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

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
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!

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Join us December 17, 2019 for our next webinar!

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

Learn more and RSVP at www.dpcedcenter.org