

OCTOBER



Know the 6 Tips to Prevent Dialysis Infections *Stay healthy!*

WHY should I increase my engagement by learning the six tips to prevent dialysis infections?

- YOU are an important part of infection prevention! When you wash your hands, rub them with soap for at least 20 seconds before rinsing them with water. Don't forget the thumbs!
- Bacterial infections are the **SECOND** leading cause of **DEATH** for people on dialysis. Preventing dialysis infections can **SAVE YOUR LIFE!**

HOW can I increase my engagement this month?

- Learn the six tips:
 - Tip 1. Catheters have a higher risk of infection than fistulas. Ask your doctor and nurses about getting a fistula instead.
 - Tip 2. Learn how to take care of the catheter at home. Do not get it wet. Refer to the handout for August for more information.
 - Tip 3. Wash your hands often, especially before and after dialysis treatment.
 - Tip 4. Know the steps your healthcare team should take when using the catheter for treatment.
 - Tip 5. Know the signs and symptoms of infection and what to do if you think you might have an infection. Look for redness, swelling, or pain.
 - Tip 6. Know what to do if you have any problems with the catheter.
 - When in doubt, talk to your nurse or physician
- **SPEAK UP** to protect your access:
 - Remind staff to wash their hands and put on clean gloves before touching you or your machine.
 - Ask your dialysis Care Team what they are doing to prevent infection.
 - Tell your care partner and dialysis Care Team if you see signs of infection like redness, swelling, or pain at the access site.

Activity:

1. What are some of the signs of an infection?
2. What do you do if you have signs of an infection?
 - A. Nothing
 - B. Get help from your nurse or doctor
 - C. Get help from a family member or friend

This information was created BY ESRD patients FOR ESRD patients! To file a grievance or for questions, contact the ESRD Network of Texas at 1-877-886-4435 (phone), 972-503-3219 (fax), info@nw14.esrd.net (email), 4099 McEwen Rd, Suite 820, Dallas, TX 75244, or www.esrdnetwork.org

