

Submission No. : RCC2-0002

Session Title : Renal Conservative Care (Geriatrics 2)

Session Topic : Enjoy Life in Older Adults with CKD

Date & Time, Place : June 14 (Fri) / 17:00-18:30 / Room 5 (202)

A Pragmatic Randomized Clinical Trial: Twice Weekly VS Thrice Weekly Incident Hemodialysis in Elderly Patients

HAEKYUNG LEE

Soonchunhyang University Seoul Hospital, Republic of Korea

Background: The proportion of older adults undergoing dialysis is rapidly increasing worldwide. For elderly patients, treatment goals should take into account life expectancy and quality of life. However, the optimal frequency for hemodialysis in older adults with end-stage kidney disease (ESKD) has not yet been established. This study aims to investigate whether a twice-weekly dialysis with an incremental approach can reduce hospitalization rates compared to the conventional thrice-weekly dialysis in South Korea. **Methods:** This multi-center, pragmatic, randomized controlled trial has enrolled 438 ESKD patients aged 60 years or older with preserved residual kidney function (urine output > 500 mL/day). Participants are randomly assigned to either the twice-weekly or the thrice-weekly dialysis group and are followed for 24 months. The primary outcome of the study is the rate of all-cause hospitalization rates. Secondary outcomes include dialysis-specific hospitalization rates, mortality, quality of life, frailty, and cost-effectiveness. Participants have the flexibility to transfer to other dialysis centers, and decisions to increase dialysis frequency are made by the treating physicians. **Results:** The study is currently ongoing and is expected to be completed in May 2026. As of April 2024, 438 subjects have been enrolled in the study; 354 are actively participating, and 84 have successfully completed it. The study is registered in the Clinical Research Information Service (CRIS) under registration number KCT0006853. **Conclusion:** This study will provide valuable insights into the advantages and potential risks of twice-weekly dialysis with an incremental approach in older adults with ESKD and preserved residual kidney function compared to conventional thrice-weekly dialysis treatments.

Keywords: End-Stage Kidney Disease, Hemodialysis, Elderly