Lecture Code : JS01-S3
Session Name : KSPD-JSPD Joint Symposium
Session Topic : Sustainable PD in a Healthy Condition
Date & Time, Place : June 20 (Fri) / 08:30-10:30 / Room 2 (GBR 102)

Prevention and Management of Metabolic Complications for Adult PD Patients

Hyo Jin Kim
Korea University Guro Hospital, Republic of Korea

Peritoneal dialysis (PD) is a vital treatment modality for end-stage renal disease, but it is associated with various metabolic complications that can significantly impact patient outcomes and quality of life. This lecture will provide a comprehensive overview of prevention and management strategies for key metabolic disturbances observed in adult PD patients. The spectrum of metabolic complications includes hyperglycemia, new-onset diabetes mellitus in nondiabetic individuals, and worsening glycemic control in diabetic patients, primarily due to continuous glucose absorption from dialysate. Weight gain and metabolic syndrome are common and closely linked to increased cardiovascular risk. Lipid abnormalities also contribute to the atherogenic burden in PD patients. Hypokalemia, often underrecognized, is another critical issue associated with an elevated risk of peritonitis and cardiac arrhythmias. Additionally, protein loss through the peritoneal membrane can lead to malnutrition and impaired immune function. Gastroesophageal reflux disease is also increasingly observed in PD patients and may be exacerbated by increased intra-abdominal pressure. This lecture will review current evidence and clinical practices for mitigating these complications. Topics will include the use of low-glucose or icodextrin-based dialysate solutions, dietary and pharmacologic interventions, individualized potassium management, and strategies for preserving nutritional status. A patient-centered and proactive approach will be emphasized to improve clinical outcomes and enhance the quality of life in PD patients.

Keywords: peritoneal dialysis , metabolic complications , hyperglycemia , weight gain , protein loss