



Health gains in long-term nocturnal haemodialysis

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Presentation outline

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Introduction

- **Long-term Nocturnal Haemodialysis (LTNHD) exists in NephroCare Barreiro Centre since 2011;**



- 12 Patients in bed chairs;
 - 12 Fresenius 5008 CorDiax machines;
 - 362' mean treatment time;
 - 272ml/min. mean blood flow rate;
 - 3 sessions per week;
 - 2 Nurses;
 - 1 Doctor;
- **In response to the need of a well-tolerated, efficient and accessible treatment;**
 - **Promoting an improvement in the Quality of Life (QoL).**

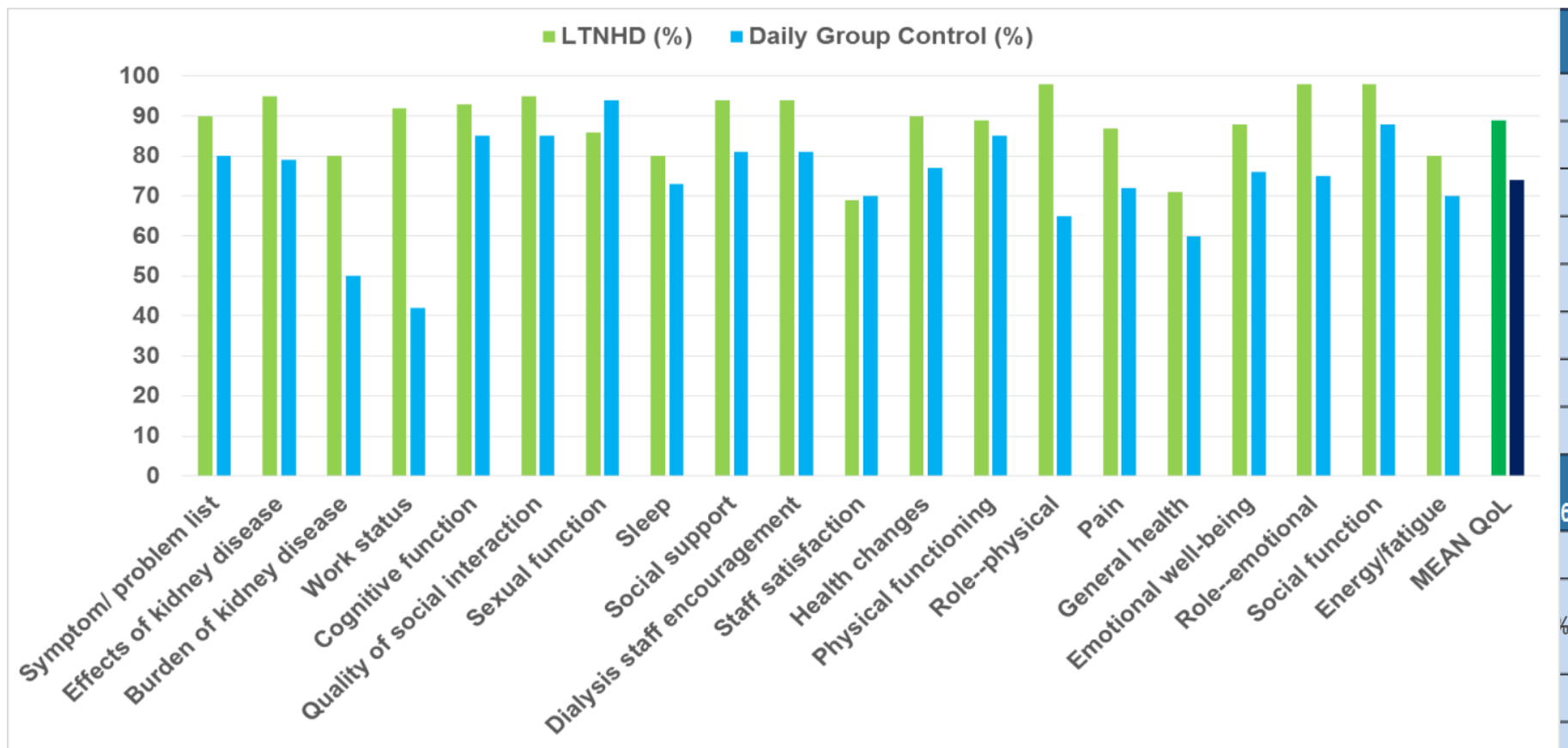
Objectives

- **Our goal was to assess the QoL and health gains of LTNHD patients as compared to a control group (group of patients in a standard day shift) at NephroCare Barreiro Centre.**
 - Evaluating:
 - Analytical profile;
 - Dialysis parameters;
 - Quality of Life.
- **To evaluate LTNHD patients' satisfaction with the programme**

Methods

- **With a mixed qualitative and quantitative study, descriptive, retrospective, transverse, exploratory study.**
- **Data of the sample and control group were extracted from EuClID[®] database by means of non-probabilistic sampling.**
- **The Kidney Disease Quality of Life Scale (KDQOL-SF) was applied to evaluate QoL.**
- **And data collection instrument was completed with an Interview on LTNHD group, focusing on Adaptation Factors.**

Results



- Improved Quality of Life

Figure 21. Categories mentioned in the Interview on LTNHD Adaptation

Nurse	5.1 ± 1.2	4 ± 1.2 ⁶⁷	mean P (mmol/L)	4.9 ± 1.7	5.4 ± 0.9
	0 ± 0 ⁰	0 ± 0 ⁰	Mean P binders (atv)	0 ± 1	1 ± 1

Conclusions

- **In our daily practice and according to the evidence Long-term Nocturnal Haemodialysis provides:**

- Well-tolerated treatment
- Higher dialysis efficiency
- Higher satisfaction
- More spare time reported
- Social relationship's improvement
- Better control of P serum levels
- Less restrictive diet
- Less fatigue
- And...

• **A better Quality of Life!**



**Thank You
Very Much
for Your
Attention!**

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Acknowledgments

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