



Kidney Health

Helping you make the right choice

The Kidneys

The kidneys are two bean shaped organs that are located in your lower back on either side of your spine.

The kidneys perform many important roles, some of which include getting rid of waste products from your body by making urine, regulating water balance, and producing hormones.

Chronic kidney disease (CKD)

is a decreased level of kidney function that is prolonged and may result in **kidney failure**.

Some risk factors that may cause chronic kidney disease include diabetes, high blood pressure, and family history of kidney disease. If you're at risk of developing chronic kidney disease, your primary care provider can perform a simple blood test and urine test for screening.

If you are diagnosed with chronic kidney disease, then you will be referred to one of our many Progressive Renal Insufficiency (PRI) teams where you will be followed by a Nephrologist and a team of health care professionals who are specialized in improving and promoting kidney health. With the right preventative measures, chronic kidney disease may be slowed or stopped.

Despite preventative measures, chronic kidney disease may develop into kidney failure. During kidney failure, your body may be unable to remove enough fluid and waste products. If this occurs, there are options to replace the lost kidney function, which include:

1. Transplant
2. Dialysis
 - a. Peritoneal Dialysis
 - b. Home Hemodialysis
 - c. In-centre Hemodialysis
3. Conservative Care

1. Transplant

A surgical procedure that involves transplantation of a kidney to a recipient from a living or deceased donor. This can occur before dialysis is needed or can occur once dialysis is initiated. It involves an extensive workup of diagnostic testing to ensure both the recipient and donor are suitable for the procedure.

2. Dialysis

A process by which wastes and excess fluid are removed from the body. There are three options for Dialysis:

a. Peritoneal Dialysis

Peritoneal dialysis is a home based dialysis therapy. It is a process by which fluid flows through a tube that's inserted

into your abdomen. The fluid dwells there for a set amount of time and then is drained off, along with excess fluid and waste. This type of dialysis can be performed in your home by the dialysis patient and/or a caregiver.

b. Home Hemodialysis

Home hemodialysis is a home based dialysis therapy. It is a process by which blood is taken from the patient, cleaned of waste and excess fluid by a machine, and returned to the patient. This type of dialysis can be performed in your home by the dialysis patient and/or a caregiver.

c. In-centre Dialysis

In-center dialysis treatments require regular visits to a health care facility, such as a hospital

or outpatient clinic. An in-centre dialysis treatment varies from three to five hours per dialysis treatment and occurs three to four times per week. During the treatment, blood is taken from the patient cleaned of waste and excess fluid by a machine, and returned to the patient.

3. Conservative Care

Conservative care (also known as supportive care), focuses on the treatment of the symptoms of kidney failure to make the patient feel as well as possible. Conservative care does not include dialysis or transplant but it does include aspects of care to help minimize the potential side effects of kidney failure though dietary and fluid monitoring and medication regimes.

Benefits of Home Based Dialysis (Peritoneal Dialysis and Home Hemodialysis) versus In-centre Dialysis)

	In a health care facility	At home
Flexibility	On average; three treatments a week for four hours per treatment. Monday, Wednesday, Friday; or Tuesday, Thursday, Saturday.	Flexible. Three to seven long or short treatments per week at times that work best for you.
Machine and Supplies	Supplied and located in the dialysis centre.	Machine and all essential supplies are provided.

Flexibility. Independence. Convenience.

Freedom	Less freedom on treatment days.	More freedom because you set the treatment schedule to meet your individual ordered prescription. Less fluid and dietary restrictions.
Required Work	Dialysis staff perform all work required for your treatment.	You and/or your caregiver must: <ul style="list-style-type: none"> • set up, run, and clean the machine; • check vital signs; • record the treatment data; • draw and deliver the bloodwork to the lab; • order supplies.

Training for Home Hemodialysis is typically 5-8 weeks (which is dependent on the learning needs of the person(s) being trained). All essential HD equipment and supplies are provided.

Training for Peritoneal Dialysis usually takes one week (Monday to Friday).

You will be provided with a 24-hour technical support call line and will have routine contact and follow up with your primary care nurse. There will be a member of the health care team accessible by telephone at all times.

If you have any questions or concerns, please reach out to your dialysis care provider.