



# Home hemodialysis activities in Finland at Kuopio University Hospital and Päijät-Häme Central Hospital Lahti



Picture by KUH

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KUH HHD nurse Sinikka Kuohula, Johanna Kyttälä, Sirpa Parviainen and Marju Silventoinen  
PHCHL HHD nurse Johanna Björk, Sirpa Kosola, Mirva Purho and Pirjo Tapio

At the dialysis unit in KUH four nurses teach HHD: how to carry out hemodialysis and self-monitoring. Important aspects of guidance are aseptic techniques, blood flow and dialysis machine management, risk prevention and acting in emergencies

Up to 30% of all dialysis patients are in home care in the Northern Savo Hospital District's Kuopio University Hospital (KUH). Half of the home dialysis patients are undergoing home hemodialysis (HHD) treatment. The employment rate of the HHD-patients in Kuopio is over 50%.

HHD patients visit outpatient clinic once a month (nephrologist & HHD nurse or HHD nurse) to monitor treatment and support the patient's wellbeing. The HHD nurse instructs and ensures the knowledge and skills of the patient when the prescribed treatment changes. HHD patients can upon agreement or in acute situations visit the hospital for dialysis and carry out partly or completely independently dialysis in the kiosk or in the unit's independent dialysis room.

Päijät-Häme Central Hospital Lahti (PHCHL) has been developing home dialysis since spring 2005. There are three trained and one back up HHD nurse in dialysis unit where HHD patients are trained.

In 2014 Lahti had the challenge of training a Russian speaking patient in HHD treatment. The interpreter was needed in all stages of the training period including discharge. Instructions were translated into the patient's native language and the patient was guided slowly. The patient understood quickly and learned fast to care his own HD independently. The training period lasted two months with four training sessions a week. The patient will make equipment orders and notify about treatment sessions by email.

Kuopio University Hospital



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