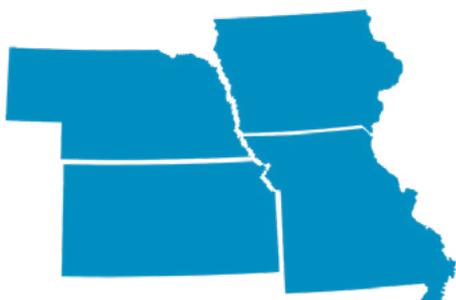




## Keeping a Healthy Dialysis Access

Vascular access infections are the most common type of infection and cause of death for dialysis patients. Keeping a healthy fistula or graft is very important for dialysis treatments. Did you know that keeping a healthy fistula or graft can help prevent infections? Read on for reasons to wash your dialysis access and tips for healthy access care.



# 4,400

According to National Healthcare Safety Network (NHSN) reporting, there were more than 4,400 vascular access infections reported for dialysis patients in Network 12 from 2016-2018.

## Reasons to Wash Your Fistula or Graft



- 1** Kidney disease makes it harder for your body to fight infection.
- 2** Dialysis patients have a higher risk of infection.
- 3** Patients on dialysis are less likely to respond to antibiotics.

## Ways to Protect Your Dialysis Access



Always wash your access before and after touching it. If you have a CVC or PD catheter, you should be careful to not touch your access dressing.



Speak up. Don't be afraid to ask staff to wash their hands before touching your access.



Always call the doctor if you have soreness, pain, warmth or see swelling or redness around your access.



Always wear gloves when holding your access site after dialysis treatment.

For more information or to file a grievance, please contact:

Qsource ESRD Network 12  
920 Main, Suite 801 | Kansas City, MO 64105  
Toll-Free Patient Line: (800) 444-9965  
[net12@nw12.esrd.net](mailto:net12@nw12.esrd.net)

This resource was developed while under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. Contract #HHSM-500-2016-00012C. The contents presented do not necessarily reflect CMS policy. 19.Q-ESRD12.04.088



**Qsource.**  
ESRD Network 12

[qsource.org](http://qsource.org) | [heartlandkidney.org](http://heartlandkidney.org)