

## HOME FOR THE HOLIDAYS

*This webinar will start shortly*

**Become a member of DPC at <https://www.dialysispatients.org/get-involved/join-dpc/>**

Follow us on social media:

Facebook: [www.facebook.com/dpcedcenter](http://www.facebook.com/dpcedcenter)

Twitter: @DPCEdCenter

LinkedIn: [www.linkedin.com/company/dpcedcenter](http://www.linkedin.com/company/dpcedcenter)

Instagram: @dpceduccenter

# Today's Presenter's



**Vanessa Evans**  
Current More Frequent  
Home Hemo Patient

Sr. Manager, Patient  
Communities and Advocacy,  
NxStage Medical  
DPC Board member and  
Policy Chair



**Dawn Edwards**  
Former in-center, PD  
and Transplant

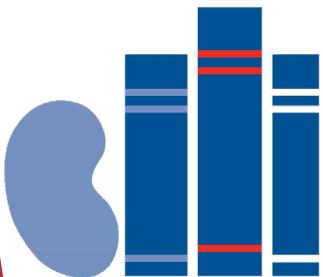
Current More Frequent  
Solo Home Hemo  
dialysis Patient



**LaTasha Thomas**

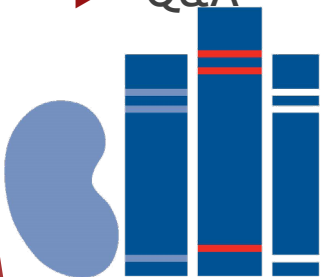
Former Peritoneal  
Dialysis Patient

Current Transplant  
Patient



# Agenda

- ▶ Speaker Introductions
- ▶ What are my home treatment options
- ▶ Common Myths
- ▶ Potential Benefits for HHD and PD
- ▶ Patient Resources
- ▶ Q&A



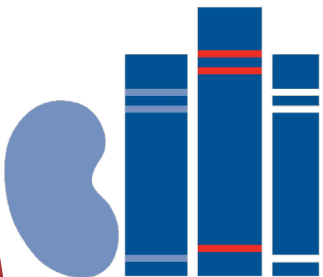
# Home Dialysis Treatment Options

## Peritoneal Dialysis (PD)

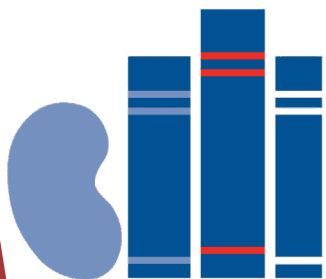
- ▶ Treatment you may do almost anywhere
- ▶ Uses the lining of your own belly, the peritoneal membrane that covers your abdomen to filter your blood of toxins and extra fluids-hence no blood no needles
- ▶ Performed everyday manually (CAPD) or with a PD cycler at night while you sleep

## Home Hemodialysis (HHD)

- ▶ Treatment in the comfort of your home during the day or overnight
- ▶ Follows the same treatment procedure as in-center through the removal and cleaning of your blood
- ▶ Most patients do more frequent therapy for clinical benefits (5+)
- ▶ With doctors' approval may do solo or nocturnal with NxStage machine



# Common Myths



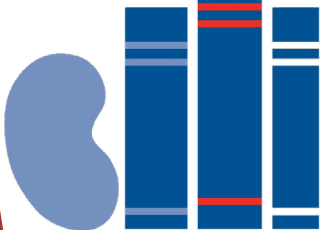
# Myth: I cannot do home dialysis by myself, I need to have a care-partner

## Peritoneal Dialysis (PD)

- ▶ Typically, PD patients can perform therapy on their own
- ▶ No blood or needles are involved in PD. Generally, labs are taken monthly
- ▶ You will be trained to perform your PD dialysis without a care-partner. You will have additional training covering topics such as: ancillary supplies, taping techniques, recommendations to manage blood pressure and how to address potential emergencies

## Home Hemodialysis (HHD)

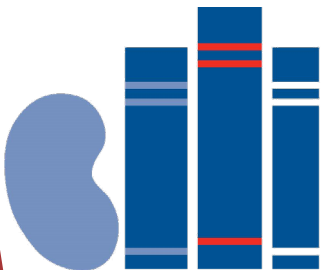
- ▶ Home Hemodialysis patients that perform treatments during waking hours may not need a care partner
- ▶ The NxStage systems are the only machines in the US that are approved for solo/independent dialysis
- ▶ You will be trained to perform your dialysis treatments without a care-partner during waking hours. You will have additional training covering topics such as: ancillary supplies, taping techniques, recommendations to manage blood pressure and how to address potential emergencies





# Myth: I cannot travel with my home dialysis machine

- With a little planning, you may be able to travel for business or pleasure, with both HHD and PD.
- Things to consider:
  - Travel prescription
  - Machine travel case
  - Ordering and packing supplies
  - Hotel coordination
  - Airline coordination



# Myth: I cannot do home dialysis in my small living space or move it in my home



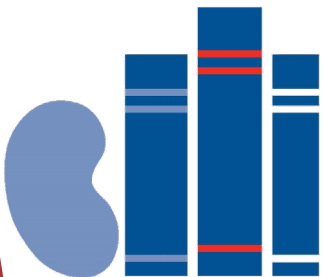
Average 1 month PD supplies



Average 1-month ancillary supplies

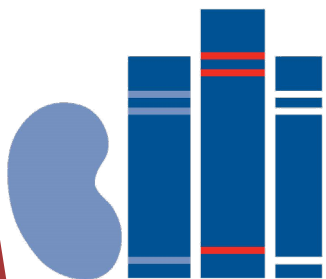


Average 1-month HHD supplies





# Benefits



# Potential Benefits for More Frequent Therapy for both HHD and PD



Improved 5-yr **Survival**<sup>1,2</sup>



Greater **Quality of Life**<sup>3</sup>



**Schedule Flexibility**



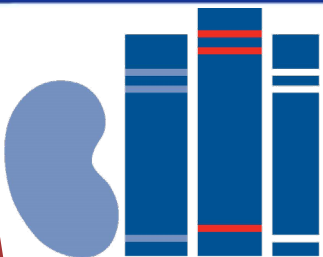
**Ability to Work  
or Attend School**<sup>4,5</sup>



**Ability to Travel**



**Increased Control**<sup>6,7</sup>

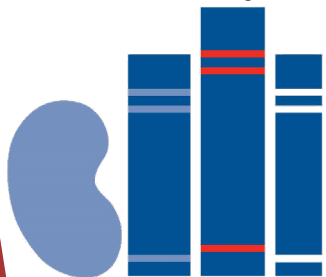


# Why Home Dialysis

Both allow flexible schedules and may allow for better clinical benefits

## PD

- ▶ Easy to learn
- ▶ No blood or needles
- ▶ Options to use a cycler at night or do CAPD exchanges
- ▶ Small portable machine for travel
- ▶ May have less diet restrictions
- ▶ May be healthier to receive transplant

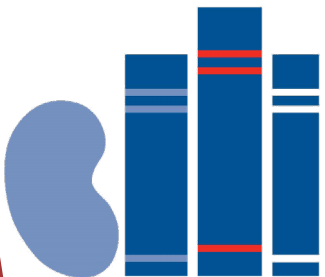


## HHD

- ▶ Patients train on their learning speed
- ▶ Many options for treatments including solo, nocturnal, extended, and more frequent treatments
- ▶ Options for a small portable machine (NxStage)
- ▶ Many clinical benefits reported for more frequent (5+ days) therapy

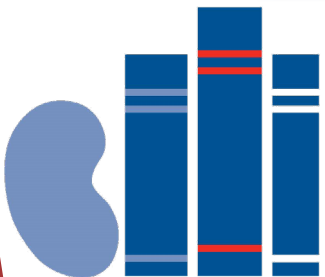
# Patient Resources

- ▶ DPC monthly telephone support groups open to all
    - ▶ The second Tuesday of the month @3:00 ET-DPC website for more information
  - ▶ Talk to your healthcare team
  - ▶ Talk to a Patient Consultant
- 1-888-200-6456
- ▶ FB communities



# Questions?

**Please use the Chat Box**





# Thank You for Attending Today!

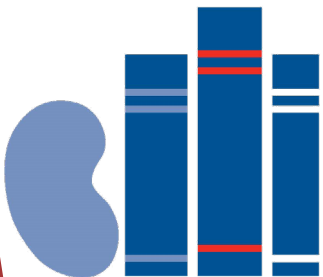
**Happy New Year!**

**Join us for our next webinar in January**

**Please complete  
the feedback form**

**Become a Member of DPC and enjoy its  
benefits at**

**<https://www.dialysispatients.org/get-involved/join-dpc/>**



# References slide 10

- ▶ References:
- ▶ 1. U.S. Renal Data System, USRDS 2015 Annual Data Report: Table 6.3.
- ▶ 2. U.S. Renal Data System, USRDS 2015 Annual Data Report: Table 6.3. and matched NxStage patient data on file.
- ▶ 3. Bonenkamp AA et al. Health Related Quality of Life in Home Dialysis Patients Compared to In Center Hemodialysis Patients: A Systematic Review and Meta analysis. *Kidney Med.* Published online 2,2020.
- ▶ 4. Purnell TS, Auguste P, Crews DC, et al. Comparison of Life Participation Activities Among Adults Treated by Hemodialysis, Peritoneal Dialysis, and Kidney Transplantation: A Systematic Review. *Am J Kidney Dis.* 2013;62(5):953-973.
- ▶ 5. Walker RC, Howard K, Morton RL. Home hemodialysis: a comprehensive review of patient centered and economic considerations. *Clinician Outcomes Res.* 2017;9:149-161.
- ▶ 6. Heidenheim PA, Muirhead N, Moist L, Lindsay RM. Patient quality of life on quotidian hemodialysis. *Am J Kidney Dis.* 2003;42(S1)(S1):S36-S41.
- ▶ 7. Manera KE, Johnson DW, Craig JC, et al. Patient and caregiver priorities for outcomes in peritoneal dialysis multinational nominal group technique study. *Clin J Am Soc Nephrol.* 2019;14:74-83.

