

# PD Procedures

## Swimming

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### 1.0 Practice Standard

Swimming in chlorinated swimming pools and/or salt water may be considered for patients with well healed exit sites as assessed by the PD clinic RN.

The Registered Nurse and the Licensed Practical Nurse who is trained and has demonstrated competency in Peritoneal Dialysis Procedures will teach patients to:

- Apply waterproof/occlusive dressings over the exit site area prior to entering the water. Program preference may include occlusive dressings such as opsite, tegaderm or Ostomy dressings.
- Perform exit site care as per protocol immediately following swimming.

### 2.0 Equipment/Supplies

- Occlusive dressing such as opsite dressing 28x15 cm, tegaderm, ostomy supplies
- Waterproof tape
- Exit site dressing supplies as per protocol for after swimming care

### 3.0 Procedure and Rationale

	PROCEDURE	RATIONALE
1	Ensure the transfer set clamp is closed and the skin is dry and free of ointment, cream or perspiration.	Ensures adherence of occlusive dressing to skin.
2	Leaving the exit site dressing in place, coil the peritoneal catheter over the exit site.	Ensures that entire exit site and catheter is covered with occlusive dressing.
3	Tape the catheter to the abdomen.	Prevents accidental pulling on the catheter when the op site is removed post swimming.
4	If using an opsite, remove a small part of the backing paper and anchor the op site to the skin on one side leaving a margin of 5 cm from the catheter.	
5	Slowly remove the rest of the backing paper allowing the op site to fall smoothly over the abdomen and exit site. Firmly press down all the edges of the op site.	
6	Consider reinforcing the edges of the op site dressing with additional waterproof tape.	Provides additional occlusive reinforcement to create waterproof barrier.
7	If using ostomy occlusive dressings, apply as per PD program protocol.	
8	Remove occlusive dressing immediately following swimming.	Prolonged moisture at the exit site creates an environment for potential infection.
9	Perform routine exit site care as per protocol. Ensure exit site is dried thoroughly.	

### 4.0 Patient Teaching Considerations

	PATIENT TEACHING	RATIONALE
1	The exit site must be assessed by the PD clinical team as well healed prior to swimming.	Strong epithelial tissue growth as evidence by a well healed exit site reduces the incidence of infection.
2	Swimming in chlorinated pools or salt water is preferred.	Exposure to water with high concentration of bacteria which may be found in public pools, lakes, rivers, hot tubs or jacuzzi's has a higher risk of infectious outcomes.
3	The use of hot tubs/Jacuzzi are NOT permitted.	Exposure to water with high concentration of bacteria which may be found in public pools, lakes, rivers, hot tubs or jacuzzi's has a higher risk of infectious outcomes.
4	The exit site must be covered with an occlusive waterproof dressing.	Submersion of the unprotected exit site may lead to infection and potential loss of the PD catheter.
5	Exit site care should be performed immediately following swimming.	Prolonged moisture at the exit site creates an environment for potential infection.

## 5.0 Documentation Considerations

- Appearance of the exit site:
  - At time of approval for swimming
  - Following swimming
- Exit site care teaching provided

## 6.0 Special Considerations: Interventional Guidelines

(do not replace individualized care and clinical expertise)

- Swimming may be considered for patients with fully healed exit site.
- Avoid swimming in the presence of an exit site infection.
- Exposure to water with high concentration of bacterial may lead to exit site infections and potential loss of the peritoneal catheter.
- Swimming in a private, clean, chlorinated pool or salt water may have less risk for contamination. Risks associated with swimming in ocean waters depend on the proximity of the beach to sewage outlets and highly populated areas should be considered.
- Swimming in a public pool, lakes, rivers, hot tub or Jacuzzi pose the greatest risk for infection due to stagnant water with high bacteria counts.
- Use of hot tubs/Jacuzzi are absolutely NOT recommended.
- Waterproof/occlusive dressings should be applied over the exit site area prior to entering the water. Ostomy dressings may be considered.
- Perform exit site care immediately following submersion in water.

- Assure the exit site is well dried after swimming

## 7.0 References

Cugelman, Arlene. Canadian Association of Nephrology Nurses and Technologists. (2011) Steps to Safe Swimming for Patients on Peritoneal Dialysis Apr-Jun; 21(2):53-4

Luongo and Prowant 2009 Noph and Gokal's Textbook of Peritoneal Dialysis (R. Khanna, R.T. Krediet (eds.)

<http://www.qxmd.com/access> Care Guide: Catheter Insertion and Care

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## 10.0 Created

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