



Lecture Code : KHP01-S3

Session Name : 재택투석 활성화: KHP2033 목표 달성을 위한 방안 토론(Home Dialysis Activation:

Discussions on Strategies for Achieving KHP2033)

Session Topic : -

Date & Time, Place : June 21 (Sat) / 15:10-17:10 / Room 1 (GBR 101)

Home Dialysis in Megacities: A Case Study of Home Hemodialysis in Tokyo

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According to the 2024 United States Renal Data System Annual Data Report, the proportion of home hemodialysis (HHD) among renal replacement therapies remains low worldwide (2.0% in the US, 12.0% in New Zealand, 3.0% in Hong Kong), significantly lower than in-center hemodialysis or peritoneal dialysis (PD). In Japan, there were 799 HHD patients (0.2%) at the end of 2023, fewer than in other countries, though the number has approximately doubled over the past decade. In Japan, HHD has no insurance reimbursement restrictions on dialysis frequency or duration per week, allowing flexible scheduling tailored to patient lifestyles, enhancing quality of life. Increased dialysis adequacy has led to better complication management and improved patient survival. Our institution currently manages over 30 HHD patients across a wide age range, from pediatric to elderly patients receiving end-of-life care. Representative cases include: a 9-year-old girl with end-stage renal disease (ESRD) due to focal segmental glomerulosclerosis, transitioned to HHD after unsuccessful PD and kidney transplantation, considering benefits in growth and development; an 85-year-old man with ESRD from diabetic nephropathy who continued HHD at home until death despite cognitive and ADL impairments; and a 63-year-old woman with ESRD complicated by cardiac dysfunction after acute myeloid leukemia and bone marrow transplantation, whose fluid and cardiac function management significantly improved after switching from hybrid PD-HD therapy to HHD. This session provides a concise overview of HHD, emphasizing its clinical advantages and superior outcomes through these illustrative cases.

Keywords: Home Hemodialysis, End-Stage Renal Disease, Quality of Life, Japan, Case-Based Clinical Outcomes