

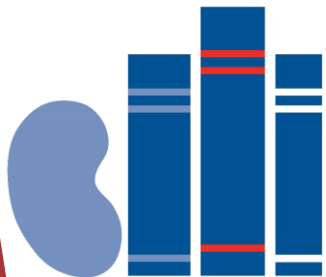
# Treatment and Modality Options for Kidney Disease

This webinar will start shortly. The slides and the webinar recording will be available at [www.dpcedcenter.org](http://www.dpcedcenter.org)

Next webinar: December 17 at 2:00 pm Eastern

# Reminders

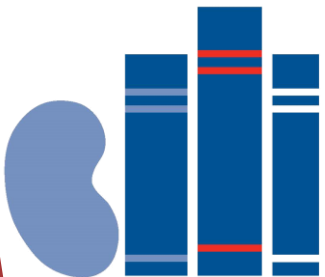
- All phone lines are muted
- **Unmute: #6** to ask questions at the end of the presentation
- **Mute: \*6** after your question
- Or, ask questions through the Chat Box
- You will receive the link to the **recording** and **slides** by email
- Please complete the feedback form at the end of the program



# Today's Presenter

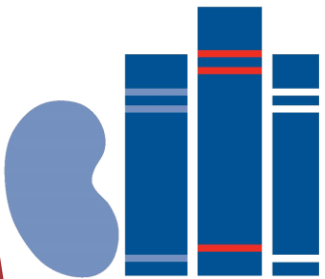
## Joanne Smith, RN

- ▶ A registered nurse (RN)
- ▶ Kidney Care Advocate responsible for educating CKD and ESRD patients on kidney disease and options for treatment
- ▶ Focuses specifically on home dialysis
- ▶ On our Advisory Council



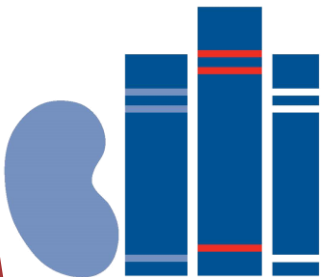
# Objectives

- Raise awareness and understanding of Kidney Disease and the available treatment options.
- Empower patients and help them learn how they can take an active role in their own care by learning all they can about kidney disease and their options



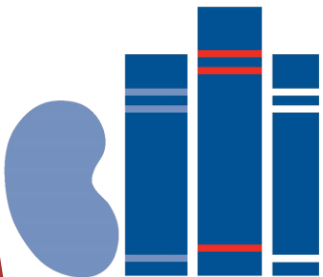
# Treatment Option Sessions Content

- ▶ Acknowledgement of what the patient is going through at this time
- ▶ Review how the kidneys work and how they keep you healthy, this helps in understanding what dialysis does
- ▶ Emphasize importance of % of kidney function and to ask this question of their nephrologist at every visit



# Treatment Options Content

- ▶ Hemodialysis - in-center and home hemodialysis/vascular access options and review
- ▶ Peritoneal Dialysis- 2 PD modalities/PD access
  - ▶ CAPD
  - ▶ CCPD
- ▶ Transplant
- ▶ No treatment
- ▶ Stress importance to patient of weighing pros and cons of the options and to discuss this with their family and nephrologist
- ▶ Dietary, social work and financial coordinator component in TOPS



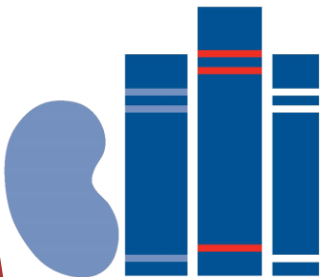
# In-Center Hemodialysis

## Advantages

- ▶ Trained professionals performing treatment for you
- ▶ Socialization
- ▶ 3 Rx's per week, 4 days off
- ▶ No equipment at home
- ▶ Medical help is available in an emergency

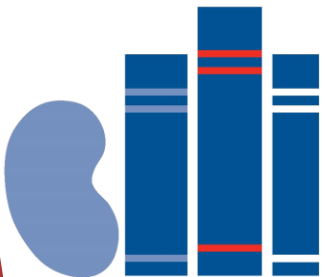
## Disadvantages

- ▶ Travel to center 3 times a week on a fixed schedule
- ▶ Need a permanent vascular access
- ▶ Two needles inserted every treatment
- ▶ Restricted fluid and diet intake
- ▶ Possible discomfort like headache, nausea, leg cramps, tiredness



# Peritoneal Dialysis

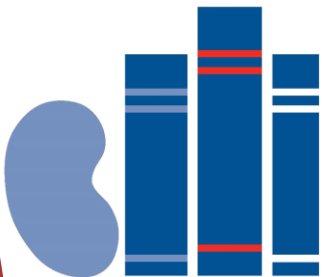
- ▶ The peritoneum is used as the filter.
- ▶ The dialysis solution is introduced into the abdomen by means of a catheter.
- ▶ The dialysis solution remains in the peritoneum for a prescribed period of time (dwell).
- ▶ Daily therapy since it is a slower and gentler dialysis vs. hemodialysis





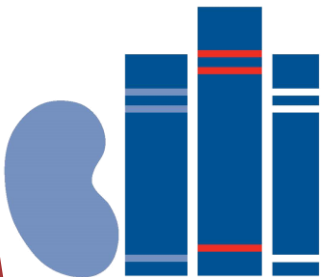
# CAPD

- ▶ Exchanges done manually
- ▶ No machine needed
- ▶ 4-5 exchanges done during day
- ▶ PD is 7 days per week
- ▶ No Partner needed
- ▶ Most patients trained in CAPD first
- ▶ Easy to travel with CAPD



# CCPD

- ▶ Several exchanges done during the night
- ▶ 7 nights per week
- ▶ 8-10 hrs. cycler time per night
- ▶ Requires the use of the cycler machine
- ▶ No partner needed
- ▶ Cycler programmed according to MD prescription
- ▶ Data saved on “stick”



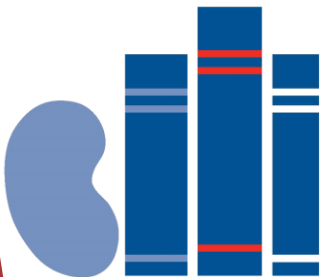
# PD advantages and disadvantages

## ADVANTAGES

- ▶ Patient very involved in self-care
- ▶ Control over schedule
- ▶ More liberal diet
- ▶ Only 2 monthly visits to the dialysis unit
- ▶ More steady physical condition
- ▶ No needles
- ▶ Freedom to travel
- ▶ Preserves blood vessels and allows fistula/graft time to heal properly

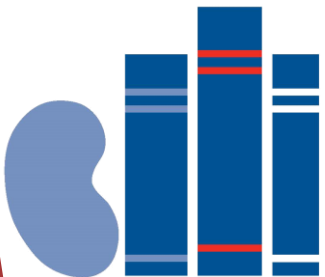
## DISADVANTAGES

- ▶ 4-5 exchanges a day
- ▶ Permanent external catheter
- ▶ Some risk of infection
- ▶ Potential weight gain due to glucose in the PD bags
- ▶ Storage of supplies at home
- ▶ Body image changes



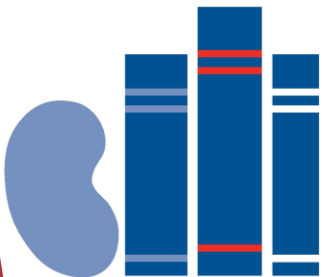
# Home Hemodialysis

- ▶ Conventional
- ▶ Nocturnal
- ▶ Short Daily
- ▶ Staff-Assist

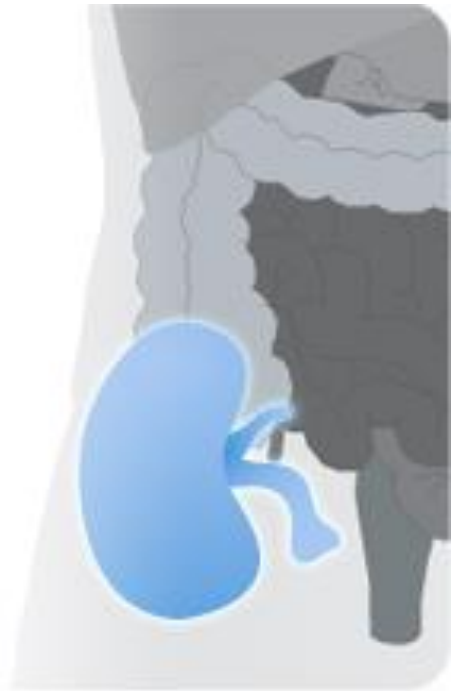


# Home Hemodialysis

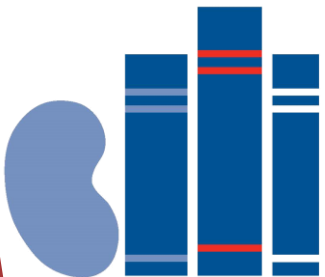
- ▶ Flexibility, improved control, less travel
- ▶ Continue career goals, be at home for family needs
- ▶ Improved BP control and fluid management
- ▶ Requires a partner
- ▶ Plumbing/Electrical upgrades needed in home
- ▶ Fresenius covers the upgrades
- ▶ Patients only come in once a month for clinic visit



# Transplant



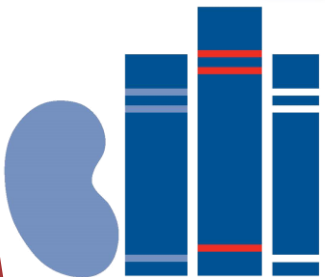
- ▶ *A kidney transplant places a healthy kidney from another person into your body*
- ▶ *A successful transplant is closest to having your own kidneys, you feel healthier and have more energy*
- ▶ *You may need to wait for a kidney to be available*
- ▶ Not everyone is a candidate for transplant
- ▶ Risks associated with any major surgery
- ▶ Risk of rejection/must take medications every day
- ▶ You are susceptible to infections/illness



# Questions?

**Chat box or unmute phone line #6**

**If you think of questions after the presentation,  
you can contact Joanne directly at 302-521-5923.**



# Thank You for Attending Today!

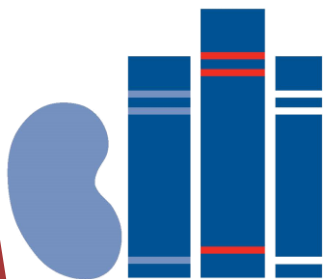
Join us December 17, 2019 for our next webinar!

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## Holiday Hints: The 3 Biggest Kidney Disease Diet Mistakes People Make

December 17, 2019 at 2:00 pm Eastern  
Presented by: Jessianna Saville, MS, RDN, CSR, LD, CLT



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[www.dpcedcenter.org](http://www.dpcedcenter.org)