**REFLECTION ON PROFESSIONAL DEVELOPMENT ACTIVITY**

**Workshop / Study Day attended:** Renal Study Day 1

**Date**: 24 May 2015

**Learning objectives prior to attending:**

**1.** Gain more knowledge on the Anatomy of the Kidney

**2.** Gain more knowledge on the different access types for Haemodialysis

**3.** Gain insight into the patients journey through kidney disease

**Brief summary of the overall content of the workshop / study day**

The study day included

* Anatomy of the kidney
* Information on different types of dialysis –peritoneal, Haemodialysis and when these started
* Information on the different types of access used for patients
* Patient panel talking about their experiences with having kidney disease

**Description of new knowledge gained**

I gained further understanding of the different types of dialysis access used in the Renal Unit to dialyse patients with kidney disease. I learnt the difference between an AV graft (AV graft uses a synthetic piping to connect a vein and artery which is then pierced by the dialysis needles) and a Fistula (Grafts the vein and artery together causes engorgement of the vein (from the pressure of arterial blood) the vein is then pierced by the dialysis needles. It is also important to check on the grafts and fistulas regularly to ensure that they are functional (bruit and thrill methods) and that the circulation to the hand/ arm is not impaired.

I learnt that some of the patients felt that home dialysis made them feel isolated and they enjoyed coming into the hospital to dialyse as they could chat to others in similar situations as their own and reflect on their own experiences with friends that understood the experience themselves.

I gained knowledge about how the kidney works as a filter for wastes in the blood and excrete excess water, they also excrete hormones:

* erythropoietin (which stimulates the bone marrow to make red blood cells)
* rennin (which regulates blood pressure)
* calcitriol (the active form of vitamin D, which helps maintain calcium for bones and for normal chemical balance in the body)

**Describe how this knowledge has been incorporated into your practice and identify how this knowledge has been shared**

I am able to use the knowledge gained about the patients experiences to better understand why they come into hospital for treatment when I would prefer myself, in this situation, to stay away as much as possible. I think this makes me more reflective and ensures that I am thinking about the patient’s experiences rather than my own. I believe that this has made me a better practitioner as I have again thought about the patient’s perspective rather than my interpretation of it.

I have gained knowledge in the function of the kidney which helps me to educate patients with kidney disease and explain to them in more depth about the medications that they are on are often replacements for the hormones that the kidneys can no longer secrete. I think that this greater knowledge helps me to explain things more simply to the patients and helps them to understand their treatment which in turn means that they are more likely to be satisfied with their care and treatment.

I am able to use the knowledge gained about access to help with my assessment of patients that are receiving dialysis treatments. This ensures that their ‘lifeline’ remains patent and free of infection. If these lines are not looked after the patient may eventually die as a result of access issues which highlights the importance of assessing these accesses at every opportunity.

**Have the pre-set learning objectives been reached? If not, describe other ways that you will achieve this**

Yes