

The case of a patient with chronic dialysis who during hemodialysis therapy became pregnant and gave birth to a healthy child

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| Background

Few women of childbearing age on dialysis deliberately get pregnant (this percentage is 4-7 %). Many pregnancies end in early labor (average pregnancy lasts 32 weeks). The delivery usually occurs by caesarean section.

| Methods

Analyzed were the following medical records: hemodialysis protocols, nursing reports, diagnostic tests results, laboratory tests results, obstetrical documentation. Special attention was paid to the process of nursing the pregnant woman, taking into the account the following issues:

1. Acceptance of the hemodialysis scheme times a week for 3-3.5 hours, depending on the urea concentration before HD, maintaining proper bicarbonate concentration in the dialysate adjusted to the current balance of the metabolic acidosis (the content of bicarbonate in the dialysate was gradually lowered to 25 mmol/l), maintaining the proper serum potassium (dialysate K 4.0 mmol/l, Ca 1.75 mmol/l, Na 136 mmol/l, glucose 100 mg/dl), the dialysate must have a higher calcium content due to low calcium levels in the patient's serum.
2. Prevention of anemia which was corrected by means of epoetin beta and iron preparation in the form of sucrose, the patient received B-complex group and vitamin C supplements and folic acid.
3. Prevention of hypertension. Monitoring and implementation of self-control of blood pressure and hydration status between dialysis center.
4. Supporting the patient during emotional fluctuations – psychological sessions, active assistance of medical personnel in the dialysis center.
5. Involving the patient's partner in providing emotional support for the expectant mother.
6. Preparation of the home environment for the baby to come.



Mother and Edyta Górecka with the baby.



Edyta Górecka feeds the baby.

| Conclusion

On 09 March 2015, by way of caesarean section, in the 36th week of pregnancy, the patient gave birth to a boy weighing 2.560,00 grams. Individualization of hemodialysis allowed for almost physiological pregnancy and organizing the nursing process oriented to provide psychological support to the patient and her family helped to overcome the stress experienced by the woman throughout the pregnancy.