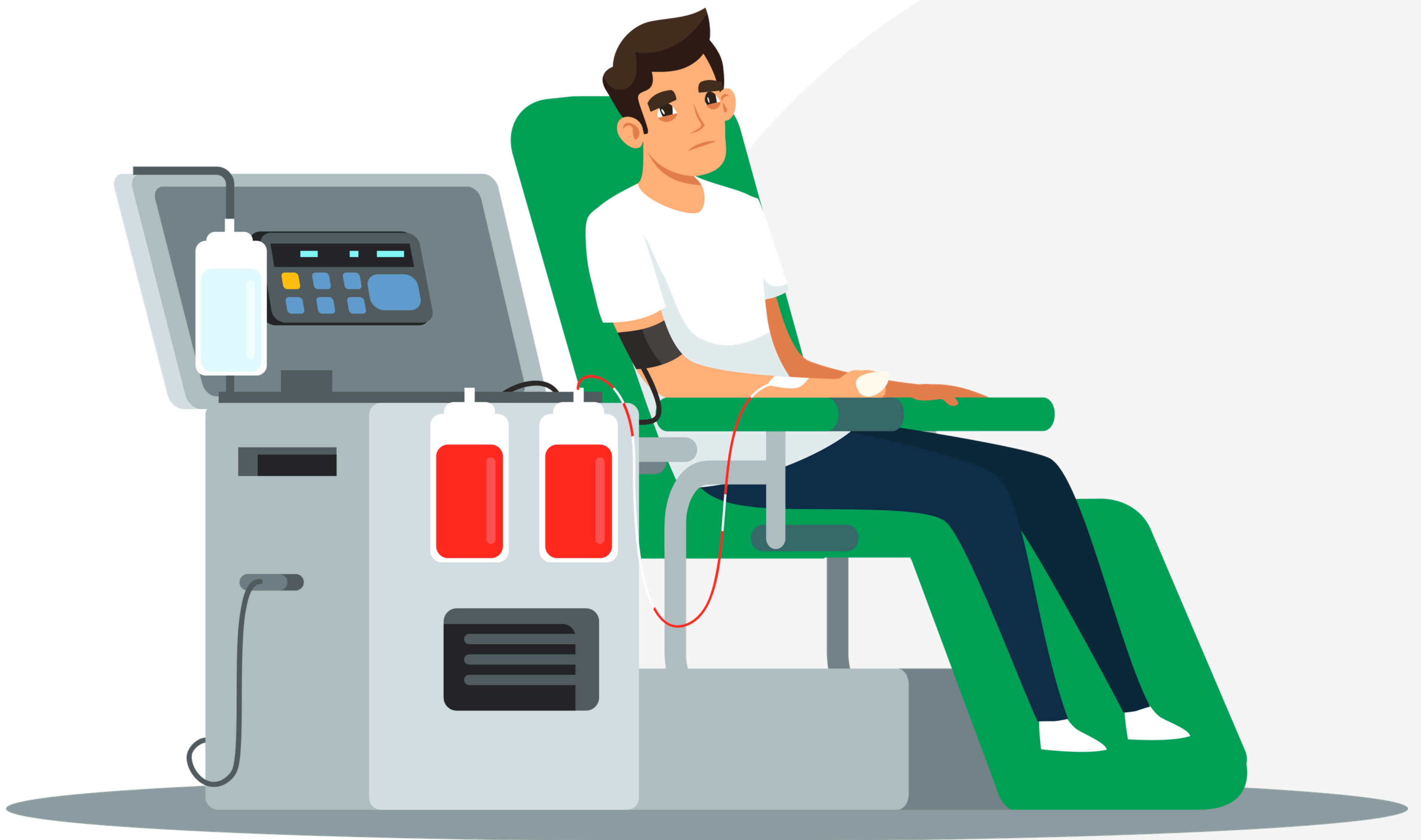




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Infection Prevention Self-Management for Haemodialysis Patients



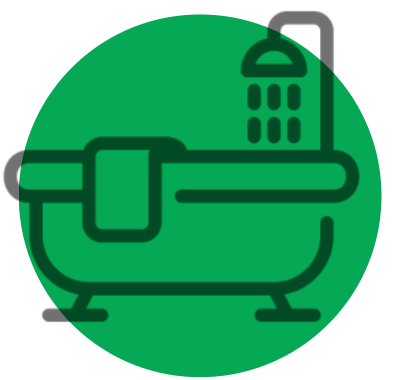
INFECTION PREVENTION & CONTROL



Daily hygiene and hand care



Wash hands before and after touching the access site, using soap and water or alcohol hand rub if not visibly soiled.



Keep skin generally clean with daily bathing or showers; keep the access area clean and dry, avoiding lotions or powders directly on the site.



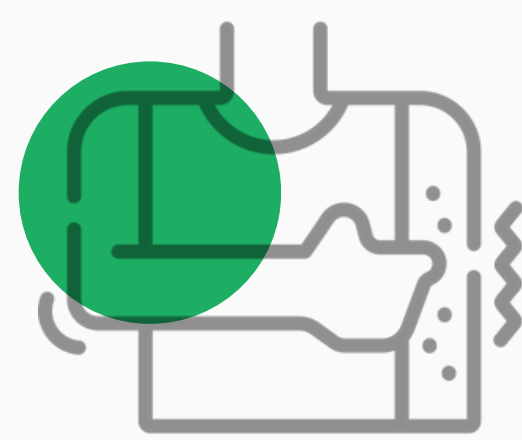
Avoid public pools and hot tubs if the patient has a catheter or non-intact skin, because these increase infection risk.



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Vascular access self-care



Do not scratch, pick, or shave over the access; avoid bumping, cutting, or carrying heavy loads with the access arm.



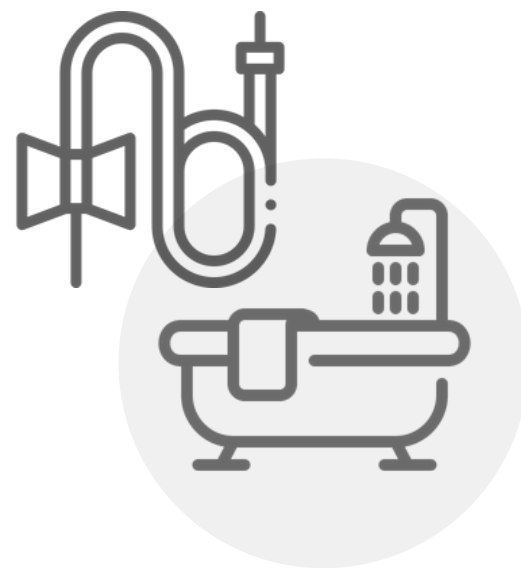
Never allow blood pressure, IV lines, or blood draws in the access arm, to reduce trauma and infection risk.



Catheter-specific strategies (if present)



Keep catheter dressing clean, dry, and intact; do not remove or change dressings at home unless specifically trained.



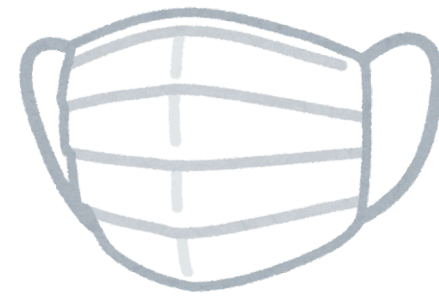
Protect the site when showering (plastic cover or as instructed), and report immediately if the dressing becomes wet, loose, or dirty.



Never touch catheter hubs or caps, and do not let untrained persons manipulate the catheter.



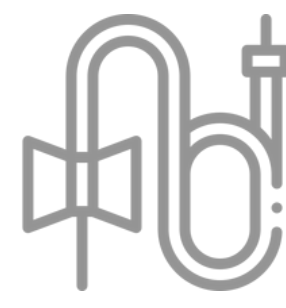
During Dialysis



Wear a mask during catheter dressing.



Never touch the insertion site during dressing.



Never touch any part of the catheter during dressing.

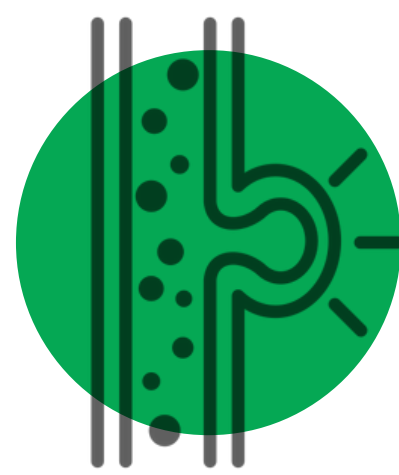




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Early detection and **when to seek help**



check access every day for redness, warmth, swelling, pain, pus, or loss of thrill (for fistula/graft), and report changes at once.



Monitor for systemic infection signs such as fever, chills, feeling generally unwell, or rigors during/after dialysis, and alert staff immediately.



Inform staff if cough, sore throat, or other infections develop, and follow advice on mask use and distancing in the unit.

INFECTION PREVENTION & CONTROL