# Personalized PD Prescription

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A personalized peritoneal dialysis (PD) prescription, rooted in a patient-centered approach, emphasizes tailoring treatment plans to individual patient needs, values, and lifestyles while maintaining high standards of clinical care. As the global use of PD expands, it is increasingly important for practitioners to adopt prescribing strategies that prioritize not only biochemical targets but also patient well-being, autonomy, and quality of life.

PD offers unique advantages over in-center hemodialysis, including greater flexibility, better preservation of residual kidney function, and continuous fluid removal with minimal hemodynamic impact. However, these benefits are sometimes overshadowed by an overemphasis on achieving small solute clearance targets, such as urea removal. This narrow focus may limit the full potential of PD as a patient-friendly therapy. A more holistic and individualized approach—such as incremental PD—enables prescriptions to better align with each patient's clinical status and life circumstances.

Traditionally, dialysis adequacy has been defined by the clearance of small solutes. Yet, it is now widely recognized that this metric alone does not capture the full scope of patient outcomes. Recent guidelines reflect a paradigm shift: from purely numerical targets to broader clinical goals that incorporate symptom control, treatment satisfaction, and the minimization of treatment burden. This evolution underscores the importance of shared decision-making, individualized planning, and ongoing dialogue between healthcare providers and patients.

This review aims to summarize the growing body of evidence supporting a person-centered model in PD care. It highlights the importance of aligning treatment strategies with both clinical goals and patient priorities, ultimately enhancing the overall experience and outcomes for individuals receiving PD. By embracing a personalized approach, PD can remain a truly patient-centered modality within the spectrum of kidney replacement therapies.

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