

Choosing a treatment for kidney failure



Transplant



Peritoneal
Dialysis



Hemodialysis



Conservative
Care

Kidney function

Failed kidneys lead to health complications.

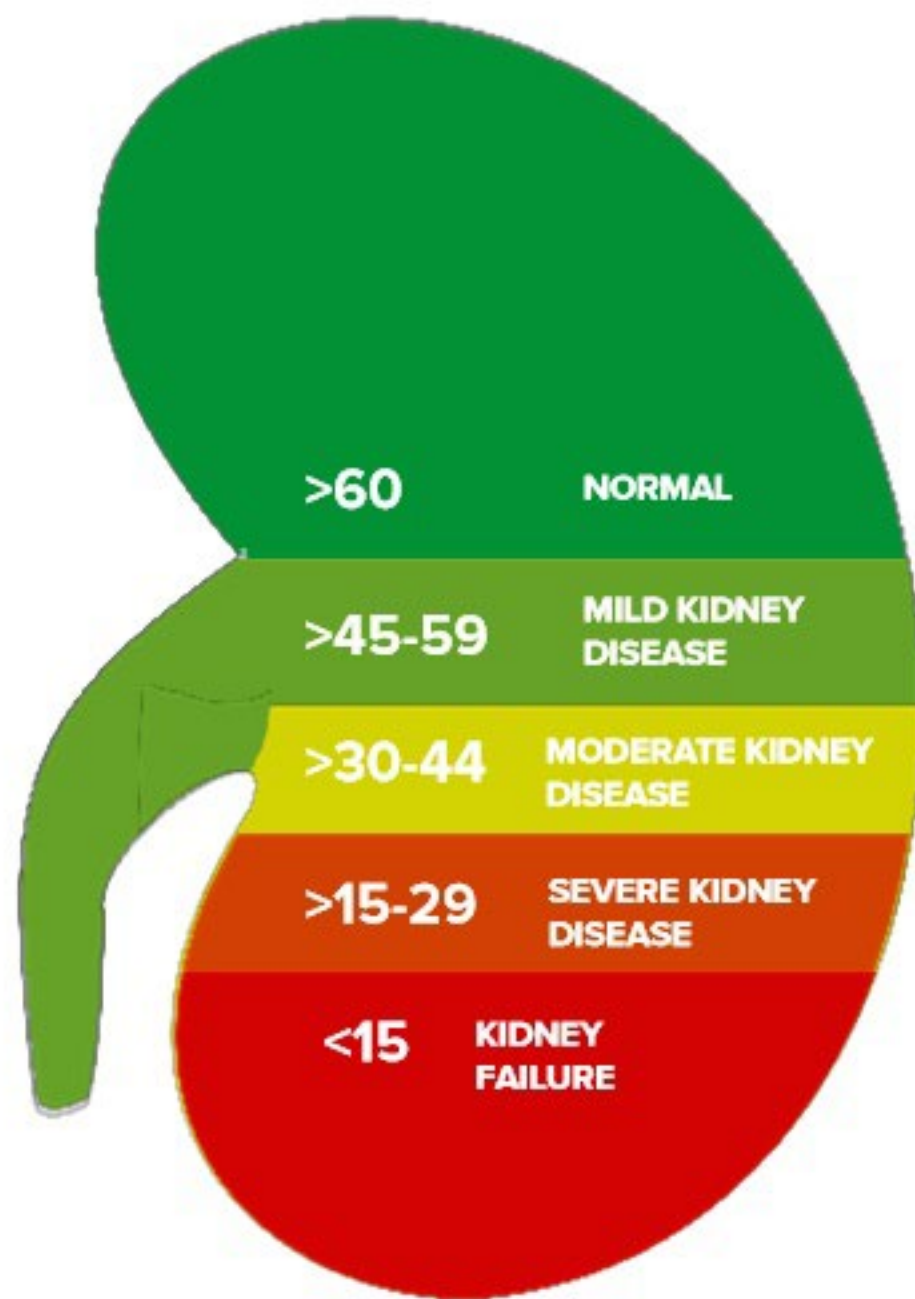


Different treatment options are available for when kidneys fail.



All about you

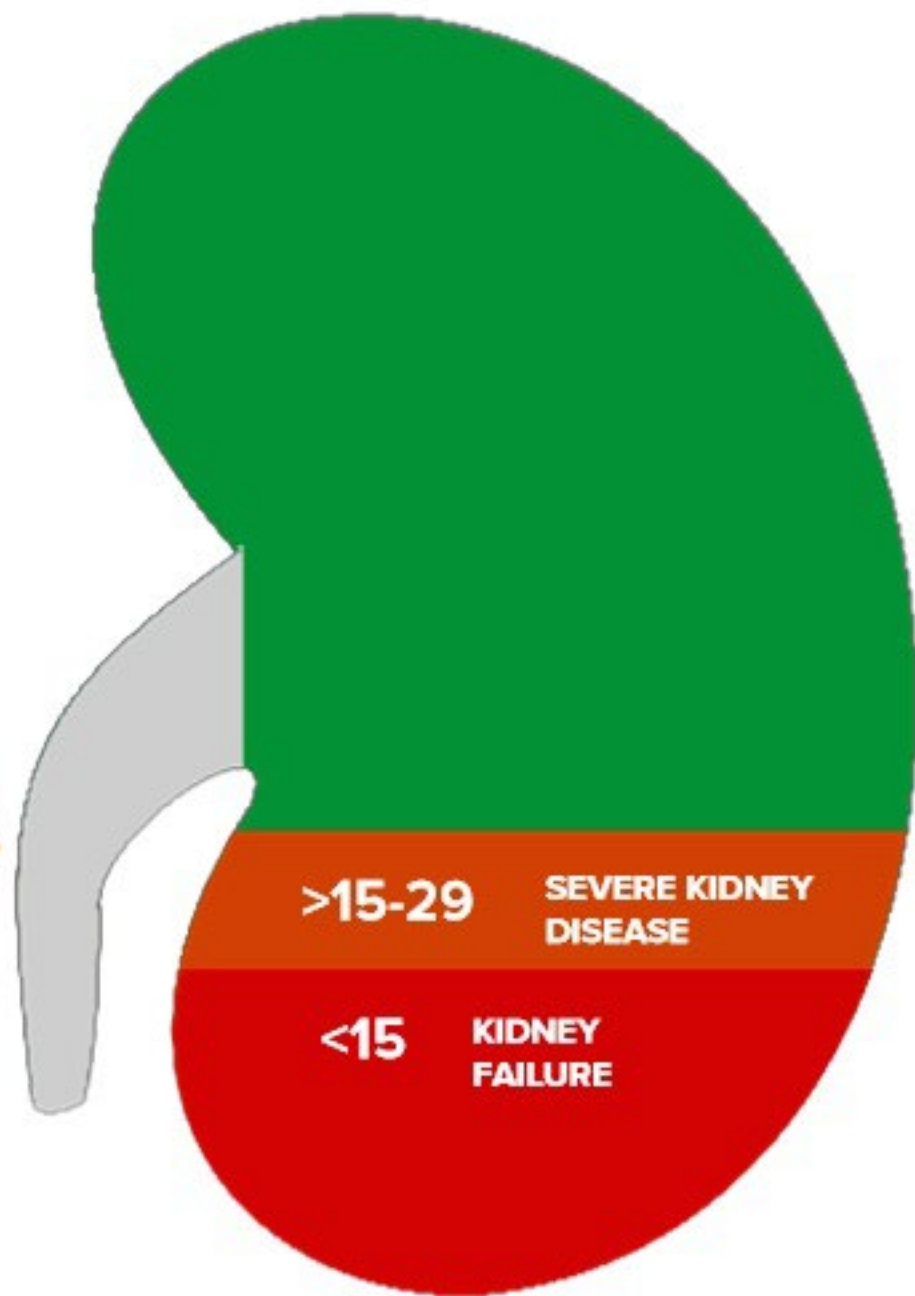
GFR (ML/MIN)



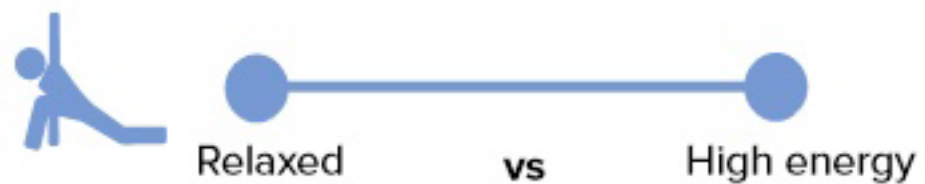
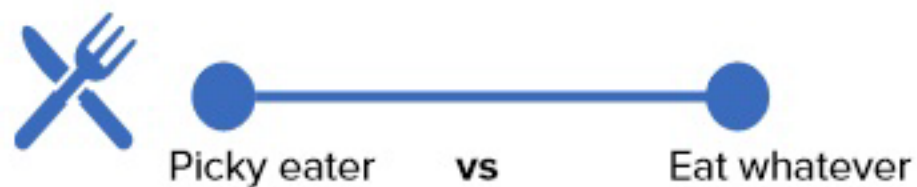
All about you

GFR (ML/MIN)

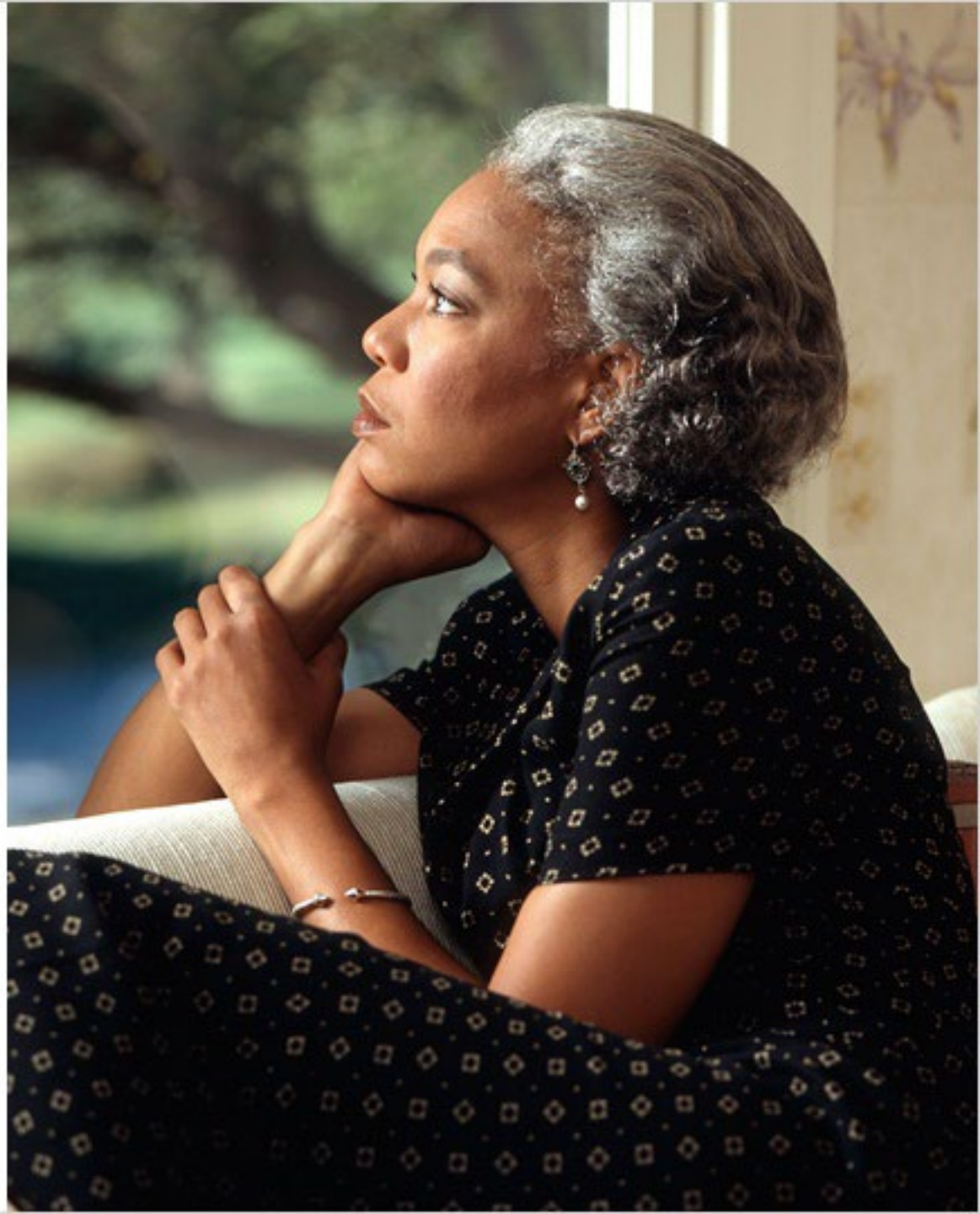
- * Information
 - Transplant
 - Dialysis
 - Conservative Care
- * Decision



What's important to you?



**What would work
best for you?**





Choose the treatment option



Transplant



**Peritoneal
Dialysis**



Hemodialysis



**Conservative
Care**



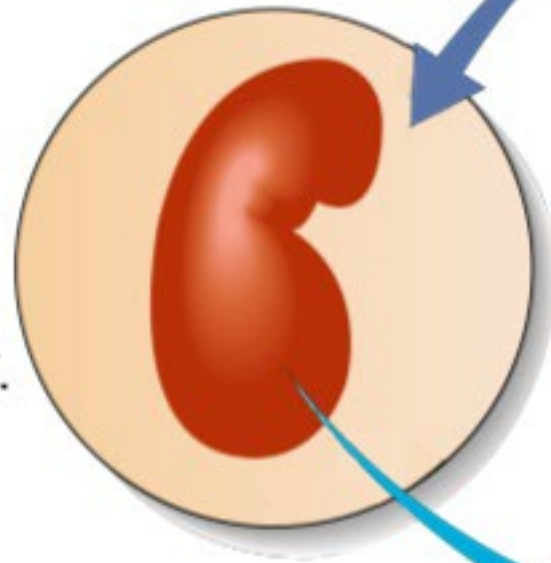
Transplant

**The preferred
treatment for most
patients with kidney
failure**

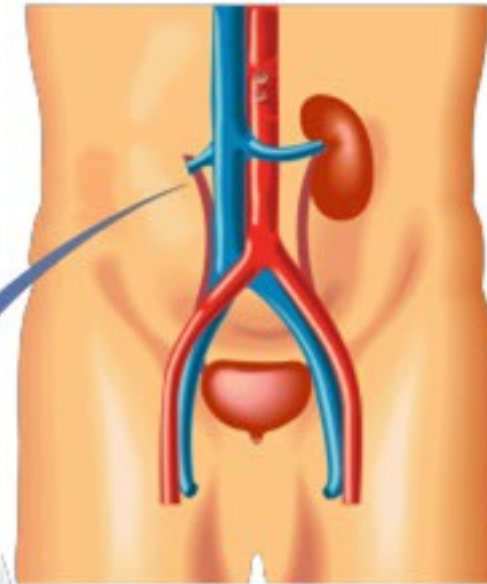


What is a kidney transplant?

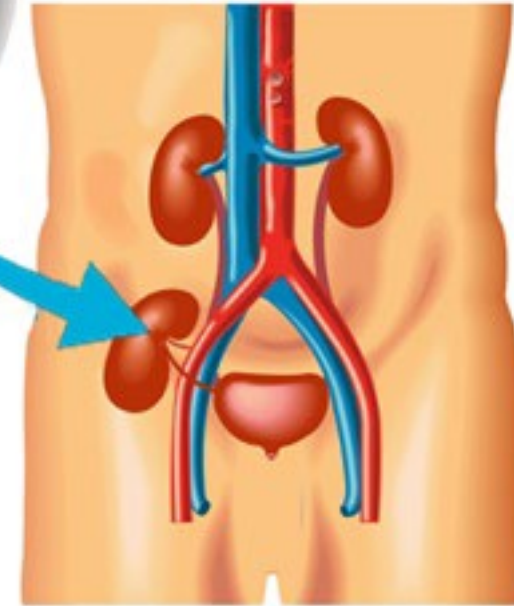
An operation (surgery) that places a healthy kidney inside your body.



FUNCTIONING
KIDNEY



TRANSPLANTED
KIDNEY



Types of transplant



Living Donor Transplant



Deceased Donor Transplant
(Option for dialysis patients only)

Living donor transplant



The kidney **donor** is **alive**

Deceased donor transplant

(Dialysis patients only)



The kidney donor has died.



Actual wait time depends on blood group and presence of antibodies.



Waitlist is 2 to 8 years.





Transplant benefits

Living vs deceased donor



- Last longer.
- Lower risk of rejection.
- Allow better overall health.
- Done before kidney failure.



MUST be on dialysis.



Talk with your Kidney Care Team about finding a living donor.

Transplants take time



There is a wait time for a kidney transplant.

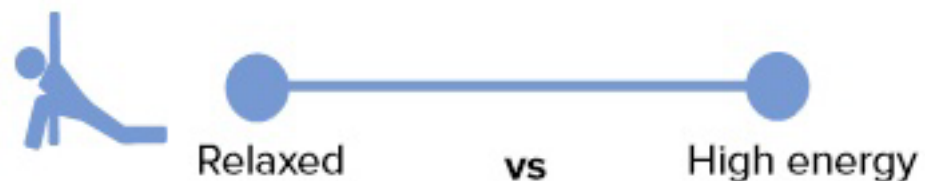
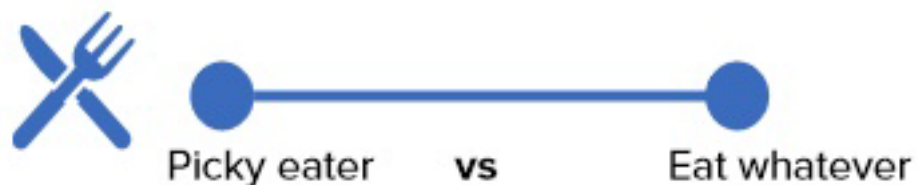
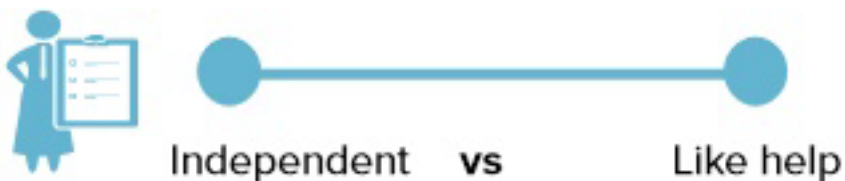


Which type of dialysis?



Consider what's best for you.

What's important to you?





Peritoneal
Dialysis

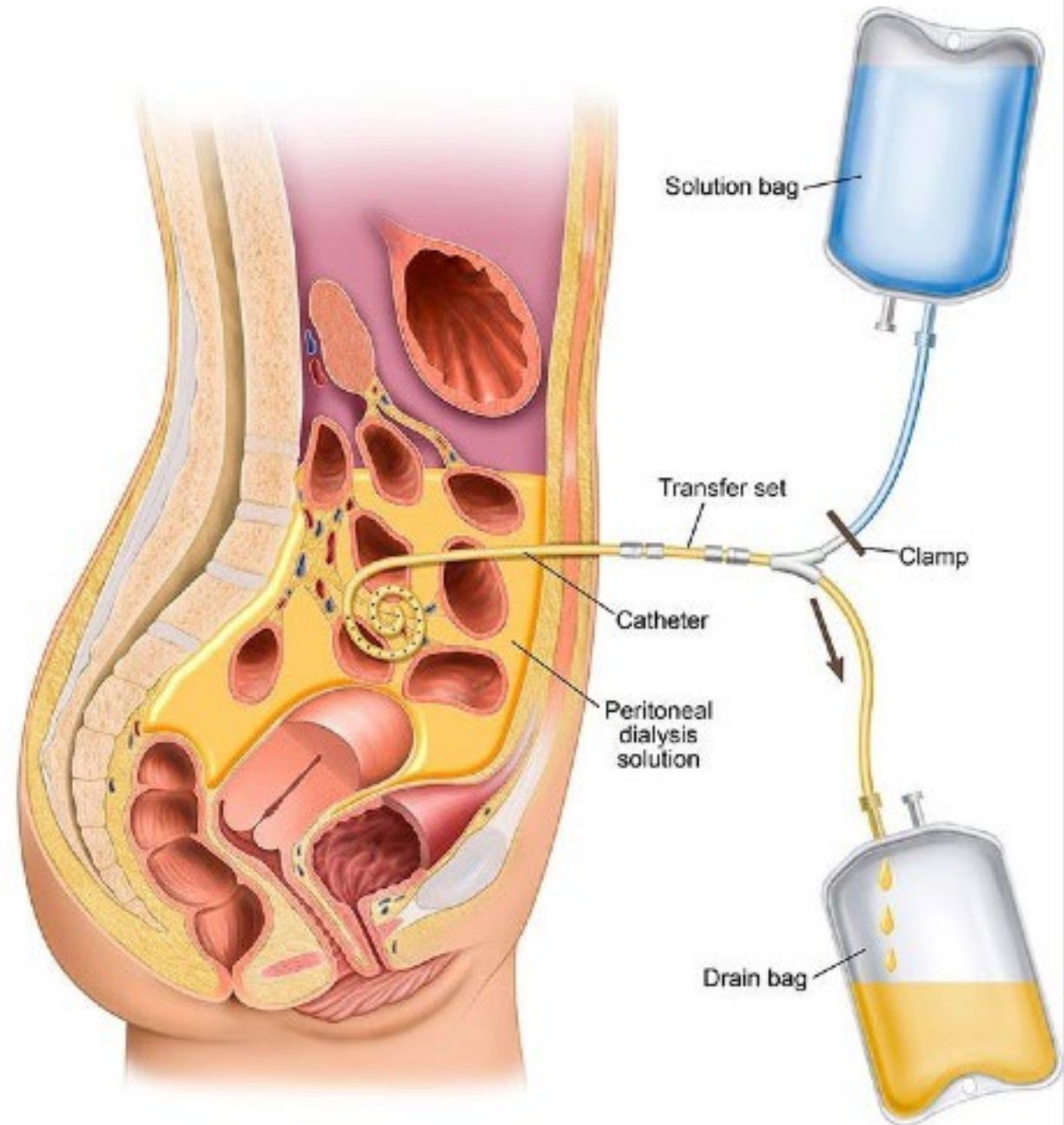
Peritoneal dialysis (PD)



What is peritoneal dialysis?

With PD, a cleansing fluid flows through a tube (catheter) into your abdomen to filter waste and extra fluid from your blood.

The fluid dwells for a period of time and is then drained out of your abdomen with the waste products.



PD is a home-based dialysis

You can do PD during the day or while you sleep.



You will need a PD catheter inserted into your peritoneal cavity to do PD.



Types of peritoneal dialysis



1. Continuous ambulatory peritoneal dialysis (CAPD)

- Performed manually.
- Done during the day.
- 4 exchanges per day.

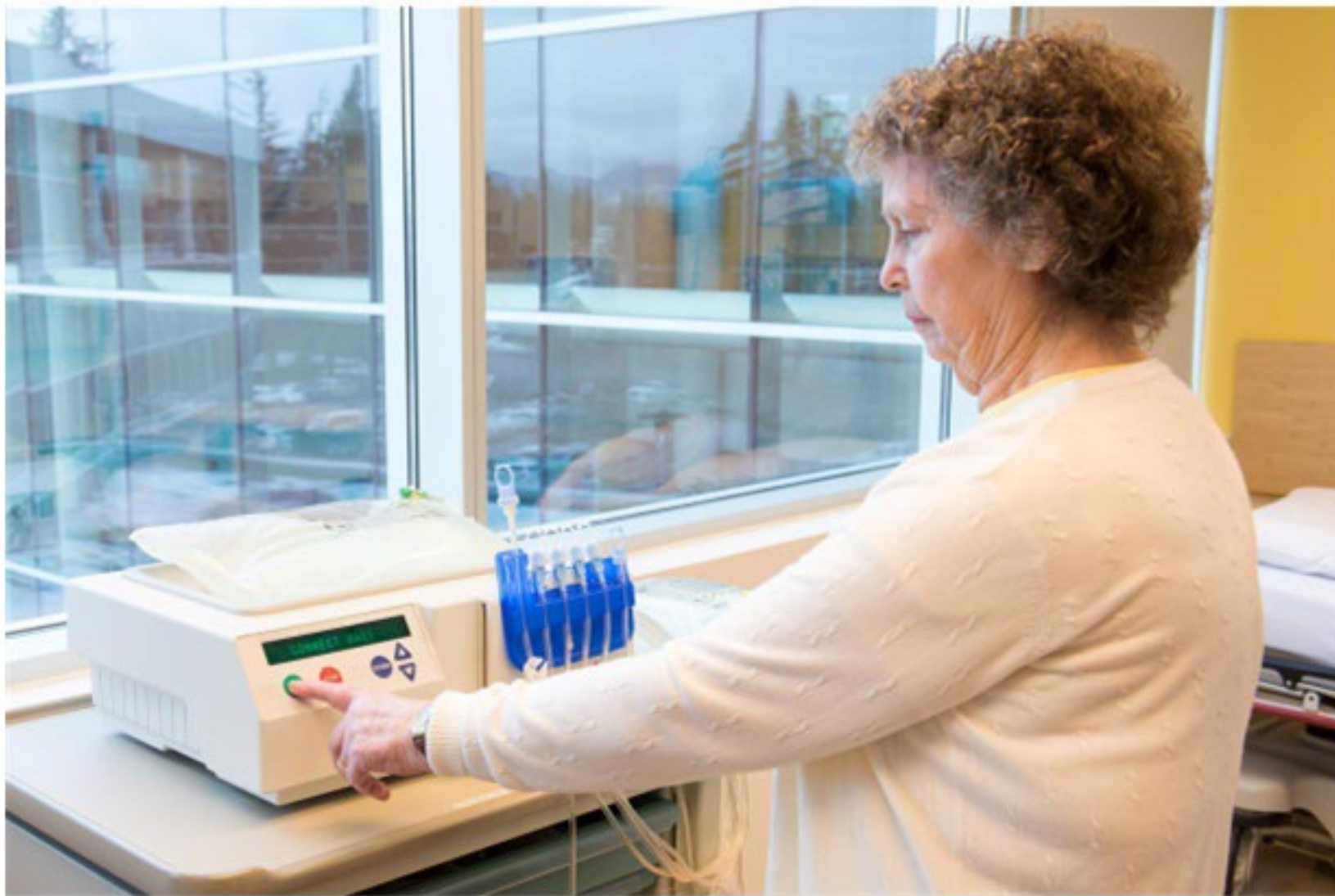


2. Continuous cycler peritoneal dialysis (CCPD) OR automated peritoneal dialysis (APD).

- Automated form of dialysis using a machine.
- Done at night while you sleep.

Your healthcare team will help you decide which method is best for you.

PD machine (cyclor)





Sailing the Pacific!



Just another bucket list trip



Road trip!



Exploring the Jungle

Benefits of PD

Flexibility

- PD can be done almost anywhere.
- Easy to travel.
- Supplies sent to you free of charge.
- Fewer dietary restrictions.



You do it yourself.



You fit PD into your lifestyle.



With CCPD, most of your treatment can be done while you sleep.

Benefits of PD



PD protects your remaining kidney function longer.



PD is gentler, closer to your natural kidney function.



There are no needles used for PD.

Points to consider



No baths/hot tubs.



Requires training
(about 1 week).



Treatment needs to
be done daily.

Points to consider



PD supplies required for one month's use.





Is peritoneal dialysis for you?

If you started PD

- What would be the biggest change in your life?
- What would be the best part?
- What would worry you the most?
- Is there anything more you would like to know?
- Would you consider PD for yourself?

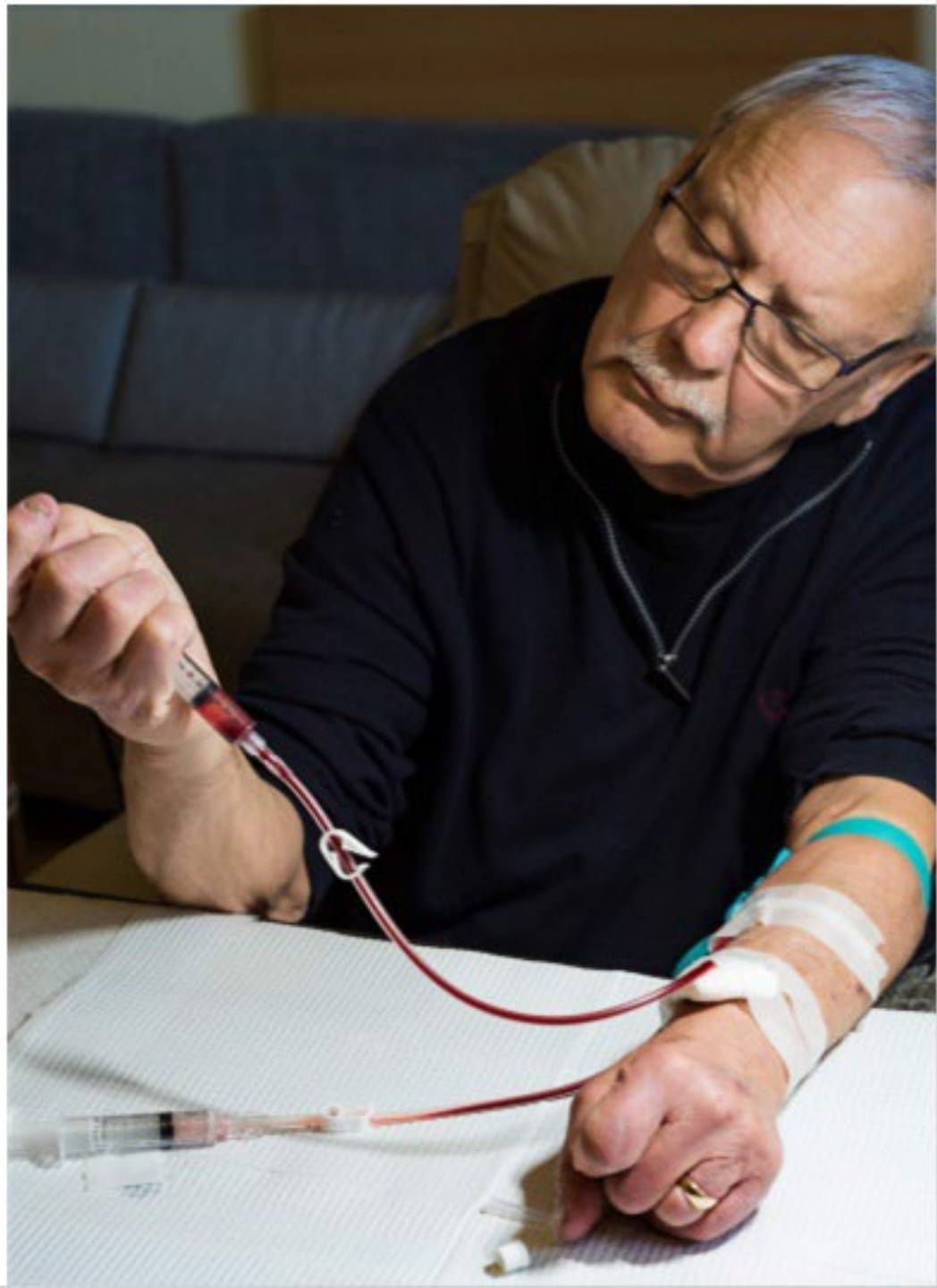




Hemodialysis

Hemodialysis (HD)

Home-based
Clinic-based



What is hemodialysis?



Removes, cleans and returns your blood to your body.



Can be done at home or in a dialysis clinic.



To access your blood, vascular access is required.

Vascular Access



Vascular Access



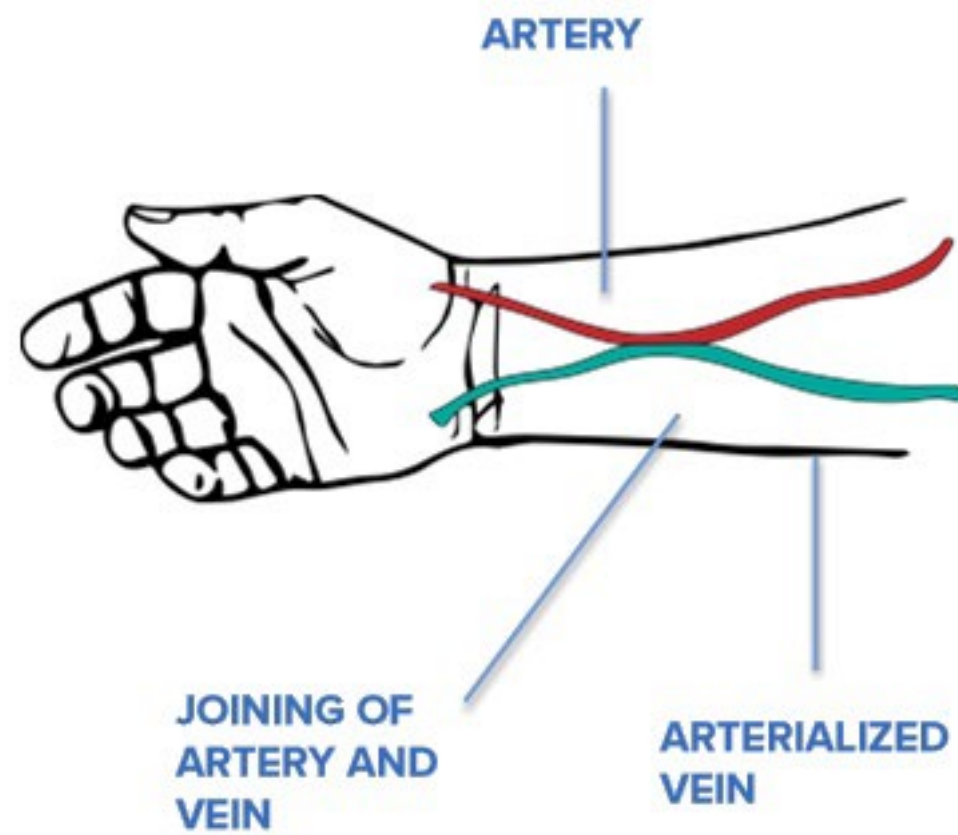
FISTULA



CATHETER

Vascular Access

Fistula



Vascular access:

Catheter

A catheter is usually used in emergency situations or when blood vessels will not allow for creation of a fistula.



The benefits of fistulas

A fistula is the best choice because:

- It performs the best.
- It lasts the longest.



Choose early.
A fistula takes time to mature.



Fewer complications (infections).



It is safe to shower and swim.



Requires fewer hospitalizations.

Hemodialysis options



Independent (Home-based) hemodialysis:

- Manage own care at home.
- Allows for a flexible schedule.



Dependent (Clinic-based) hemodialysis:

- Dialysis occurs in a hospital or community dialysis unit.
- Assistance is provided.
- Dialysis time is scheduled (overnight available in some centres).



Home-based



Clinic-based

- What are the benefits of each?
- What things might you think about before choosing?

Home-based

Benefits

- Flexibility.
- Gentler to body (longer, more frequent sessions).
- More energy and feel better.
- Fewer medications.
- Fewer diet restrictions.
- Easier to travel.
- Individualized support.



Requires training
(6-8 weeks).



Requires storage
space.



Must order own
supplies (delivered
to your home at no
cost).



**Karen works full time as an accounting clerk.
She manages her overnight hemodialysis
treatments at home.**

Clinic-based

Benefits

- No equipment or supply storage needed.
- No need to go to the lab.
- Some centres have night-time hemodialysis available.



Each run is 3-4 times a week, usually 4 hours each time.



Requires travel to site (may have costs).



Travel and diet more restricted.





Conservative
Care

**Conservative
care**



Conservative Care

Some people decide not to pursue either transplant or dialysis



Why do you think some people might choose conservative care?

Conservative Care



- You will continue to receive medical care.
- Treatment is focused on symptom reduction and comfort.

Conservative Care



- You will continue to receive medical care.
- Treatment is focused on symptom reduction and comfort.



Transitioning to Conservative Care

Patient Guide



Step 1: I have chosen conservative care



What to expect

Throughout your journey and during each visit, your kidney care team works to understand your needs and provide you with relief from symptoms. The team will support you for as long as you choose. Alternatively, you may want your family doctor to care for you. The choice is up to you.

Discuss with your kidney care team what choosing conservative care will mean for you day to day. Over time, you may wish to speak to

your team about reducing your clinic visits and MD work. If a test, medication or diet restriction doesn't make you feel better or is too difficult, discuss with your team if you should continue with it. Conservative care offers you time to spend doing what matters most to you. You may not want the interruption of medical procedures, blood work or clinic visits.

Managing symptoms and the side effects that come with kidney failure can be difficult. It is important to let your nurse, doctor or healthcare team know if you have any symptoms or if your symptoms are worsening or causing you distress. Your kidney care team may use assessment tools to check on your symptoms.

Common symptoms include:

- Swollen legs
- Nausea and vomiting
- Fatigue/tiredness
- Itchy skin
- Swelling
- Shortness of breath

Your kidney care team can work with you to make sure these symptoms are manageable for you.



Step 2: Managing well with conservative care



What to expect

Managing well with conservative care means focusing on the things that matter most to you. That may mean spending time with loved ones, or doing the things that bring you joy. This is often referred to as quality of life as it concerns your general well-being and satisfaction with life.

Your kidney care will continue as it always has with clinic visits with your kidney care team. Working with your team, your kidney disease will be managed without dialysis. Every conservative

care management plan is different and is individualized. Depending on your needs and preferences, your care plan may include:

- Medications and diet you choose to protect your kidneys and slow down the progression of your kidney disease if possible
- Monitoring and treating your symptoms
- Regular communication between you and your healthcare team
- Psychological support
- Social work support: regular check-ins to ensure you feel supported and connected to community resources as needed
- Support for you and your family
- Sensitivity to your cultural and spiritual beliefs

What should I focus on during this stage?

When you choose conservative care you can focus on whatever is important to you. That way, your kidney care team can make suggestions for managing your disease as well, and as long, as possible.



Quick review

What would work
best for you?



Transplant



**Peritoneal
Dialysis**



Hemodialysis



**Conservative
Care**

Kidney transplant



Living Donor Transplant



Deceased Donor Transplant
(Option for dialysis patients only)



Dialysis

Peritoneal Dialysis (PD)



- Catheter needed.
- Manual or automated.

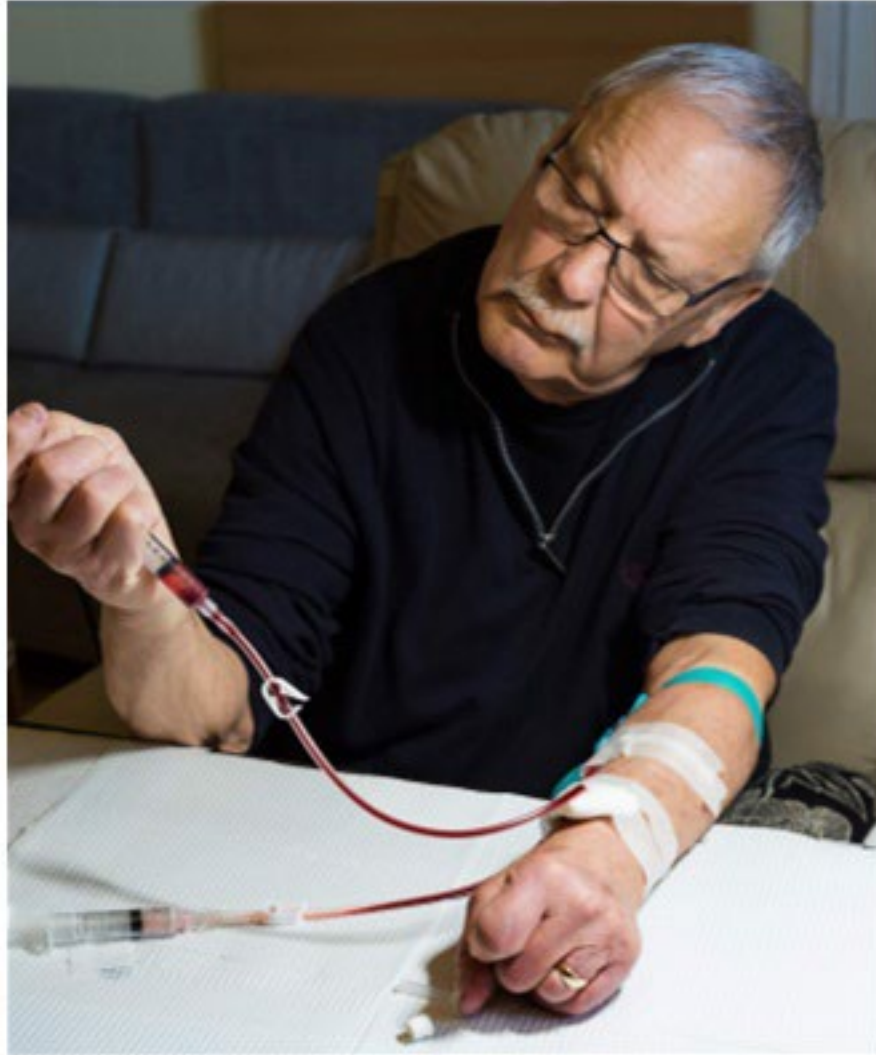
Hemodialysis (HD)



- Vascular access needed.
- Can be done at home or in a clinic.

Dialysis

Hemodialysis (HD)

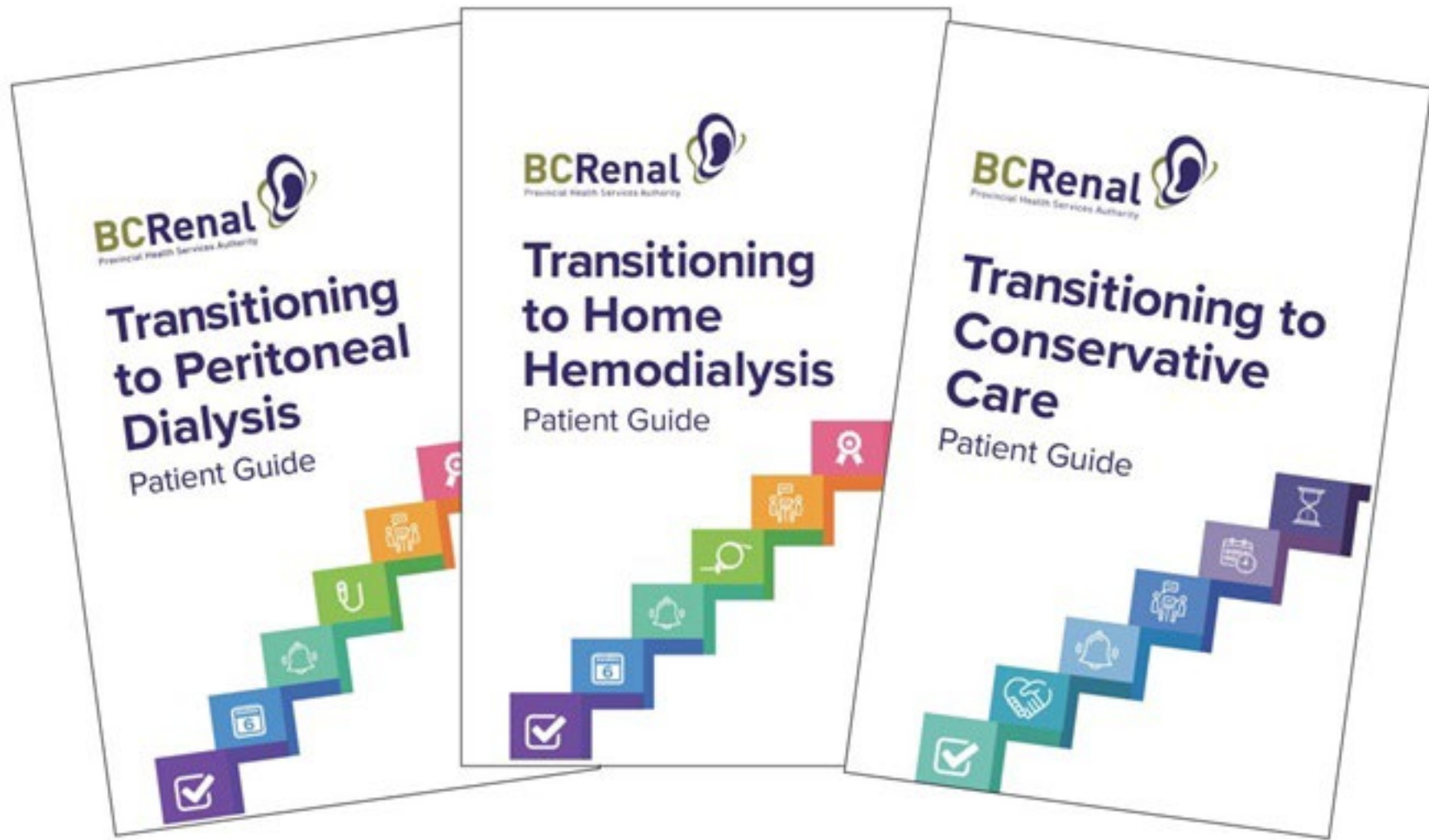


Peritoneal Dialysis (PD)



Conservative care





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Transitioning to Peritoneal Dialysis

Patient Guide

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Transitioning to Home Hemodialysis

Patient Guide

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Transitioning to Conservative Care

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