# UW Medicine UNIVERSITY OF WASHINGTON MEDICAL CENTER

# **Choices**

Making your treatment decision

### **Class Goals**

- 1. List the 3 main options to supplement or replace kidney function.
- 2. Review steps for each of the main kidney replacement options.
- 3. Review pros and cons of each option. Think about their effects on your own situation and lifestyle.
- 4. Talk with your own healthcare provider about your treatment options.

## **Overview**

You have learned about the treatment options to supplement or replace failing kidney function.

This section of your notebook details pros and cons of each treatment choice. The worksheet-style pages provide a way for making your own treatment decisions.

# How do you define "quality of life"?

- The definition of "quality of life" is unique for each person and family.
- Big life changes make us think deeply about what it is that creates a decent quality of life for us and our families.
- We all must have reasonable quality of life to be able to adapt well to changes.
- Some "give and take" is part of life. But, some issues cannot be compromised. You must have these things to be satisfied with your own quality of life.



The definition of "quality of life" is different for each person and each family.

My Thoughts		

# **Reviewing Your Treatment Options**

## Hemodialysis

- Cleans blood using an artificial kidney system.
- Most times, 3 treatments a week (home dialysis is 5 to 7 treatments a week).
- Each treatment lasts 3 to 5 hours (each daily short home dialysis treatment lasts 2 to 3 hours).
- Surgery is needed to create a blood access to provide enough blood flow for repeated use.
- Treatments can be done at a center or at home.

## **Hemodialysis Pros and Cons**

#### **PROS**

- Most effective form of dialysis
- Dialysis prescription can be changed to improve blood cleaning
- Set times for treatment
- "Days off" when no treatment scheduled

#### CONS

- Needle inserted at each treatment
- Fluid intake often limited between treatments
- Foods high in potassium, sodium, and phosphorus limited
- Not portable
- Surgeries and procedures may be needed to keep blood access working

## **In-Center Hemodialysis Pros and Cons**

#### **PROS**

- Support staff there
- Separate from your home
- Care is provided to you
- More social, able to meet with others

#### **CONS**

- Travel time
- Transportation to center
- Little flexibility in treatment schedule
- Less private
- Less time with family

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# **Home Hemodialysis: 2 Types**

## **Type 1: Daily Short Home Hemodialysis Pros and Cons**

### **PROS**

- Do on your own schedule
- No travel to the dialysis center for your treatment
- A sense of independence and control over your treatment
- At home where you are comfortable and with your family
- Fewer limits on fluids and foods
- Need fewer medicines
- Fistula may last longer
- Equipment is portable (you can take it with you)

### **CONS**

- Need space to store the machine and supplies at home
- Need special training
- May need a helper
- No professionals at home
- May add stress to you and your family

## Type 2: Nocturnal Home Hemodialysis Pros and Cons

## **PROS** CONS • No travel to the dialysis center • Need space to store the machine and supplies at A sense of independence and control over your treatment Need special training • At home where you are comfortable and with your family May need a helper • Fewer limits on fluids and foods • No professionals at home • Need fewer medicines • May add stress to you and your family • Fistula may last longer • Sleep may be disturbed • Equipment is portable (you can take it with you) • Gives the most time on dialysis, which can lead to a longer life My Thoughts


## **Peritoneal Dialysis**

- Cleans blood by drawing wastes from small blood vessels into the fluid you put in your belly.
- Done every day, 24 hours a day.
- Belly catheter needed to get dialysis fluid in and out.
- Treatments done at home or work.

#### **Pros and Cons**

#### **PROS**

- Portable no machine needed for continuous ambulatory peritoneal dialysis (CAPD)
- Some flexibility in treatment times
- Greater self-care and independence
- No needles
- Fewer limits on fluids and foods
- No big swings in how you feel
- May keep your own kidneys working longer

#### **CONS**

- Risk of being "under-dialyzed," depending on size and condition of belly membrane
- High, constant risk of infection
- High level of personal responsibility
- Need enough strength, good eyesight, and ability to work with small pieces of equipment
- No days off
- Supplies take up space
- Can absorb calories from PD fluid
- Can lose protein into the PD fluid

My Thoughts								

# **Peritoneal Dialysis: 2 Types**

## **Type 1: CAPD (Continuous Ambulatory Peritoneal Dialysis)**

- 4 to 5 exchanges done each day without a machine.
- Each exchange is 2 to 3 liters (about 2 to 3 quarts).
- Each exchange takes 30 to 45 minutes.

### **Pros and Cons of CAPD**

PROS	CONS			
<ul> <li>Portable</li> </ul>	High infection risk			
• No machine needed	Technique must be careful and consistent			
• Do on your own	High level of personal responsibility			
schedule	• Changes in how your body looks and its size			
<ul> <li>Private and independent</li> </ul>	Daily catheter care			
maepenaem	No hot tubs or baths, limits on swimming			
	• Fluid in belly takes up space, causes pressure, making you feel more full after eating			
	Risk for hernia			

## **Type 2: CCPD (Continuous Cycling Peritoneal Dialysis)**

- Done each night at home with a cycler machine.
- Exchanges occur at night while you sleep.
- Each treatment takes 9 to 11 hours.

## **Pros and Cons of CCPD**

PROS	CONS
<ul> <li>Daytime hours are mostly free</li> <li>Lower risk for infection</li> <li>Can be done by self or with a helper</li> <li>Good choice for medically fragile people</li> </ul>	<ul> <li>Machine needed</li> <li>Takes time – 9 to 11 hours every night</li> <li>Alarms can disturb your sleep</li> <li>1 or 2 daytime CAPD exchanges sometimes needed</li> <li>No "nights off" – treatment done all night, 7 days a week</li> </ul>

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## **Kidney Transplant**

- Surgery is done to connect a kidney from a donor to your blood system and bladder.
- A donor kidney replaces your damaged kidney. It makes urine, cleans blood, builds bones, and makes hormones for red blood cell production.
- The new kidney can be donated from a relative, friend, or someone you do not know. Or, it can come from a deceased organ donor (cadaveric).
- Medicines are needed as long as the kidney is in your body to prevent infection and rejection of the new kidney.
- Most times, there is no need to take out your own kidneys.

## **Pros and Cons of Kidney Transplant**

PROS	CONS
<ul> <li>Works like your own kidney</li> </ul>	<ul> <li>Transplant may not work – there is always a risk of rejection</li> </ul>
<ul> <li>You have more energy</li> </ul>	Risk of infection
<ul> <li>No dialysis needed</li> </ul>	Lots of medicines to take
• Far fewer limits on fluids and foods	• Many possible side effects from the medicines, including changes in body appearance
	At first, many clinic visits and blood draws needed

My Thoughts	

# **Treatment Choices Worksheet**

STEP 1: My Priorities  How do I rank these 19 items, in order of their importance to me?		STEP 2: On a scale of 1 to 10, with 10 being the highest:					
		<b>Hemodialysis</b> How well does hemodialysis meet my needs?		Peritoneal Dialysis  How well does peritoneal dialysis meet my needs?		Kidney Transplant  How well does kidney  transplant meet my  needs?	
Rank	Items	Home	Center	CAPD	CCPD	necus:	
	1. Effectiveness						
	2. Meets my schedule						
	3. Flexibility in timing						
	4. Day "off"						
	5. Time with family						
	6. Travel needed						
	7. Self-care						
	8. Separate from home life						
	9. Done by others						
	10. Staff support						
	11. Social aspect						
	12. Fewer limits on foods						
	13. Fewer limits on fluids						
	14. No needles						
	15. Space at home						
	16. Infection risk						
	17. Tub bath/swim						
	18. Lots of medicines					3	
	19. Frequent blood draws and visits						

	My Thoughts	
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Questions?		 
Your questions are important. Call your doctor		 
important. Call your doctor or healthcare provider if you have questions or		 
concerns.		 