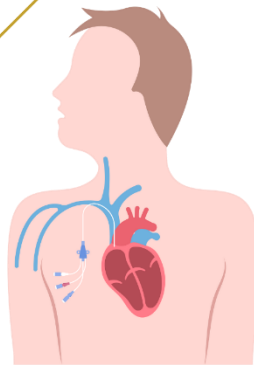




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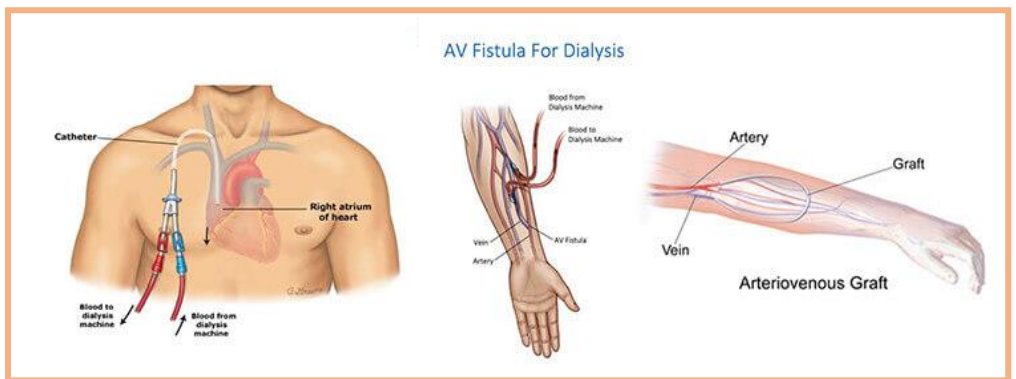
Care of Central Venous Catheter and Arteriovenous Fistula



How do I take care of my central venous catheter?

A Central Venous Catheter (CVC) is required for hemodialysis in order to gain access to the central veins. Your CVC is so important that it is often referred to as your “lifeline for a lifetime”.

To ensure that your CVC access lasts and functions correctly, you must maintain it properly.



How do I take care of my central venous catheter?

Here are some important tips that may help your Central Venous Catheter (CVC) last longer.

Check your catheter every day by Looking at your catheter dressing in the mirror for the following:

1. The catheter dressing is clean and dry.
2. The catheter dressing covers the exit site (the place where the catheter comes out of your skin).
3. There is no pain and the area under the dressing.

How do I take care of my central venous catheter?

4. Ensure that no signs of infection appear on the catheter, including:

- Oozing or secretions coming out of it.
- Redness of the skin in the surrounding area.
- High temperature.
- Feeling of general weakness.



What should I do and what should I avoid?


Pay attention. When examining the catheter and noticing any change, immediately contact the dialysis care team and tell them your observations and they will tell you what to do.

If you do not notice any change, continue checking daily in front of the mirror, whether with or without dialysis treatment.



What should I do and what should I avoid?

What you should do:

- ⇒ Keep the dressing intact and clean.
 - ⇒ Put on and take off clothes carefully, making sure they are loose and clean.
 - ⇒ Change the bandage every 7 days or when it gets dirty or wet (Through health care provider).
 - ⇒ The surgical mask must be worn at the beginning of dialysis session until the end specially during changing dressing.
 - ⇒ Wash hands upon entry and exit of dialysis unit.
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What should I do and what should I avoid?

What you should avoid with central line catheter:

- ⇒ Wet or soak the dressing with water or sweat.
- ⇒ Avoid practicing team sports that involve physical contact to prevent the central venous catheter from being pulled out of place.
- ⇒ Removing and replacing bandage, except in emergency cases in which a dialysis care team is required.

What you should avoid additionally with Arteriovenous Fistula:

- ⇒ Measure blood pressure and draw blood from the arm that contains the arteriovenous connection.
- ⇒ Wearing watches or clothes with tight sleeves.
- ⇒ Do not sleep on the side of the arm that contains the arteriovenous connection.

What should I do while showering?

Before showering

- Make sure it is well covered with waterproof adhesive.
- Make sure all catheter lumens are closed.

While showering

- Avoid showering for longer than 15 minutes.
- Avoid immersing or pouring water directly on the catheter and make sure that the waterproof adhesive well sealed all the time.

After shower

- Avoid exposing it to moisture.
- Avoid changing your bandage in the bathroom immediately after showering, as the steam from the shower may prevent the bandage from remaining attached to your skin.




How to make sure that your health care provider adheres to the following when?

- Wear the necessary personal protective equipment, including a mask that covers the mouth and nose.
- Sterilize hands with soap and water or use alcohol-based hand sanitizer before touching the catheter.
- Clean the needle entrance using an alcohol swab for 15 seconds before connecting it to the treatment.



What to do if there is a leak in the central venous catheter?

- Wash your hands well then close the central venous catheter clamp over the leak site. Slide the white clamp onto the pipe so that it is above the leak if possible. If you cannot use a white clamp, use a toothless clamp.
 - Wipe the leaking area with an alcohol swab.
 - Cover the area that is leaking with clean medical tape.
 - Contact your health care provider immediately.
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Sources and references:

<https://www.moh.gov.sa/HealthAwareness/EducationalContent/Diseases/Urology/Pages/005.aspx>

<https://www.uptodate.com/contents/how-to-care-for-a-hemodialysis-catheter-the-basics>

Review and audit:

The content of this booklet has been reviewed by infection control consultants at King Fahad University Hospital.

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