

## YOUR MINI-GUIDE TO CHRONIC KIDNEY DISEASE TERMINOLOGY

### The people you will meet

#### NEPHROLOGIST

A nephrologist is a doctor who is specialised in the diagnosis and treatment of kidney-related diseases, including chronic kidney disease.

#### NURSE

Nurses will be a pivotal part of your healthcare team. They will educate and train you, and provide advice on topics such as diet and exercise.

#### DIETICIAN

A trained professional who helps structure a diet plan for you. Dietitians that work with kidney disease are specialised in how diet impacts kidney function, bones and the heart.

#### SOCIAL WORKER

Social workers are trained and educated resources that help you in areas such as lifestyle adjustments, finances, and emotional issues.

#### CAREGIVER

A caregiver can be a loved one, a relative or someone close to you who supports you in your dialysis journey by helping you with treatments, transportation, emotional support or other aspects of chronic kidney disease.



### New anatomy words

#### CATHETER

Catheters are small, soft tubes used as access points to your body to allow the exchange of dialysis solution or the cleansing of your blood, depending on the type of dialysis.

#### FISTULA

A fistula is an access point used in haemodialysis where an enlarged vein provides easier access to your blood for treatment. The fistula is created by connecting your artery directly to a vein, most often in the arm. It requires a minor surgical procedure.

#### GRAFT

A graft is an alternative access point in cases where a fistula is not possible. Instead of making a direct connection between the artery and the vein, a tube is used to connect the two under the skin.

#### PERITONEAL MEMBRANE

The peritoneal membrane is a part of your abdomen that is used as a natural filter to mimic the abilities of a kidney in peritoneal dialysis.

#### GLOMERULAR FILTRATION RATE (GFR)

GFR is an indication of how well your kidneys are functioning. It is estimated by measuring the amount of creatinine in your blood, along with other factors, such as age and gender.

### Key treatment terms

#### DIALYSIS

Dialysis is the general term used for end stage kidney disease treatments that help your body filter out waste, which was previously done by your kidneys.

#### DIALYSER

A dialyser is a manufactured filter that is used for haemodialysis. It replicates the filter function of a natural kidney to remove waste molecules from your blood.

#### MONITOR

A haemodialysis monitor is part of the machine that performs your treatment. It monitors key values to make sure your treatment is going according to your doctor's prescription.

#### DIALYSIS SOLUTION

Dialysis solution is a fluid used in peritoneal dialysis that filters and removes waste from your body in collaboration with the peritoneal membrane.

#### EXCHANGES

Exchanges refer to the process in which you exchange used dialysis solution for new dialysis solution in peritoneal dialysis treatments.

#### CYCLER

A cycler refers to the machine you use for automated peritoneal dialysis. It helps you perform the dialysis solution exchanges and can in some cases share information about your treatment with your healthcare team, so they can monitor your health and treatment progress.