



Word Search Puzzle: Home Hemodialysis

Did you know that Home Hemodialysis (HHD) is a treatment option for people with kidney failure? HHD is the same process as in-center hemodialysis in which the blood is filtered outside the body by a dialyzer or "artificial kidney", and removes waste and fluids from the blood. HHD is not for everyone, but it is still important to know that it is an option that you can talk about with your renal healthcare team. Take this word search puzzle challenge and learn more about this treatment option.

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 A R T I F I C I A L K I D N E Y Q E R P L S E N I M Q U I S I Y C I I L Q

Word Bank:

ACCESS
 ANTICOAGULANT
 ARTERIAL LINE
 ARTERY
 ARTIFICIAL KIDNEY
 BLOOD FLOW RATE
 BLOOD PUMP
 BRUIT
 BUTTONHOLE

CARE PARTNER
 CATHETER
 DAILY HOME HEMODIALYSIS
 DIALYSATE
 DIALYSIS
 DIALYZER
 DRY WEIGHT
 ENERGY
 FISTULA

GRAFT
 INDEPENDENCE
 NOCTURNAL
 PORTABLE
 THRILL
 TRAVEL
 VASCULAR ACCESS
 VENOUS LINE
 WORK FRIENDLY

Glossary of Definitions:

ACCESS: A means to get into the body. Access to the peritoneal cavity for peritoneal dialysis is a catheter.

ANTICOAGULANT: A medication that delays or stops the clotting of blood, such as Coumadin or Heparin.

ARTERIAL LINE: A tube that carries blood away from the body into the artificial kidney.

ARTERY: A blood vessel that carries blood away from the heart to other parts of the body.

ARTIFICIAL KIDNEY: A filtering device that is used to remove excess fluid and waste products from the body. Also known as a "dialyzer" or a "hemodialyzer."

BLOOD FLOW RATE: The rate at which the patient's blood is pumped through the artificial kidney during dialysis.

BLOOD PUMP: A pump that moves blood from the patient's access through the blood tubing and artificial kidney and back to the patient without damage to the blood cells.

Glossary of Definitions:

BRUIT: The sound produced by the blood flowing through a blood vessel, as well as through a fistula, graft or shunt.

BUTTONHOLE TECHNIQUE: A way to put needles into a fistula that can reduce needle pain and the chance of large bulges or bumps. Needles are placed into the exact same holes at the exact same angle for eight or so treatments in a row. Tunnel tracts form, like pierced earring holes. The tracts then guide the needles to the right spot. Blunt needles are used once the tracts form, to avoid cutting the tracts. Its best if the person with the fistula starts the Buttonholes, as this boosts the chance of using the correct angle. Scabs must be removed with great care to avoid infection.

CARE PARTNER: Someone who is on hand when a dialysis treatment is done. He or she may be an extra pair of hands—or may do the whole treatment. It is best for the person on dialysis to do as much as he or she can, especially putting in the needles. During training, ask for a list of dialysis tasks from the training nurse. Work out who will do which tasks and how you will change this breakdown of tasks if you need to.

CATHETER: A flexible, hollow tube through which fluids enter or leave the body. For hemodialysis, a venous catheter may be placed in the neck, chest or leg as a short-term solution. A fistula or a graft is the preferred access type for hemodialysis.

DAILY HOME

HEMODIALYSIS: (Daily Home HD): 2.5-4 hour treatments done 5 or 6 times a week. This way there is no 2 day gap without any blood cleaning. This means there will be fewer limits on what you eat and drink than if you did standard in-center treatments.

DIALYSATE: A solution consisting of purified water and chemicals (electrolytes) that passes through the abdomen to remove excess fluids and waste products from the blood. Also called "bath."

DIALYSIS: A life-saving process that removes wastes and extra fluid from the blood of someone whose kidneys don't work. There are two main types: hemodialysis (HD) and peritoneal dialysis (PD).

DRY WEIGHT: The weight of a dialysis patient when excess fluid has been removed. Also known as "ideal weight."

ENERGY: The power and ability to be physically and mentally active.

FISTULA: A type of access that is created by surgically joining an artery and a vein so that the vein enlarges due to the flow of arterial blood.

GRAFT: The surgical placement of a material between an artery and vein to create a circulatory access for hemodialysis.

INDEPENDENCE: The state or quality of being independent.

NOCTURNAL DIALYSIS: A slow, gentle, and longer treatment that takes place at night while you sleep that is easier on the heart.

PORTABLE: Able to be easily carried or moved.

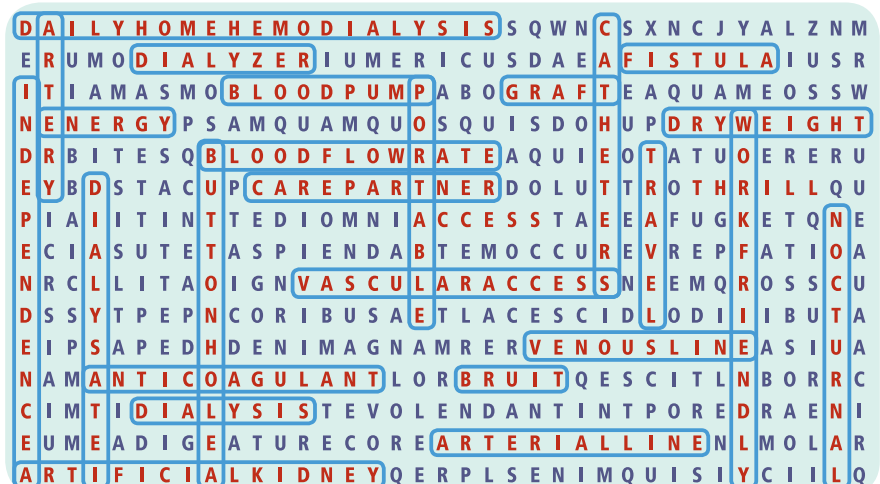
THRILL: A fine vibration or buzzing over an area of high or turbulent blood flow in the body.

TRAVEL: The ability to take trips, tours or go sightseeing.

VASCULAR ACCESS: A way to reach the blood for hemodialysis, created by a surgeon. Your blood vessels include arteries, which carry blood from your heart and veins, which bring blood back to your heart. There are three types of vascular access: fistula, graft, and catheter.

VENOUS LINE: A tube that carries blood from the dialyzer back to the body

WORK-FRIENDLY: Types of treatment that make it easier to keep a job. These treatments are not done during the work day—or may be able to be done at work (as with PD). They let you have enough energy and mental focus to put in a full work day. You can travel if you need to for work. PD and home HD are work-friendly.



To file a grievance, please contact:

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