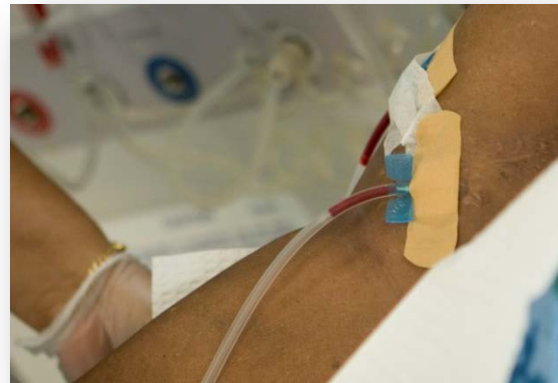


Infection Prevention

Washing Your Vascular Access

You may have wondered why the nurse or technician asks you to wash your access, especially if you took a shower, or bath, before you came to dialysis. Here's why it's important to wash your dialysis access just before going to your dialysis chair:

- Patients with kidney disease are immunosuppressed, which means that you are at increased risk of developing an infection, including antibiotic resistant infections.
- Vascular access infection is the most common infection and the second most common cause of death (15%) in hemodialysis patients according to the Centers for Disease Control and Prevention (CDC).
- By reducing the number of bacteria on your access, there is less risk of bacteria getting into your sterile bloodstream.



Know the Signs and Symptoms

Call your doctor or nurse right away if you notice any of the following signs and symptoms of infection:

- Bleeding from your vascular access site
- Redness, swelling, soreness, pain, warmth, or drainage around the site
- A fever over 100.5 °F (38.0 °C)
- The pulse (thrill) in your graft or fistula slows down or you do not feel it at all
- The arm where your catheter is placed swells and the hand on that side feels cold
- Your hand gets cold, numb, or weak

Sources: The Florida ESRD Network gratefully acknowledges the Northwest Renal Network (NW16) for the development of the content used in this resource. CDC Recommendations for Preventing Transmission of Infections Among Chronic Hemodialysis Patients. *MMWR* 2001; 50(5): 13.

www.cdc.gov/drugresistance/healthcare/dialysis/Tips_for_Dialysis_Patients.pdf

www.nlm.nih.gov/medlineplus/ency/patientinstructions/000591.htm

To file a grievance please contact the Florida ESRD Network (Network 7) at 800.826.3773
Email: Grievances@nw7.esrd.net, 3000 Bayport Drive, Suite 300 Tampa, FL 33607