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Session Title : Industry Symposium 9 (Fresenius Medical Care)

Session Topic : Individualized Care for Patients Undergoing Dialysis At-Home and In-Center:
The Right Therapy, Right Place, Right Time

Date & Time, Place : June 15 (Sat) / 12:00-13:00 / Room 2 (GBR 103)

Empowering Dialysis Patients at Home: Why, Who and How?

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This lecture aims to:

- Describe hidden cost of dialysis
- Explore why we should consider home dialysis and how to increase its uptake
- Hidden cost of dialysis
- Dialysis is 'challenging' and burdensome.
- Most patients experience dialysis as incompatible with an active lifestyle.
- Depression and anxiety affect patients receiving dialysis ~4X that of general population.
- Untreated emotional problems are associated with poor outcomes. Home dialysis can potentially alleviate these challenges by delivering individualised person-centred care.
- Home dialysis (e.g., peritoneal dialysis, home haemodialysis) has been associated with better quality of life and higher patient satisfaction compared to in-centre haemodialysis possibly from greater treatment flexibility.
- Identifying patients for home dialysis can be met with potential barriers, which may be at clinician, patient, and service levels. Many of these can be overcome by using a systematic approach to assessment and providing support.
- There is a great variation in home dialysis penetration between and within countries, demonstrating opportunities to enhance uptake.
- To enhance home dialysis uptake, we need to:
 - o Actively develop and implement pathway to home dialysis
 - o Set up appropriate infrastructure
 - § Dedicated unit – physical and personnel
 - § Multi-disciplinary resources

Summary

- Home dialysis enables delivery of individualised, patient-centred care offering greater autonomy and flexibility
- Variable uptake in home dialysis is not due to patient factors, but rather originates from culture/philosophy of unit
- Strategies need to address personnel, resources and infrastructure

Keywords: home dialysis, outcome, uptake, peritoneal dialysis, haemodialysis