

# Changes in compliance in a pregnant patient on chronic dialysis program. A case report.

Zsuzsa Éva Nagy, Ben Thomas, János Mátyus, Veronika Battyányi, Gergely Becs, József Balla

Fresenius Medical Care Dialysis Centre Debrecen, Hungary

## Introduction

Conception in women on dialysis is rare. In our case, the unplanned but joyful expectations of the arrival of a healthy baby presented us with huge challenges which we saw as an opportunity to learn.

## Objective

To provide effective treatment for a pregnant patient with good compliance until the third trimester.

## Methods

A 39 year old patient living in a socially impoverished rural community with two teenager daughters. The patient commenced the dialysis in 2014, and was non-compliant with the treatment. This included failure to attend regular haemodialysis sessions, poor nutrition, fluid overload and refusal to perform the 4th operation for the creation of an AV fistula. In 2017, she underwent a surgery for a tumor of the transverse colon, but then refused any further treatment. A routine abdominal ultrasound in April 2017 revealed a pregnancy. Hormonal and psychological changes, happiness within the family, coupled with patient's attachment to the fetus resulted in her strict adherence to treatment prescriptions. She agreed to fistula surgery and 5 sessions, in total 17 hours haemodialysis treatment weekly. For anticoagulation, low-dose low-molecular weight heparin was applied and erythropoietin dose was doubled.

## Results

Besides regular gynecology visits (non-stress test, ultrasound, blood flow), an elective caesarean section was suggested to her. However, the baby was delivered through the vaginal route in the 31st week of gestation. Parameters of baby were: male gender, weight: 1.240 kg and height: 40 cm. As a premature baby, further management was carried out in the perinatal intensive care unit. The newborn left the unit in good health condition weighing 3.0 kg. After the successful delivery, the patient's compliance started worsening. Probably due to post partum depression, she skipped several treatment sessions, and was at that time hospitalized in the ICU, where she finally died.

## Conclusion

During the pregnancy, we were able to make the patient attending 5 sessions of haemodialysis treatment weekly. Devoted medical attention and nursing care<sup>2</sup>, including psychological support, resulted in good compliance and delivery of a healthy baby. Although she received maximal support, her compliance gradually worsened and led to her death in a relatively short period of time.



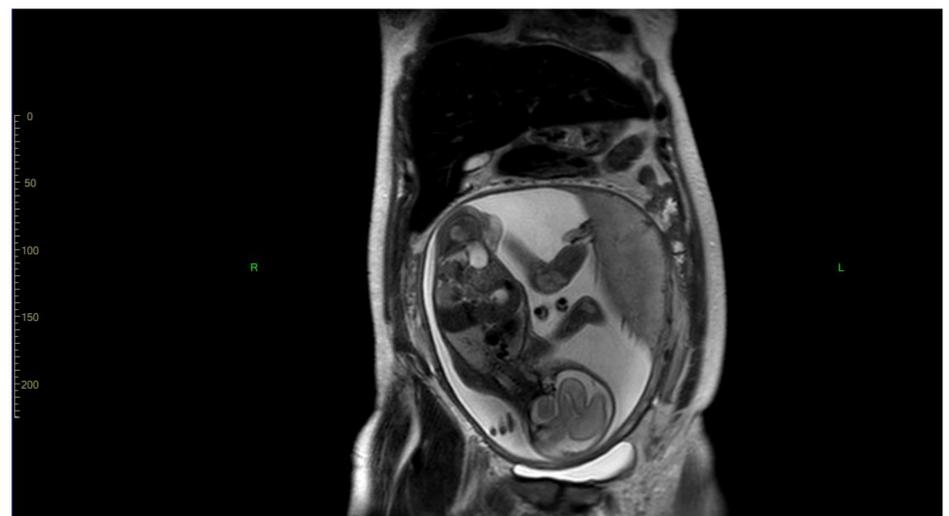
Picture 1. Gynecological care during pregnancy

Source: <https://www.google.com/search?q=pregnant+women+pictures&tbn=isch&source=hp&sa=X&ved=2ahUKewjy-NLqbnjAhWBbFAKHcaMAiYQ7Al6BAGGEBs&biw=1366&bih=651#imgcr=TmCKyW9x7nZErM:&spf=1563273036553>



Picture 2. Adequate haemodialysis treatment is required for a healthy newborn

Source: [https://www.google.com/search?q=pregnant+women+in+dialysis+pictures&tbn=isch&tbs=rimg:CW6Xw12IIdGBIjJMXRg0HxxQk9gFsvyxCM3Mv1Ljb7DddolmtokE00pdlvTYEukKloyZohhm4QF\\_16SZQf4yAG\\_1dSoSCxdGDp9HnCTEVNfYvZkHkKbK1I2AWy\\_1LEzcvR9K1IN3UVIPWkqEgJXUuNw4PR2hGYxzSPiWvFmioSCSly9SQ1TSI2ERV\\_1n513uJ7WjK1I99NgS6IoaKjIRaB2JkP0egROqEgnag6aHhAX\\_1hE0vgYboxw\\_11CoSCZJlB\\_1jIAb91Ec\\_12pSAjSoR&tbo=u&sa=X&ved=2ahUKewjioOzan7njAhWEGuwKHdRDBVoQ9C96BAgBEg&biw=1366&bih=651&dpr=1#imgdii=AsyO2zJD1HZrIM:&imgcr=9NgS6IoaKjJHKM:&spf=1563273534797](https://www.google.com/search?q=pregnant+women+in+dialysis+pictures&tbn=isch&tbs=rimg:CW6Xw12IIdGBIjJMXRg0HxxQk9gFsvyxCM3Mv1Ljb7DddolmtokE00pdlvTYEukKloyZohhm4QF_16SZQf4yAG_1dSoSCxdGDp9HnCTEVNfYvZkHkKbK1I2AWy_1LEzcvR9K1IN3UVIPWkqEgJXUuNw4PR2hGYxzSPiWvFmioSCSly9SQ1TSI2ERV_1n513uJ7WjK1I99NgS6IoaKjIRaB2JkP0egROqEgnag6aHhAX_1hE0vgYboxw_11CoSCZJlB_1jIAb91Ec_12pSAjSoR&tbo=u&sa=X&ved=2ahUKewjioOzan7njAhWEGuwKHdRDBVoQ9C96BAgBEg&biw=1366&bih=651&dpr=1#imgdii=AsyO2zJD1HZrIM:&imgcr=9NgS6IoaKjJHKM:&spf=1563273534797)



Picture 3. The patient's MRI scan was done to ensure the tumor-free status and it shows a unique picture of the fetus

## References

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