

The advantages and disadvantages of conventional haemodialysis versus self-dialysis

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Introduction

Many studies have shown that haemodialysis patients who are actively involved in their treatment process take over direct responsibility for their care and often experience better clinical outcomes¹. The concept of Chronic Kidney Disease (CKD) describes a progressive and irreversible deterioration of kidney function. In self-care dialysis, patients often require qualified and specialised supervision performed by nurses requiring scientific knowledge, technical, and human skills as well as awareness of the different aspects of the person, family, and environment².

Objectives

To understand the advantages and disadvantages of conventional in-centre haemodialysis programmes as compared to self-dialysis in our clinic.

Methods

An interview is a particular form of verbal communication established between the researcher and the participants in order to collect data. It also involves the gathering of information from participants relating to the facts, ideas, behaviours, preferences, feelings, and attitudes of patients, making it the most comprehensive form of information. We established an interview with semi-structured open-response for each participant, which they completed in the dialysis room during treatment. The same was applied to 10 patients in self-dialysis who had previously performed conventional haemodialysis.

Results

After thematic analysis we established the following categories (Graph 1):

- CKD and myself (loss of autonomy was one of the most important reasons for patients to refuse dialysis treatment)
- CKD, the others and me (a dialysis unit enabling and actively encouraging self-management, patients will tend to participate, and if they are motivated, may overcome significant difficulties in order to exceed the expectations or predictions of the dialysis staff)
- CKD and my life (adherence to treatment and health-related quality of life are two highly complex factors for people living with CKD).

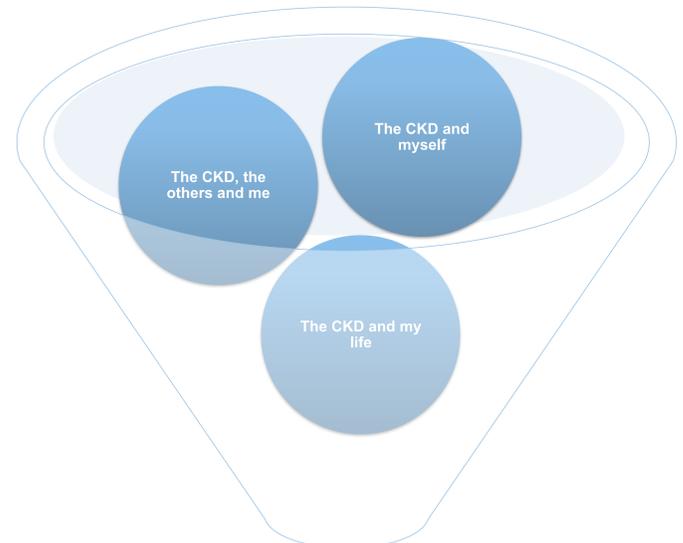
Conclusion

Providing patients with broad wellness education programme prior the need for dialysis, help them to initiate dialysis in the optimal state of health.

The self-dialysis allows greater personal fulfilment and comes as close as possible to having a normal life.

References

- ¹New Interest in an Old Idea. (2007). *Incontrol*, Vol. 4 :S1-S4. Acedido em 23 de Novembro de 2015, em: <http://lifeoptions.org/catalog/pdfs/news/icv4n3.pdf>.
² National Kidney Foundation.(2006). *KDOQI Clinical Practice Guidelines and Clinical Practice recommendations updates*. Am J Kidney Dis. 48: S42-S44.



Self-dialysis

Graph 1: Results of thematic analysis



Picture 1: Self Dialysis Programme