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Session Name : Nephrology Board Review Course 2

Session Topic : -

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PD: Peritoneal Dialysis: A Beginner's Guide for Both Patients and Physicians

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Peritoneal dialysis (PD) is an effective and patient-centered modality of kidney replacement therapy, yet it remains underutilized in many clinical settings. This session aims to provide a concise, practical introduction to PD tailored for nephrology trainees and early-career clinicians. The lecture begins with an overview of the rationale for choosing PD, including its clinical benefits such as improved cardiovascular stability, preservation of residual renal function, and enhanced patient autonomy. Differences between continuous ambulatory peritoneal dialysis (CAPD) and automated peritoneal dialysis (APD) are reviewed, along with the mechanisms of solute clearance and ultrafiltration via the peritoneal membrane. Attention is given to patient selection criteria, common misconceptions, and the importance of structured patient education. Key clinical scenarios—including peritonitis diagnosis and management, mechanical complications, and monitoring of dialysis adequacy using Kt/V and the Peritoneal Equilibration Test (PET)—are presented. Transition strategies from PD to hemodialysis are also briefly addressed. Real-world case vignettes are used to reinforce clinical decision-making and highlight practical challenges in initiating and maintaining PD. Emphasis is placed on early identification of at-risk patients, proactive troubleshooting, and collaborative care models to optimize outcomes. By the end of the session, participants will be equipped with the knowledge to confidently consider PD as a viable first-line dialysis option and support patients through the training and maintenance process. This foundational understanding is essential for expanding access to PD and enhancing patient-centered care in nephrology practice.

Keywords: peritoneal dialysis , dialysis modality , clinical decision-making, patient education, nephrology training