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Session Title : Renal Conservative Care (Geriatrics 1)

Session Topic : Conservative Care in Kidney Patients

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Dialysis Care for the Patient's Entire Life

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Introduction The main concepts of 21st century health care are patient-centered care, patient and family engagement and shared decision making (SDM). In many developed countries, the dialysis population has been getting older and it has become a serious issue that how comfortably they live their rest lives with CKD. The key words for the dialysis care for older patients are comfortable dialysis, home dialysis, conservative kidney management (CKM) and advance care planning (ACP) Comfortable dialysis Many of dialysis patients feel "fatigue" and it affects the daily life activities and finally deteriorate QOL of dialysis patients. We are able to reduce "fatigue" by personalizing dialysis prescription to each patient with the patient's "fatigue" as a parameter. Bio-compatible membranes with a broad removal property are beneficial for comfortable dialysis. Home dialysis Once a patient chooses in-center hemodialysis, the day will surely come in the future when the patient and his or her family will have to make the decision to stop dialysis. On the other hand, home dialysis can smoothly lead to the conservative care in home. CKM CKM is an important option for end-stage CKD, especially in the elderly, but the development of CKM varies greatly depending on the health economic situation and national character of a country. Need for CKM is rapidly increasing in Japan to accommodate the growing number of elderly CKD patients and their diverse values. ACP It is very important to know what the patient's priorities are and to make this a common perspective shared by the patient, family and medical staffs in order to develop an appropriate care plan according to the patient's priorities. Conclusion First, we need to know the patient's priorities and create an appropriate care plan that seamlessly combines comfort dialysis, home dialysis, and CKM for the patient's entire life.

Keywords: comfortable dialysis, home dialysis, conservative kidney management, advance care planning