

Diaverum d.HOLIDAY 2022 Conference

Workshop session: Joint discussion outcome



All you need to know when travelling as a haemodialysis patient

Holiday dialysis is possible – you just have to plan and prepare a little bit in advance.

Consider that your treatment days might mean you don't have the energy to explore your destination that particular day, and therefore a longer stay might be useful.

If you haven't travelled with dialysis before, domestic travel is a good start to build travel confidence – a first step to freedom.

Make sure to alert your clinic care team about your plans so they can prepare any documentation needed.

In addition to your list of medications, bring all your medications with you (some medications may not be available at your destination).

Holiday dialysis welcome kit for patients should include

- Information about clinic
 - o Contact details
 - o Languages spoken in clinic
 - o How to get to clinic
- Information about treatment
 - o Specific details about the patient's treatment (days and times)
 - o What treatments are offered
 - o Comfort items: chair/bed, WIFI, TV screens, refreshments
 - o What machines are used
 - o What consumables are used
- Information about destination
- Care partner information (if and where they can stay at clinic during the treatments, things to do nearby during the treatment etc)
- Contact details for emergencies (including details to nearby hospital)

Inform your relatives back home of the travel details and where you are staying.

Treatment cost

- Information about cost and payment options
- Coverage (EHIC/GHIC, insurance, specific country to country agreements, country policies for refund of payment at site)

Transport to and from clinic/airport

- Distance/s
- What options are there
- Cost associated with such
- Contact details for options

Hotel recommendations if any (including accessibility for disabled people and cancellation policy).

If you are active on a transplant waiting list, don't forget to inform your transplant coordinator of your travel plans. A backup plan will be needed to return to your country/place of origin quickly and safely if a compatible kidney donor should be found.

What does the clinic care team need to know to better support travelling patients?

Some general knowledge and training (including supporting information/education material) about holiday dialysis to inspire and encourage patients to travel.

Specific details about the patient

- Language spoken and any need of communication support
- Dietary requests and special requirements (to plan refreshments/meals ahead of arrival)
- Contact details to patient and a travel partner/family member in case of emergency
- Where the patient is staying during his/her holiday

Patient information and documentation

- Medical documentation (including dialysis information, medical history, medications, laboratory results and recent physical exams)
- If the patient is active on a transplant list
- Information about access (type, site/location etc)

How to individually support each and every holiday patient – not all patients expect or need the same thing. Respecting the patient's habits and the way they are cared for in their home clinic is important.

Be able to suggest hotel and other logistical items to simplify things for any patient considering to visit the clinic as a holiday patient. Know of any local partnerships which offers patients and their care partners discounts or special offerings.