

Our Experience  
Empowering Children and  
Young People to Self  
Cannulate AV fistulas



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## Introduction- Who am I?

- Beverley Magowan
- Beach Floor SSN
- Worked in Paediatric Nephrology since 1997
- Extensive Dialysis and Apheresis experience.

# Why empower patients?

## Benefits:

- Increased Choice.
- Greater control.
- Greater compliance.
- Greater ownership.
- Reduced levels of conflict in decision making.
- Cost savings?
- Increased health literacy.

# Case study

## Child A

- Teenage boy, crash lander Feb 2016,
- Initially PD then to haemodialysis via CVC.
- Fistula formed Oct 2016, 2 needles Feb 2017.
- Poor compliance.
- Discussed self cannulating.
- Plan made choice as to when and how and with whom.
- Self cannulated –More confident and competent.
- Compliance continued to be poor – uncertainty of transplant. Needed a goal with a date.

## Child B

- 7 year old Girl
- Weekly Lipid Apheresis
- Left sided Fistula formed aged 3y 4 months. 18.2kg
- Mother has a fistula -does not self cannulate.
- Poor compliance? 😊
- Discussion.
- Self cannulated 30<sup>th</sup> Jan 2018. Aged 7y.
- Dad videoed it!
- Wallowed in praise... Metabolic consultant and renal consultants stunned at how uneventful this procedure is now. She inserts needles mid sentence then carries on talking!

## Requirements To Self Cannulate.

- Questioning approach- why not?
- Benefits-
- Commitment.
- Enthusiasm from parents, carers, staff and children and young people.
- Confidence.
- Optimal collaboration between nurses and people.
- Good team working amongst staff.
- Respect choice.

## Barriers to self cannulation

- “OOO I wouldn’t do that!” - Parent
- Staff needing to learn skills/ child and young person empowerment.
- Staff confidence - what happens if it goes wrong?
- Lack of trust.
- Time? – everybody is different.
- Age and choice.

**ALWAYS ASK**

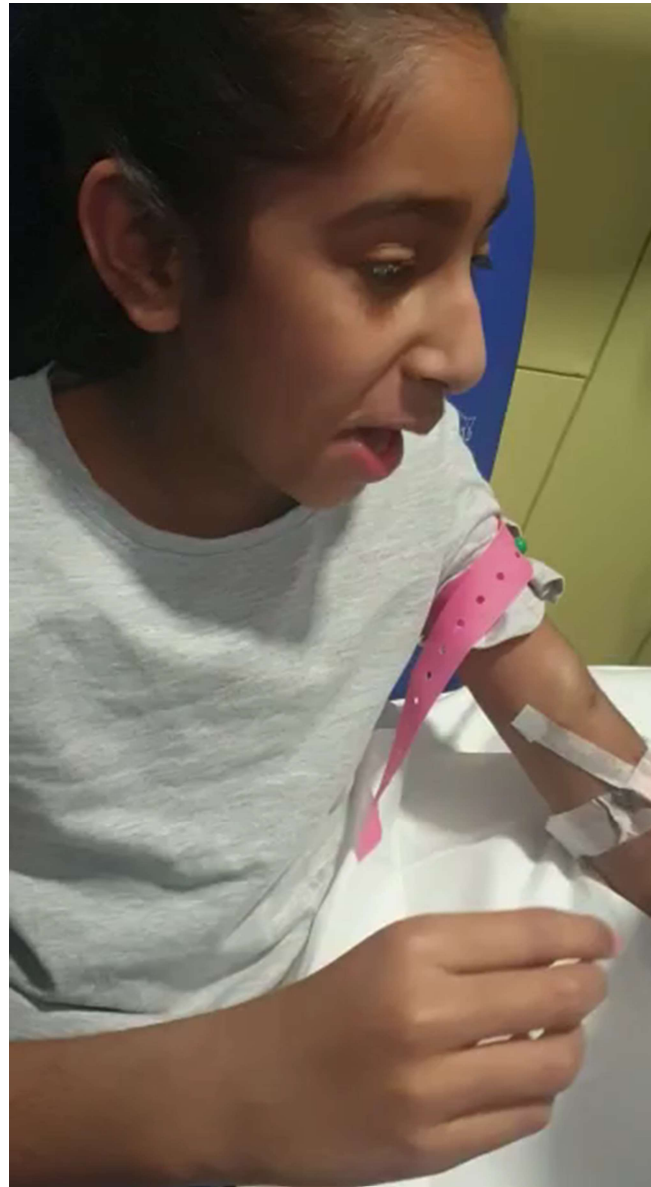
if this is something they would like to do. Keep the topic on the agenda.











## Conclusion

- This changed the opinion of other young people with fistulas
- Other children have been curious and become more involved and self cannulated.

