Post](#) (used in Oct 2012 with extra premium) * [Allianz Australia - Travel Insurance](#) * [Cover-More Travel Scene](#) * [Chartis Travel](#) * [Columbus Direct](#) * [Travel Scene Insurance](#) * [Worldcare Travel Insurance Australia](#). Each applicant is assessed on individual health – insurance may be refused if you do not meet their criteria and may not cover existing chronic conditions.
- Not all providers cover dialysis consumers
- Important to be upfront and honest about your circumstance
- Likely will incur additional cost b/c of kidney disease

Where to go...



AUSTRALIAN DIALYSIS UNIT GUIDE (DUG)

[Search](#)

State



	Unit_Name	Parent_Hospital	Suburb	Street Address	Post_Code	State	Phone
Details	Armidale Limited Care Dialysis Unit	Tamworth Base Hospital	ARMIDALE	Rusden Street	2350	NSW	02 6776 9911
Details	Ballina Renal Centre	Lismore Base Hospital	BALLINA	Cherry St	2478	NSW	02 6686 2111
Details	Ambulatory Dialysis Unit	Liverpool Hospital	BANKSTOWN	Eldridge Rd	2200	NSW	02 9722 8624
Details	In Centre Haemodialysis Unit	Liverpool Hospital	LIVERPOOL	CSB Level 1 Liverpool Hospital	2170	NSW	02 9828 3738
Details	Bathurst Dialysis Unit	Orange Renal Services	BATHURST	Howick St	2795	NSW	02 6339 5429
Details	Regional Dialysis Centre	Westmead Hospital	BLACKTOWN	Marcel Crescent	2148	NSW	02 9881 8330
Details	B H Health Service, Haemodialysis Unit	Queen Elizabeth Hospital (SA)	BROKEN HILL	Thomas Street	2880	NSW	08 8080 1336
Details	6E1 Haemodialysis Unit	Royal Prince Alfred Hospital	CAMPERDOWN	Missenden Rd	2050	NSW	02 9515 7638
Details	Wansey Dialysis Centre	John Hunter Hospital	CHARLESTOWN	1a Dudley Rd	2290	NSW	02 4943 9635

Search for dialysis centres here



Explore the world's most comprehensive database of dialysis centres for free! Widely used by dialysis users, centers and carers.

Join our global community



Meet other dialysis users and carers, make new friends and find support. We're all waiting to meet you!

The premier resource for haemo and peritoneal dialysis around the world.



Established in 2000, Global Dialysis is the leading, independent resource for information about dialysis around the world. Thousands of dialysis users and centre staff visit us every week to find information about:

- dialysis centres for planning dialysis travel and dialysis holidays,
- advice for living on dialysis,
- jobs in the dialysis world and
- the dialysis industry.

Global Dialysis holds information on over 15,200 dialysis centres in 160 countries. All areas of



Saronic Dialysis Centre



Located on the beautiful Greek island of Aegina, this is the perfect place to have a fantastic holiday and dialyse!

[Read more](#)

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- For dialysis users / carers
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- About Global Dialysis
- News
- Blogs

www.globaldialysis.com.au

Where to go...

Dialysis Abroad¹

- www.dialysisabroad.com.au
- Dialysis Abroad offers tours around Australia, Japan, Italy, Bali, Hawaii and Singapore.

* Limited dialysis positions per tour

Dialysis at Sea²

Are the world's largest provider of dialysis services aboard cruise ships. Each cruise is accompanied by a board eligible/certified nephrologist and two or more dialysis nurses, based on the number of dialysis cruise patients. Twenty-four hours a day, patients can "beep" the shipboard dialysis staff, and if necessary, they can reach the medical support personnel around the clock.



¹ www.dialysisabroad.com.au

² www.dialysisatsea.com

KHA and Travel

- The **BIG RED KIDNEY BUS** will provide people on dialysis the ability to break the routine of dialysis and allow more families the option of holiday, which can be restricted for some patients.
- The **BIG RED KIDNEY BUS** will be set up in locations where patients can go away for more than a weekend, knowing they still have a place to dialyse on the **BIG RED KIDNEY BUS**.
- A further 4 buses have been pledged. Other buses may be utilized for holiday mobile dialysis as well as early detection and screening for chronic kidney disease in regional and remote parts of Australia.
- The **BIG RED KIDNEY BUS** is a very exciting new initiative.
- Kidney Health Australia hopes that **BIG RED KIDNEY BUS** will be fully functioning and on the road by the end of 2014



Enable NSW

Away From Home Haemodialysis (AFHH) Program

This is a new service offered to increase flexibility for haemodialysis patients living in NSW. Under the new NSW statewide program run by EnableNSW, patients now have better access to haemodialysis services when travelling away from home for purposes such as education, work and holidays.

Eligible patients may access up to three sessions per year at one of the participating private renal units located away from their usual place of residence at no cost, subject to availability and program funding.

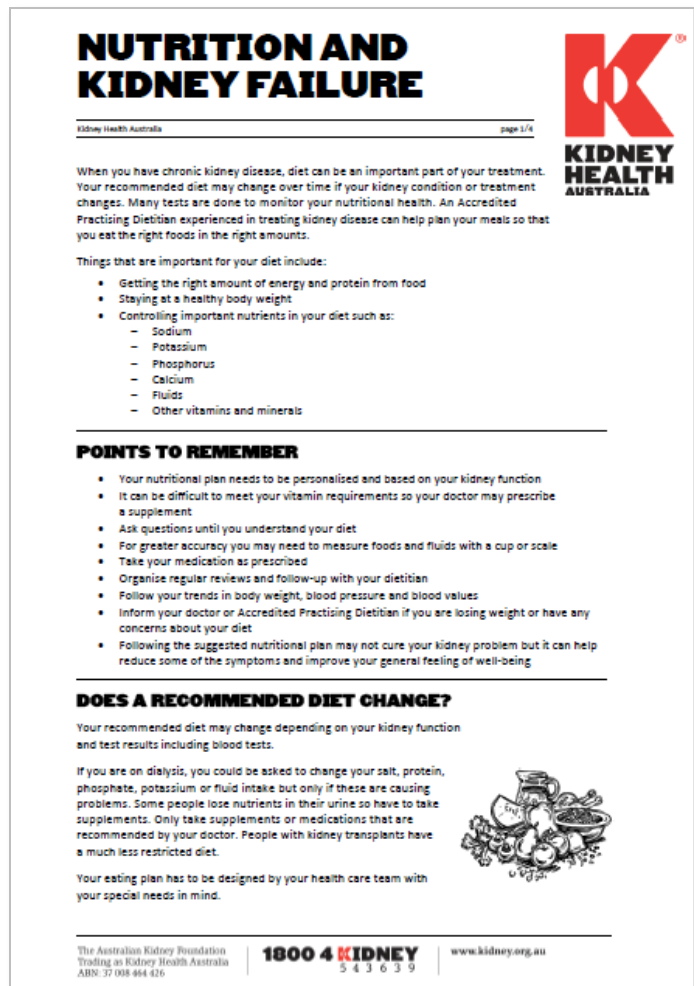
Requesting A Dialysis Session

To request a dialysis session please contact EnableNSW email -

enabledialysis@hss.health.nsw.gov.au or

phone - 1 800 ENABLE (1 800 362 253)

Resources available for patients

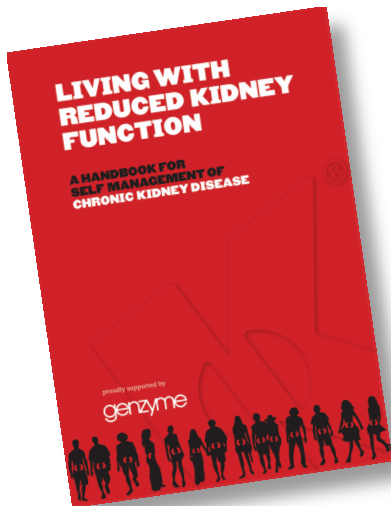


- Found on our Website
- More than 30 topics
- Extensive information from ‘Getting the most out of your visit to your Doctor’ to ‘IGA Nephropathy’
- All written simply for patients and carers or family to understand

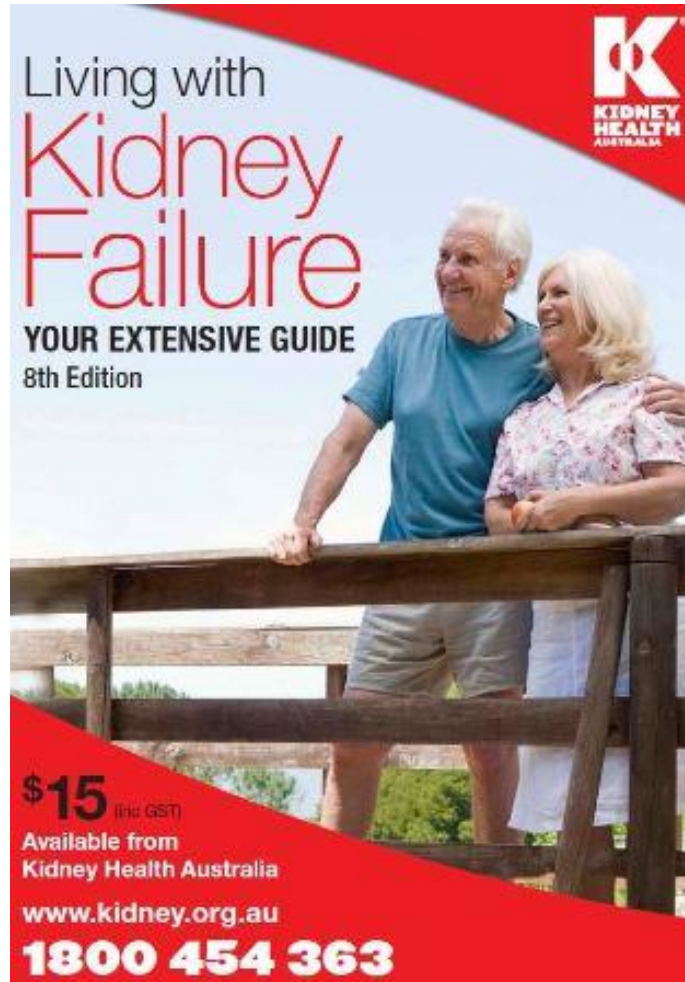
Health Publications

Books include:

- Back on the Menu *(recipes)*
- Living with Reduced Kidney Function
- Living With Kidney Failure (new)
- Moe's sick kidneys
- Kidney Kidnections



New Publication



**Living with Kidney Failure, 8th edition
has had a major facelift!**

Full with 15 chapters, including
graphics, your treatment choice, Caring
for someone with Kidney Disease,
Support and Resources available

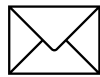
Contact Kidney Health Australia



www.kidney.org.au



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