

# Press Release



**FOR IMMEDIATE RELEASE**  
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## **Bruit Audio Clips Available for Patient and Staff Education**

**MIDLOTHIAN, VA (January 29, 2010)** – A failing arteriovenous (AV) fistula places patients at risk for inadequate dialysis, which can lead to numerous complications and increased morbidity and mortality. Established AV fistulas require frequent routine monitoring to ensure continued patency and part of monitoring requires listening for the “bruit” -- the term for the unusual sound of blood flowing through the AV fistula from a high pressure (artery) to a low pressure (vein) channel.

Thanks to Tushar Vachharajani, MD, FACP, FASN, Associate Professor Internal Medicine/Nephrology, Wake Forest University Baptist Medical Center ([www.wfubmc.edu/kidney](http://www.wfubmc.edu/kidney)), Winston-Salem, North Carolina, the Fistula First website now has audio clips of normal bruits, bruits with stenosis (narrowing in blood vessels) and bruits with whistles. Dr. Vachharajani describes, “A normal bruit is soft and continuous, and a high pitched bruit is due to the presence of stenosis and increased turbulence. A ‘whistle’ suggests a critical stenosis and should be evaluated immediately, I generally describe it as ‘wind blowing through a crack in a door’ and most patients and staff relate to the sound immediately.”

These sounds can teach hemodialysis patients and healthcare providers what to listen for when monitoring AV fistulas and AV grafts. Physical examinations should be performed at each dialysis treatment, using a stethoscope to assure the vascular access has blood flow.

Dr. Vachharajani uses the audio clips in the initial training for patient care technicians and nurses, as well as during a refresher course for all dialysis staff members. His patients are encouraged to perform a daily physical examination of their dialysis access and these sounds are used to teach them the difference between a normal and abnormal bruit. Dr. Vachharajani says, “I use these sounds to teach my fellows the nitty-gritty of nephrology practice,” and “these sounds are included in a one-day course for charge nurses.”

To listen to the bruit audio clips visit the FFBI website at [www.fistulafirst.org](http://www.fistulafirst.org) under **What's New**.

### **About the Fistula First Breakthrough Initiative**

The Fistula First Breakthrough Coalition, consisting of the Centers for Medicare & Medicaid Services, ESRD Networks, and the entire renal community, works together to ensure that every suitable hemodialysis patient will receive the most optimal form of vascular access - which, in most cases, will be an arteriovenous fistula (AV fistula). The focus of the FFBI includes reducing catheter use and vascular access complications, both of which will make hemodialysis safer, more effective, and cheaper for all patients. Founded in 2003, the Coalition and the Initiative are managed nationally by the Mid-Atlantic Renal Coalition, which is headquartered in Midlothian, Virginia, and serves as the ESRD Network Organization for Washington, DC, Maryland, Virginia, and West Virginia. Learn more about Fistula First at [www.fistulafirst.org](http://www.fistulafirst.org).