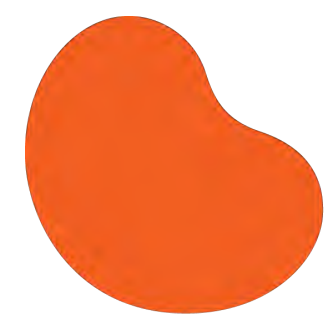


# Dialysis Options

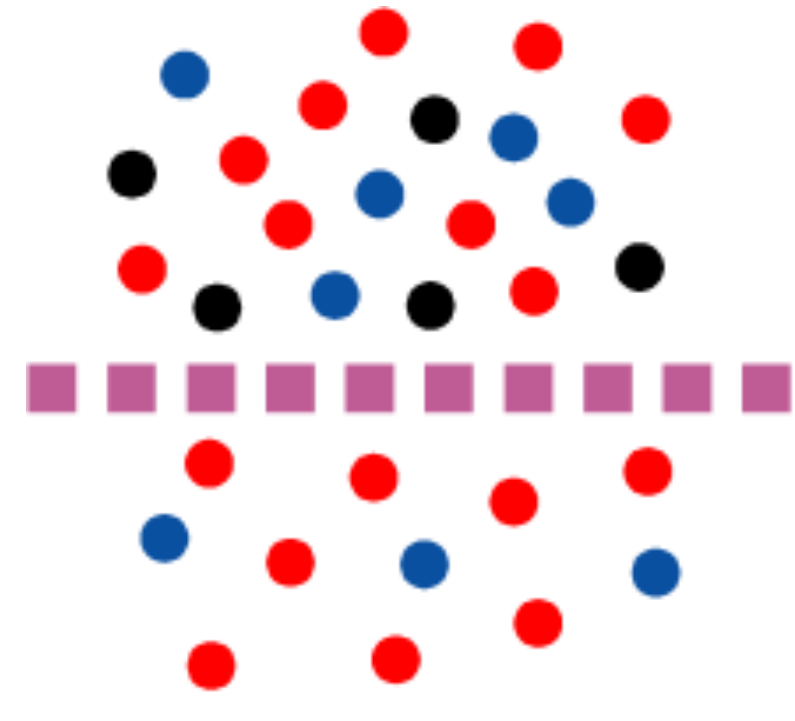
# You are not alone!

- **37 million American adults have Chronic Kidney Disease (CDC) yet 90% do not know it**
- **This accounts for 15% of the US population (NKF)**
- **1/3 Americans are at risk (NKF)**

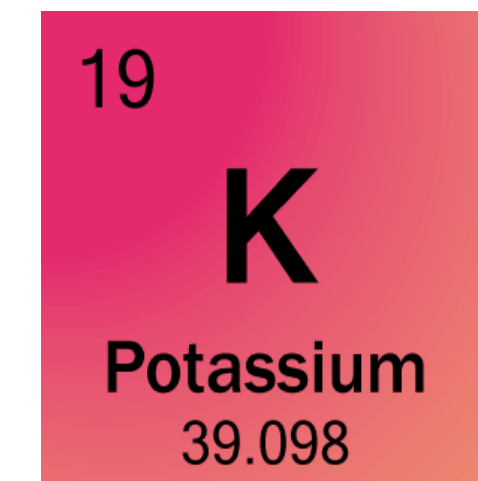
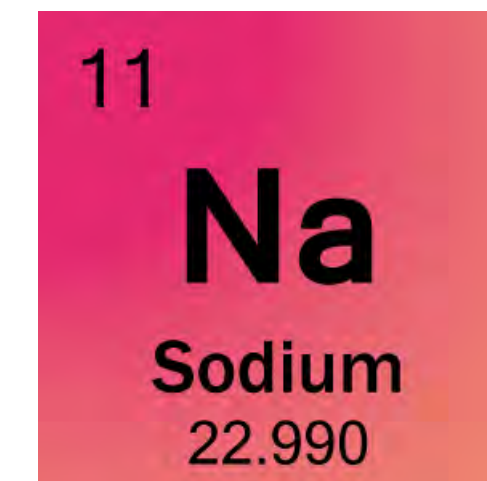
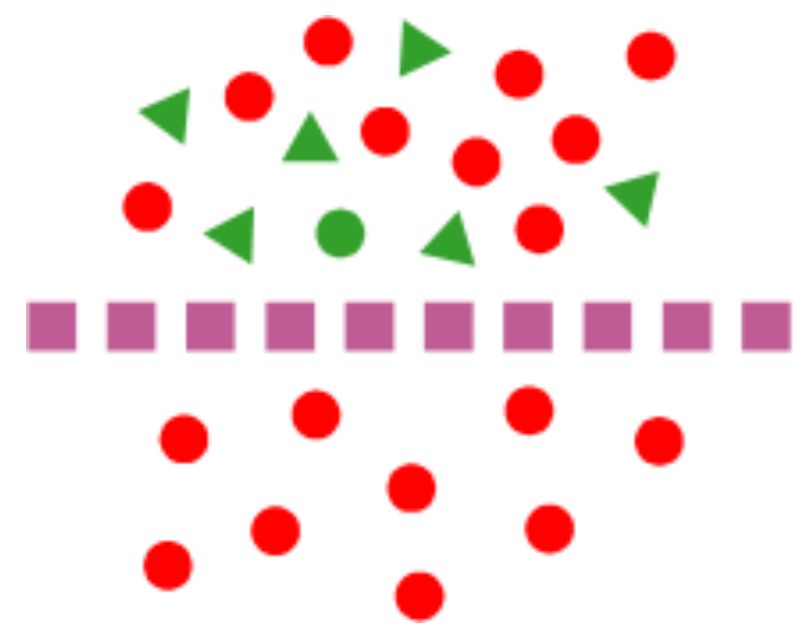


National  
Kidney  
Foundation®

# What's the big deal about kidneys?



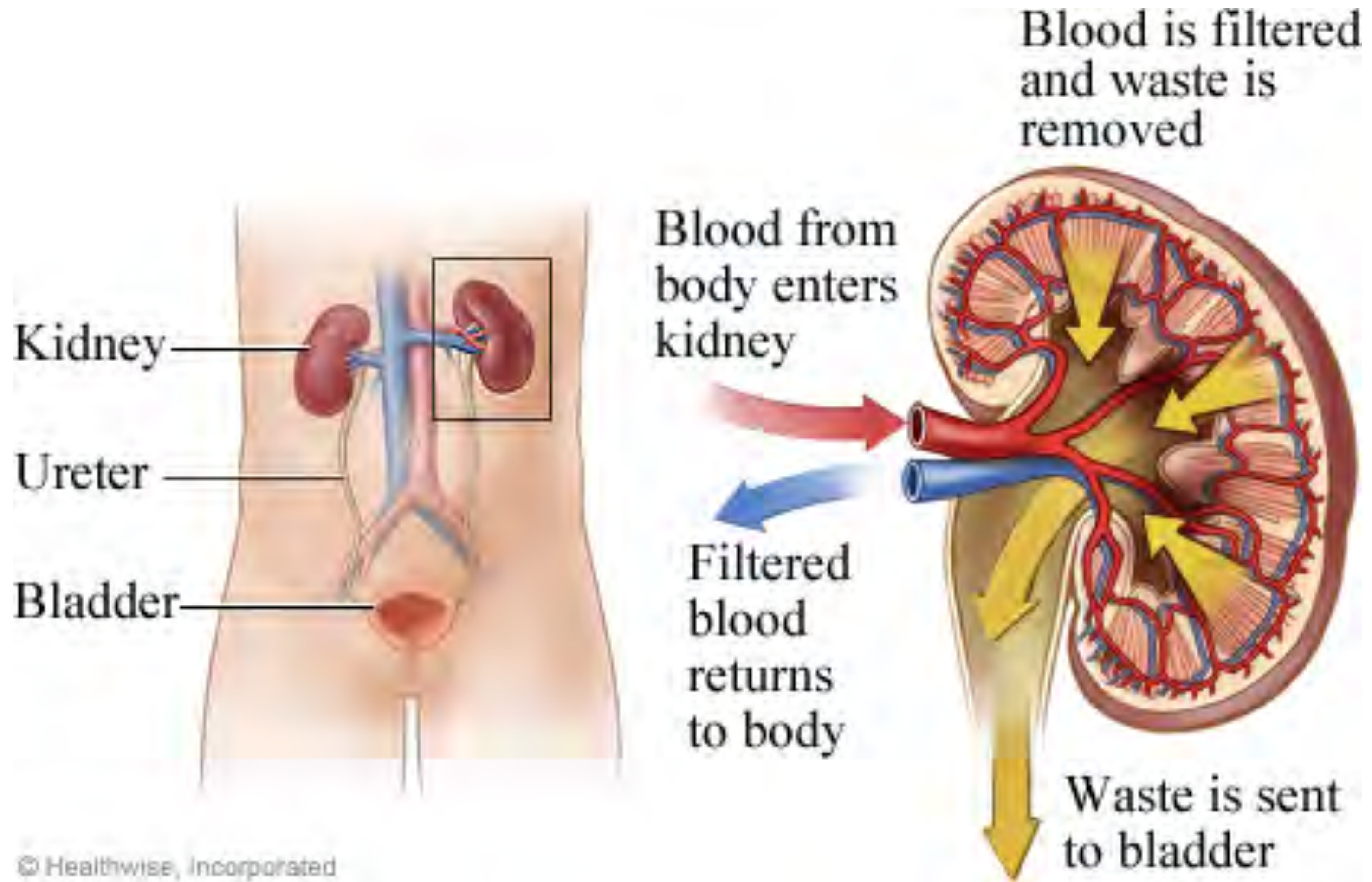
- **Removes waste**
- **Removes extra fluid from the blood to form urine**
- **Regulate electrolytes such as potassium, calcium, and sodium**



# The kidneys also....



- **Assists with blood pressure management**
- **Filter 120-150 quarts of blood per day to make 1-2 quarts of urine per day**
- **Helps the body make red blood cells**



# What happens when your kidneys begin to fail?

- **Fluid builds up in the body which can cause edema (swelling) and/or shortness of breath**
- **Electrolytes like potassium, sodium, and calcium are not kept in balance**
- **Blood pressure becomes difficult to control**
- **You may become anemic**
- **Waste products are not filtered which leads to uremia**

# What is uremia?

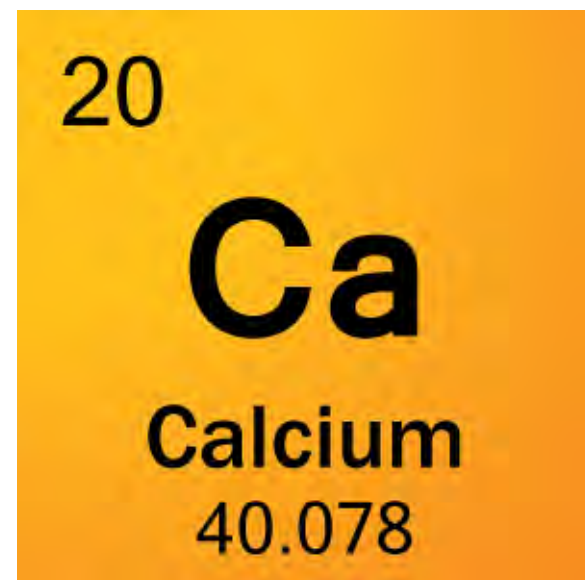
The result of a build-up of waste products that damaged kidneys don't filter out of the bloodstream very well.

## Symptoms:

- Loss of appetite
- Headache
- Bad taste in your mouth
- Trouble concentrating
- nausea/vomiting
- fatigue

**As kidney function decreases, uremic symptoms will worsen. Dialysis can relieve many of these symptoms.**

# Dialysis Supports Your Kidneys by:



- **Removing extra fluid**
- **Balancing electrolytes**
- **Filters waste products**
- **Helps control blood pressure**
- **Corrects anemia by assessing and dosing medications like IV iron and epogen/aranesp**



# Treatment Options

- ❑ **Dialysis**
  - ❑ **Peritoneal Dialysis**
  - ❑ **Hemodialysis in-center**
  - ❑ **Home Hemodialysis**
- ❑ **Kidney Transplantation**
- ❑ **Conservative Care**

# So, if I don't need dialysis now, why does my provider keep talking about it??



# PERITONEAL DIALYSIS

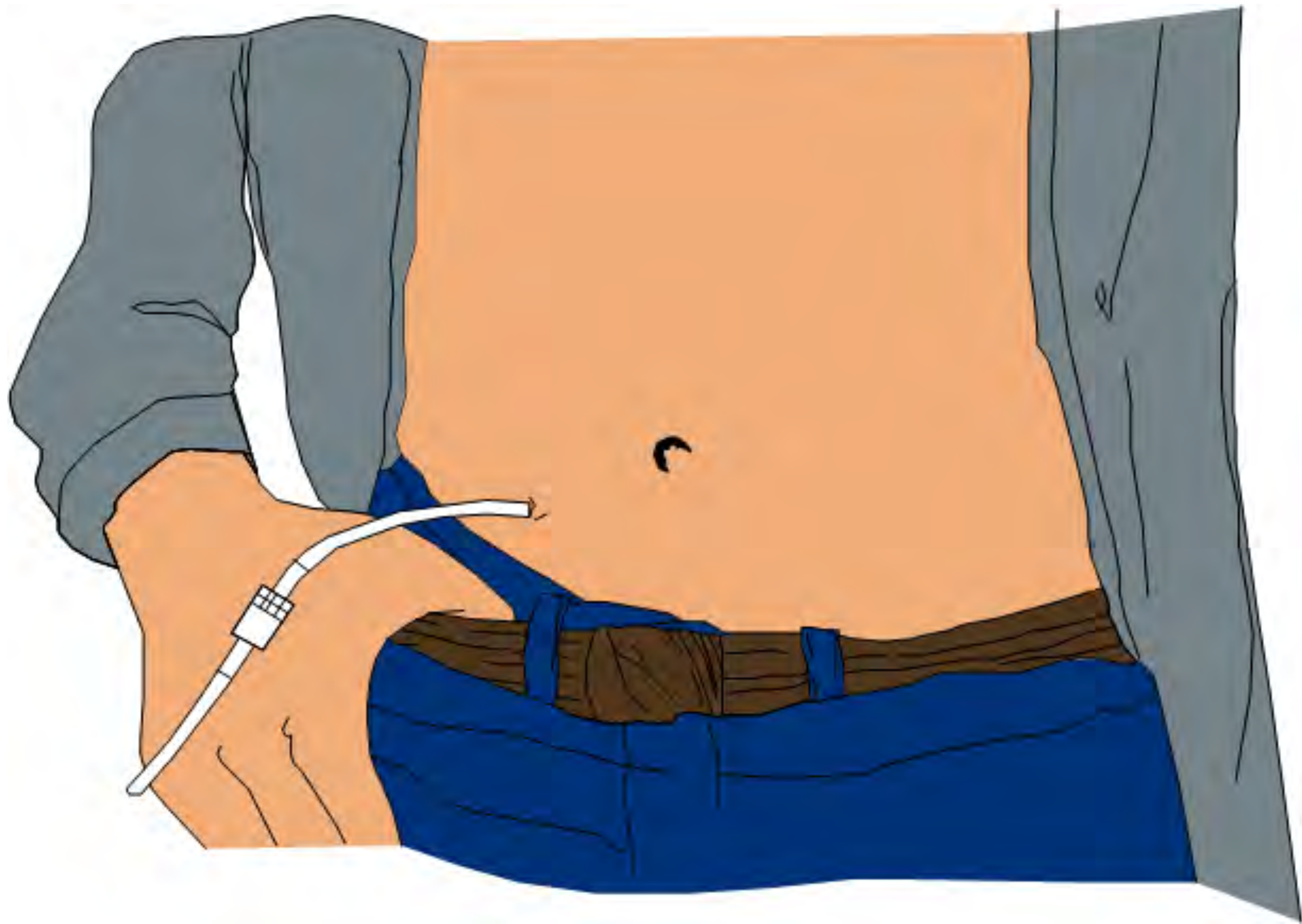
# Peritoneal Dialysis

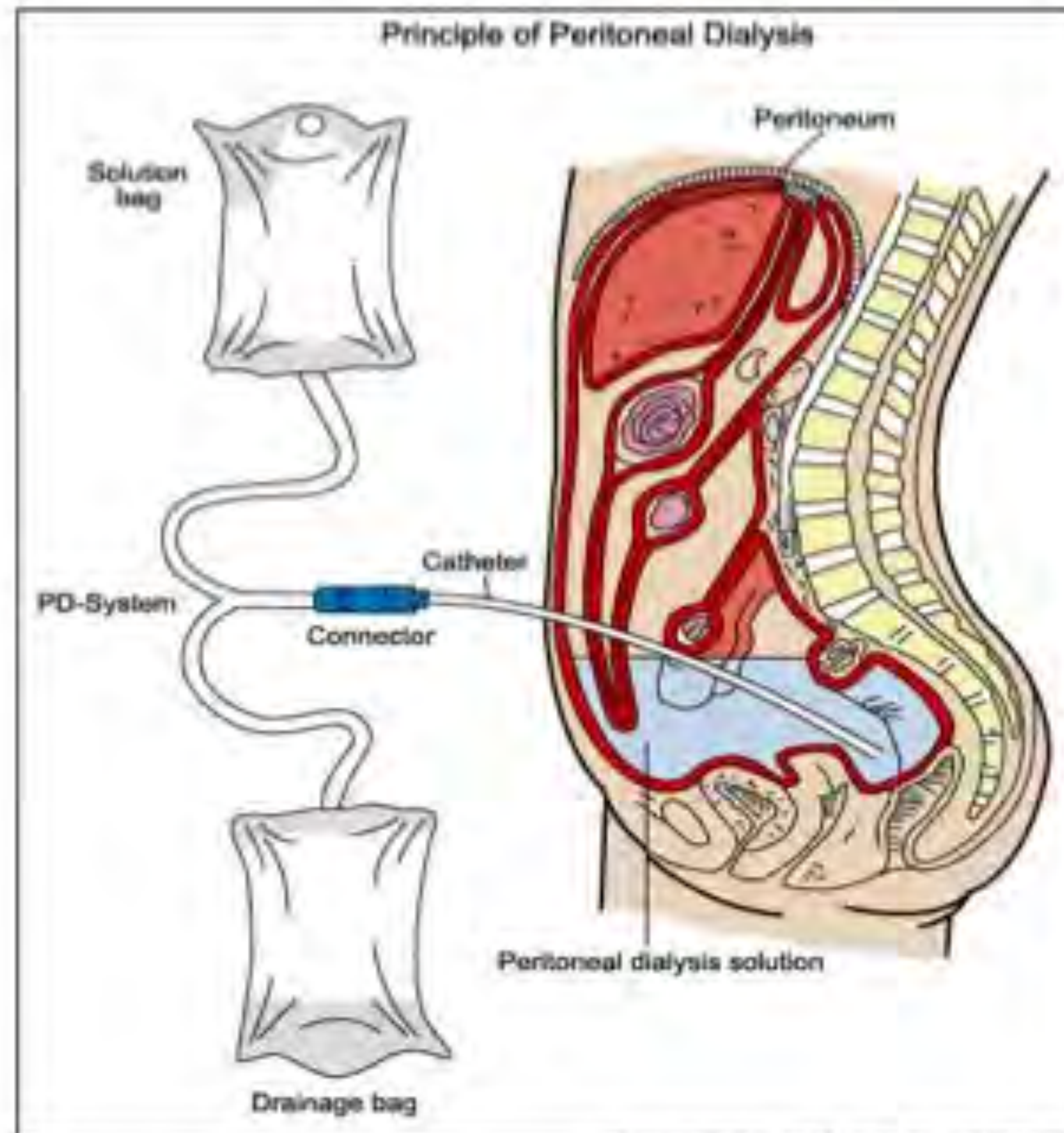
- **At home**
- **Can be done while you sleep**
- **Doctor visit once/month**
- **Easy travel**
- **No blood involved and NO NEEDLES**
- **Typically a more liberal diet than traditional in-center hemodialysis**
- **Often can decrease the number of medications taken**
- **A caregiver is preferred but not necessary**

# Peritoneal Dialysis Benefits

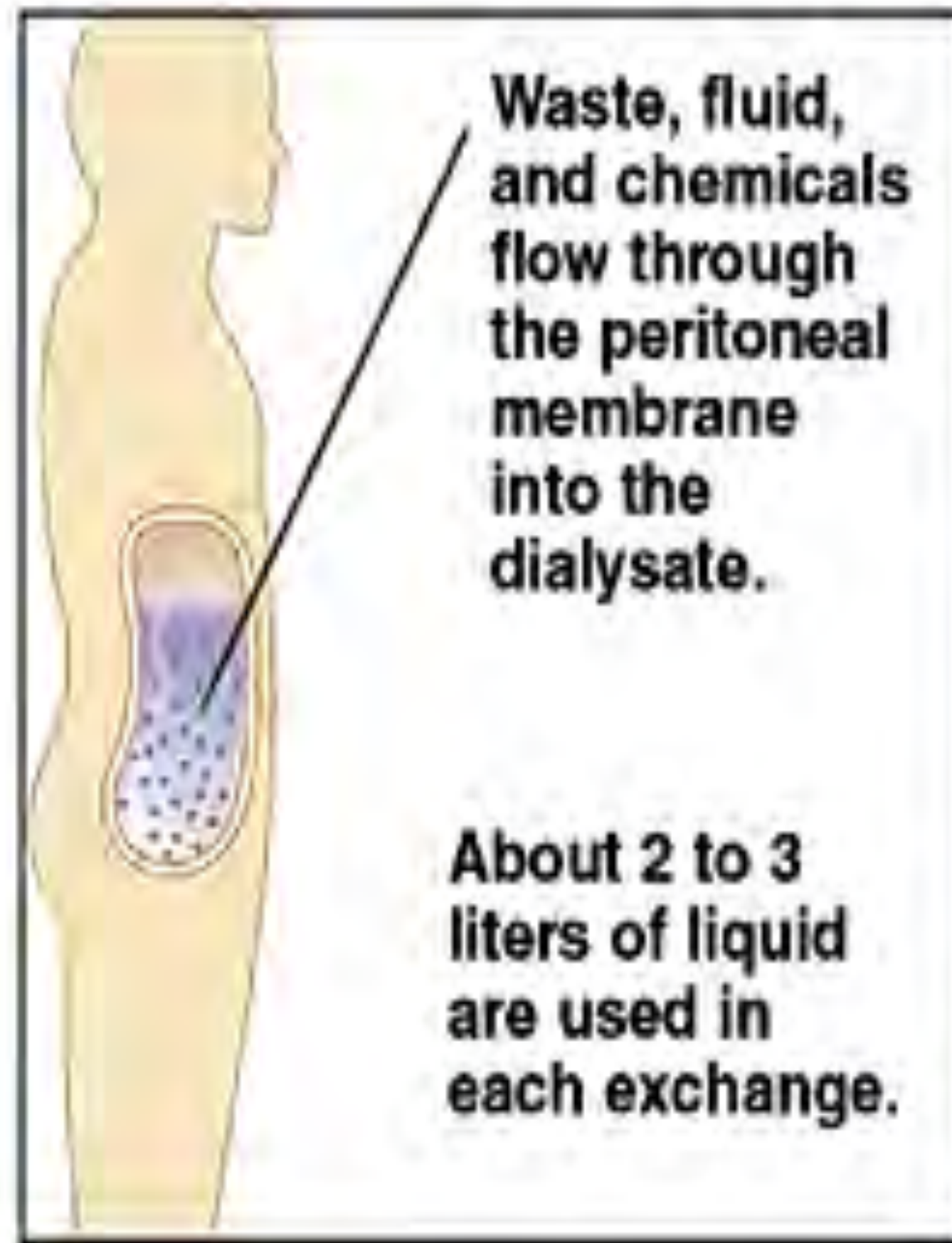
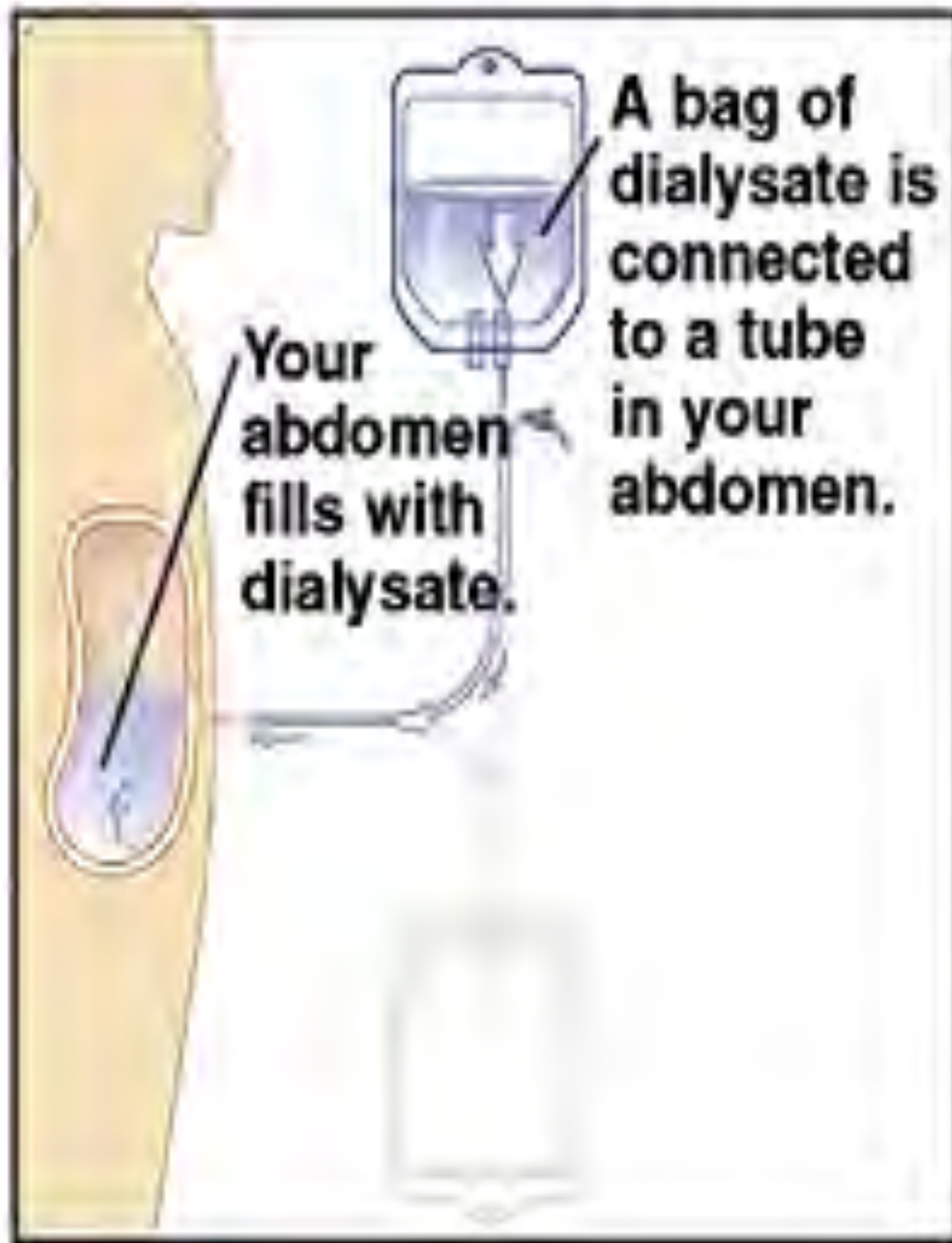
- **Your natural kidney function will last longer compared with standard in-center hemodialysis.**
- **Better survival for the first 2 years of dialysis and potentially longer.**

*Help, I Need Dialysis - Schatell and Agar*



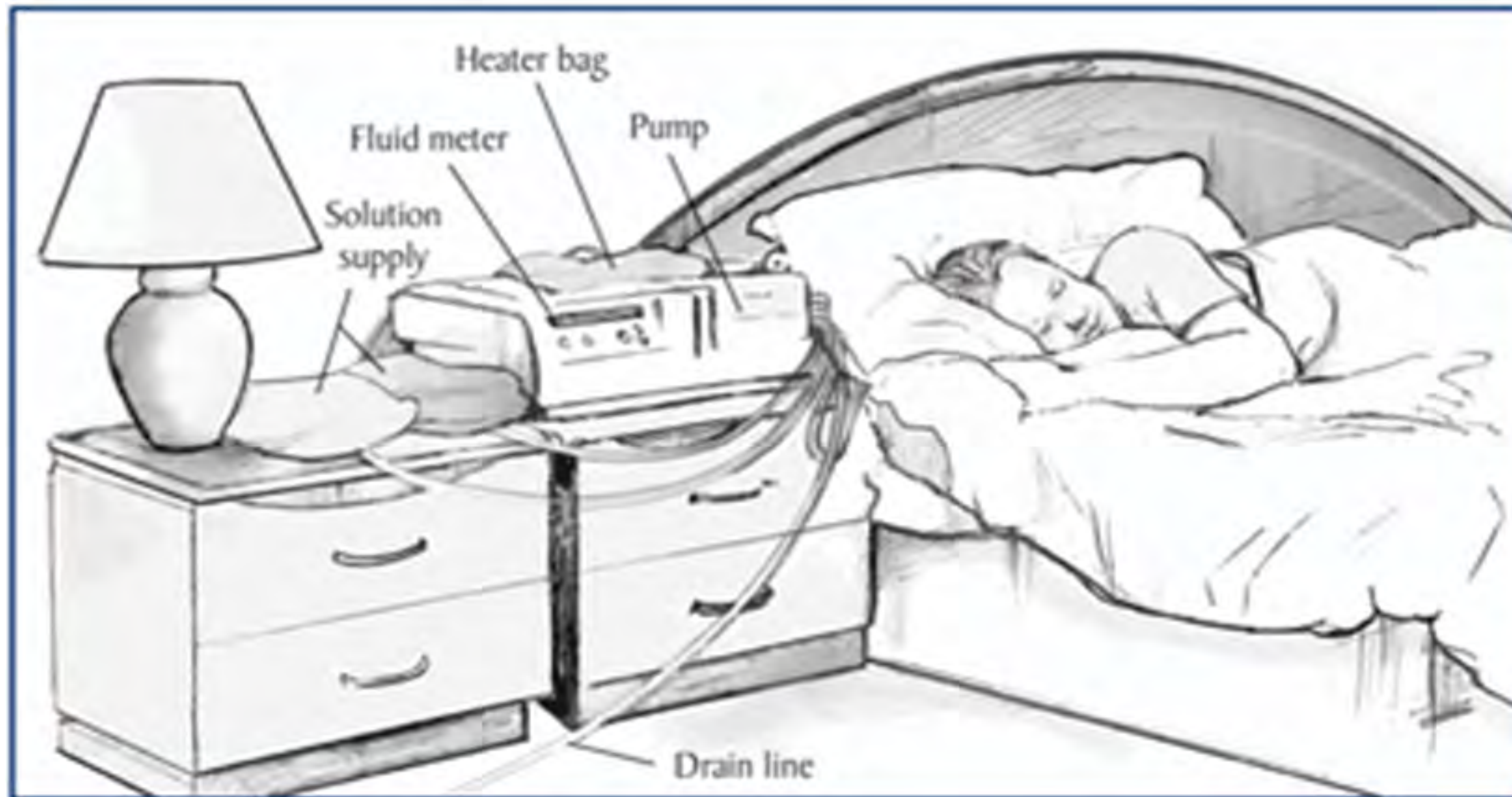


([www.wirralchesterkidney.nhs.uk/therapy/per1.aspx](http://www.wirralchesterkidney.nhs.uk/therapy/per1.aspx))





# Using a Cyclor at night



# Myths about Peritoneal Dialysis

- I can't do peritoneal dialysis because my vision is poor.
- I can't swim if I choose peritoneal dialysis.
- I am more likely to get an infection on peritoneal dialysis.

## Risk of Infection based on modality choice

Access Type

Risk

Hemodialysis Catheter

6 months

Graft

18 months

Fistula

24 months

Peritoneal Dialysis

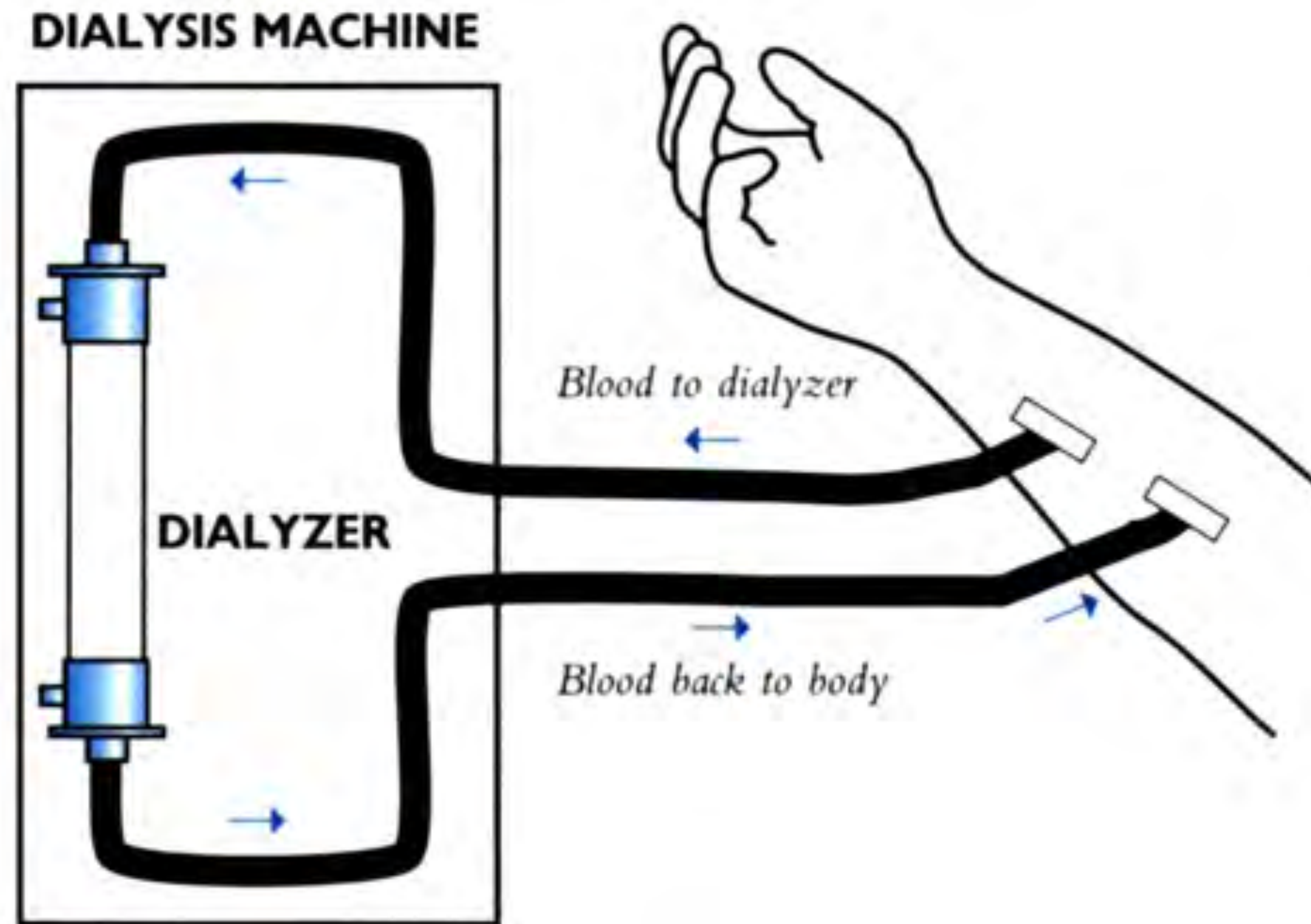
24 months

# HEMODIALYSIS

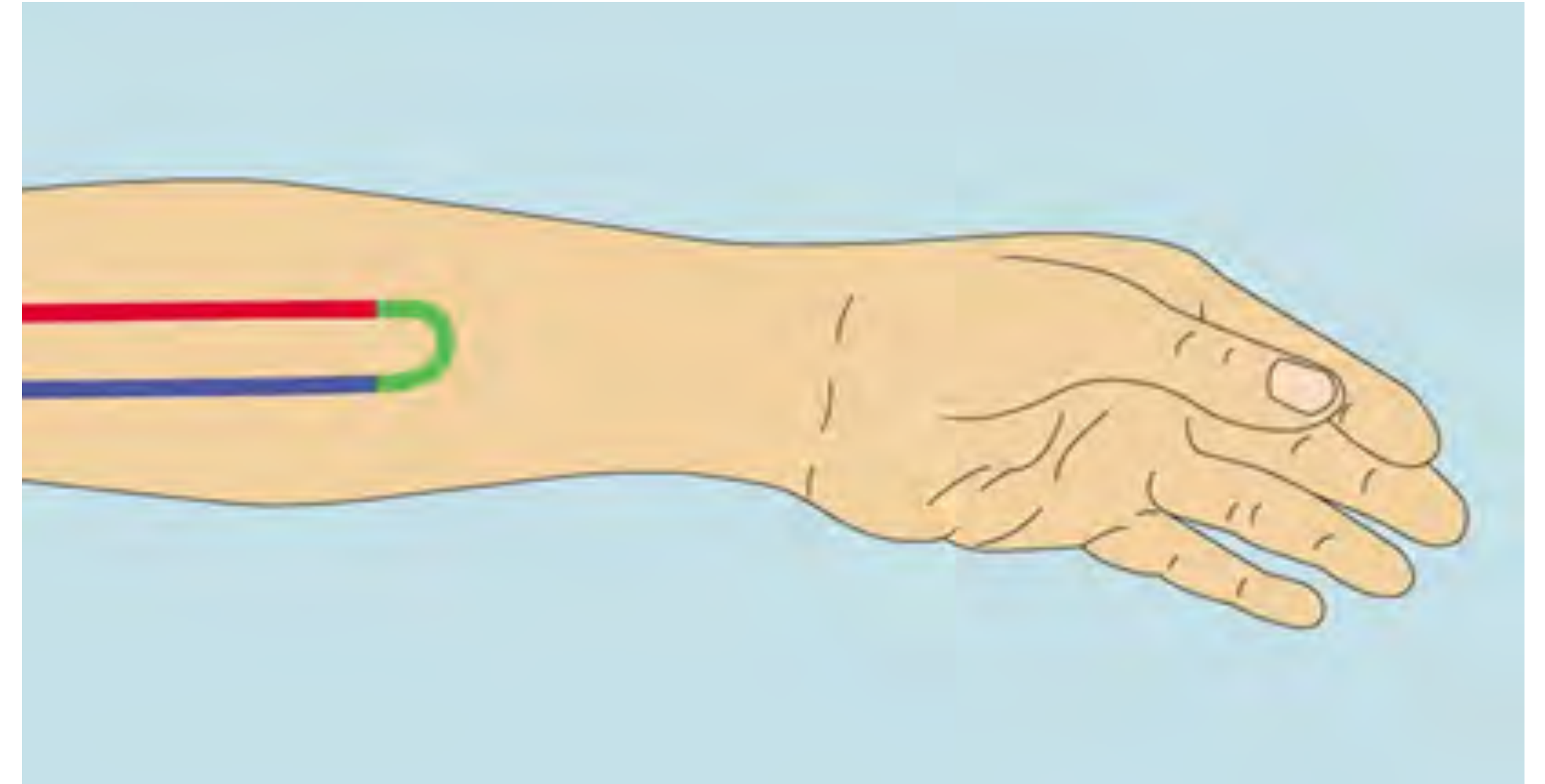
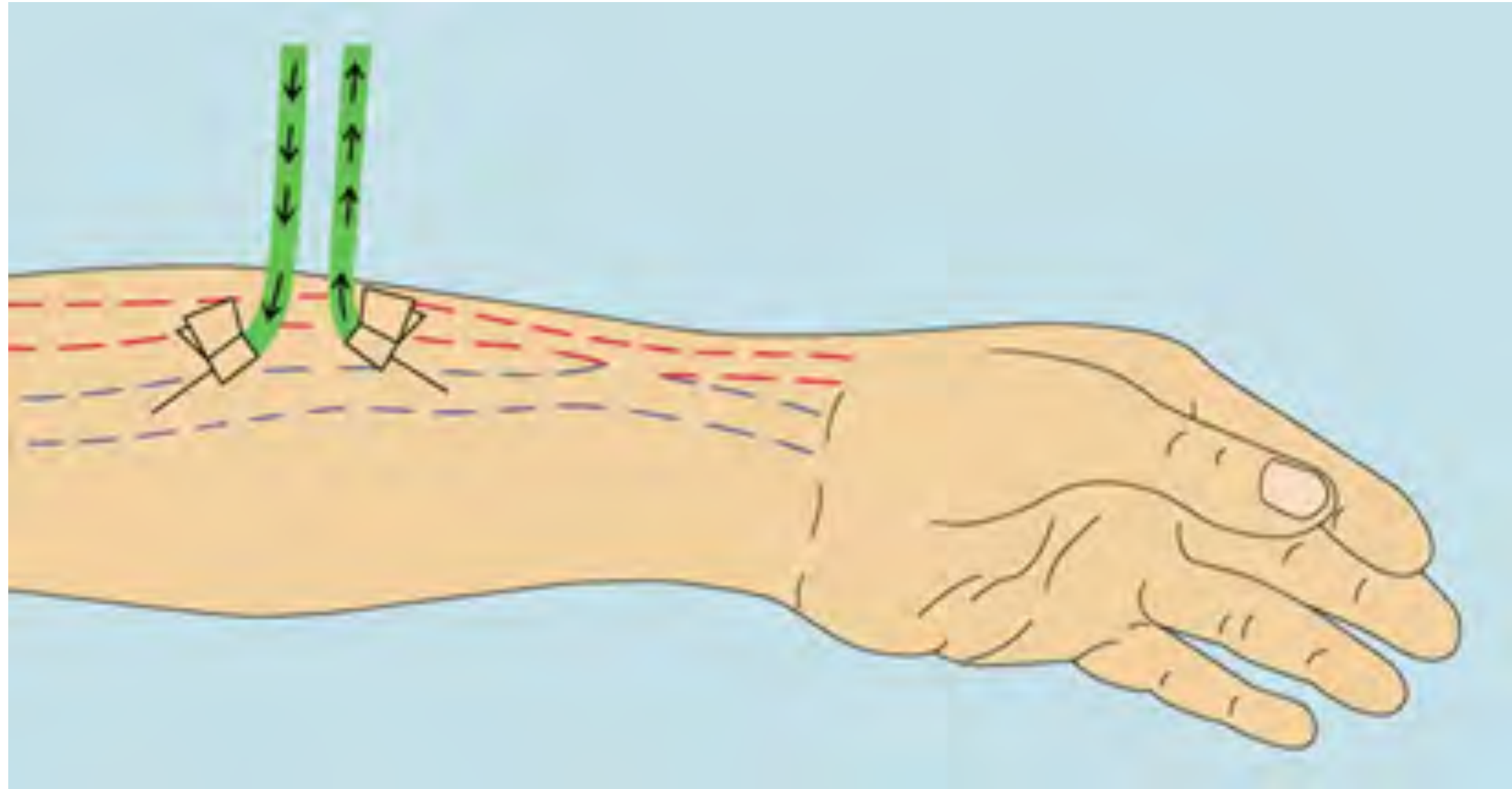
# Basics of Hemodialysis

- **Toxins are filtered out of the blood**
- **Can be done at home or at the dialysis center**
- **Treatment time 2-2.5 hours at home 5-6x/week or 4-5 hours 3x/week at the dialysis center**

# How does hemodialysis work?



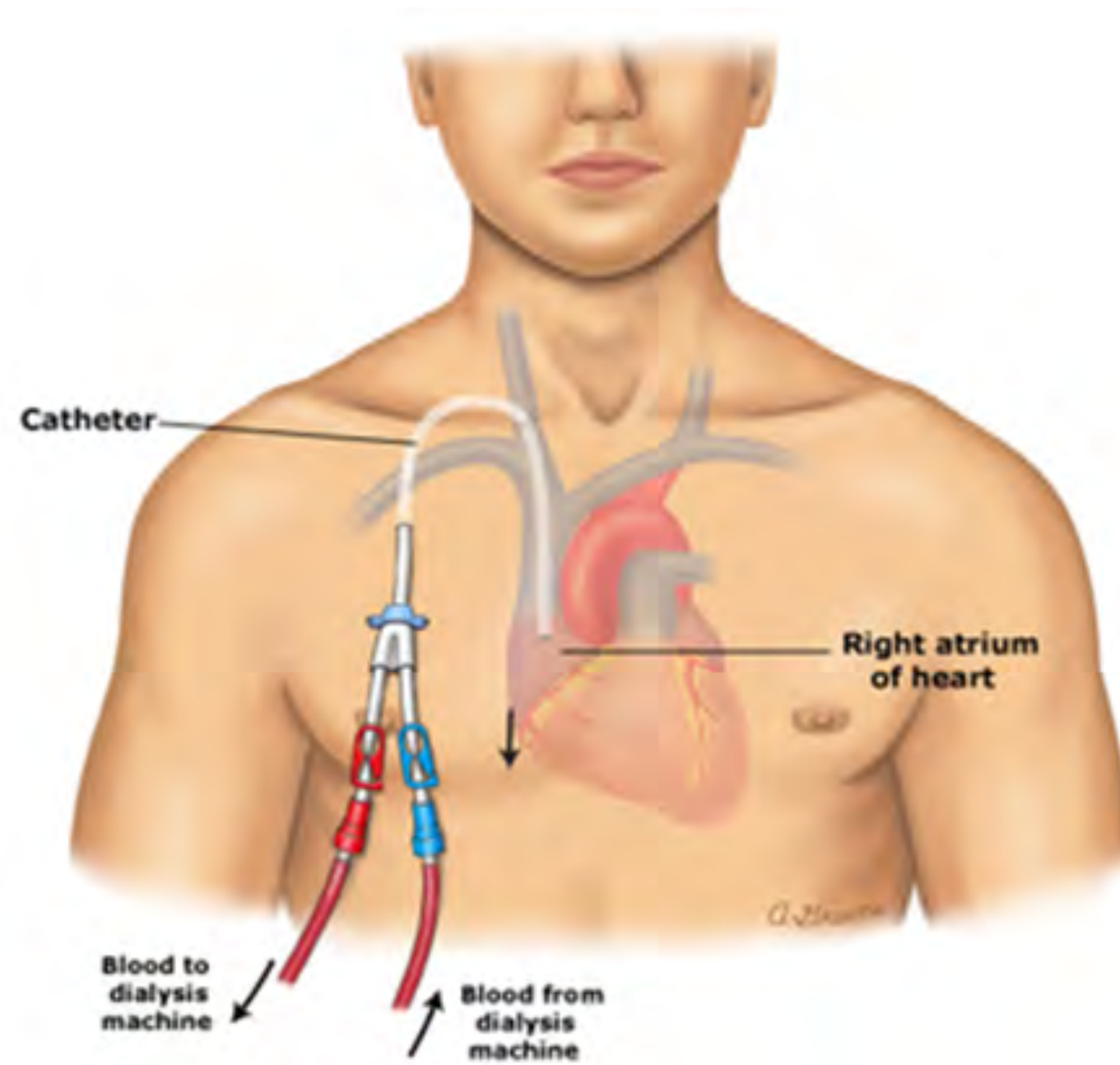
# How is blood removed and replaced?



## **FISTULA:**

**The surgical linking of an artery to a vein providing access to blood vessels**

# Hemodialysis Catheter



# In-Center Hemodialysis





# Home Hemodialysis



# Time Commitment For Peritoneal Dialysis Treatments

30 min/exchange = 14 hrs/wk

9 hours/night = 63 hrs/week

10 min set/clean up = 4.6 hrs/wk

10 min set/clean up = 70 min/wk

Recovery time = 0

Recovery time = 0

**TOTAL TIME: 18-19 hours/week**

**TOTAL TIME: 64 hrs/week (SLEEPING)**

*Help, I Need Dialysis - Schatell and Agar*

# Time Commitment For Hemodialysis

Treatment 2.5-3 hrs = 12.5-18 hrs/wk

Set/Clean up 45 min = 3.7-4.5 hrs/wk

Recovery time 30 min = 2.5-3 hrs/wk

4 hrs/treatment = 12 hrs/week

Travel 40 min/treatment=2 hrs/week

Waiting 20 min/treatment=1 hr/week

*Recovery 2-7 hrs/treatment=6-21 hrs/wk*

**TOTAL TIME: 19-25 hours/week**

**TOTAL TIME: 23-36 hours/week**

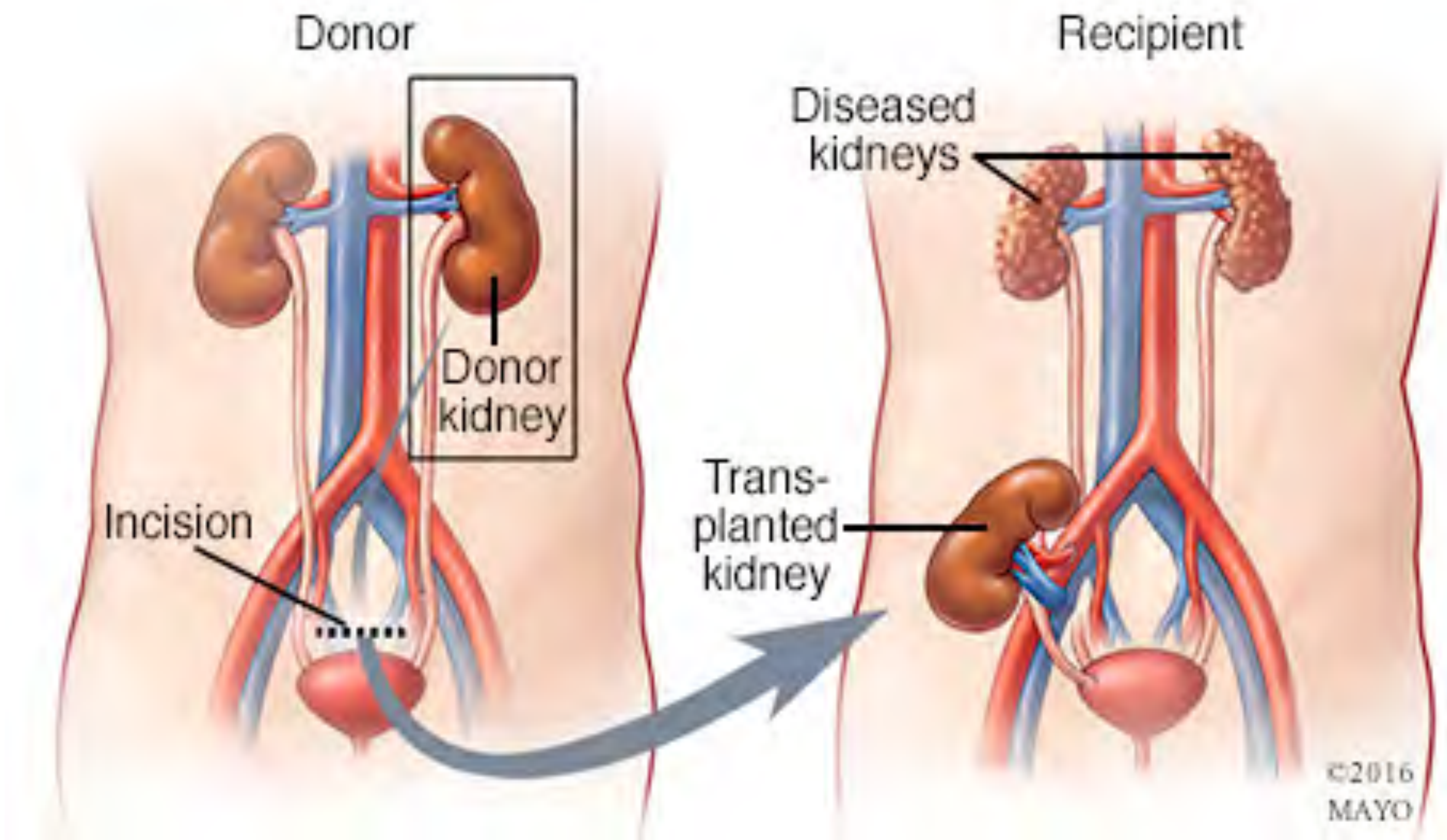
***Help, I Need Dialysis - Schatell and Agar***

# Medicare and Dialysis

- **If you start home dialysis (peritoneal dialysis or hemodialysis), you can get Medicare to kick in from Day 1!**
- **With standard in-center hemodialysis, Medicare will not kick in until the first day of your 3<sup>rd</sup> month of treatment.**

# Renal Transplant

- **Living or deceased donor**
- **Living donor swap program**
- **Performed at a transplant center**



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