

**Chronic Kidney Disease  
Education: Impact on  
Peritoneal Dialysis**  
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**Disclosure**  
  
Fresenius Medical Care

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**Learning Outcomes**  
  
Identify Role of chronic kidney disease (CKD)  
education in increasing peritoneal dialysis as a  
modality of patient choice

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### Chronic Kidney Disease (CKD) Education

- ▶ Dietary guidelines (renal diet)
- ▶ Medication
- ▶ Physical activity
- ▶ Healthy life style
- ▶ Managing chronic illness and quality of life
- ▶ Maintaining employment and managing chronic illness
- ▶ Empowering self advocacy
- ▶ Treatment options
- ▶ Access education

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### CKD Education

- ▶ Patient Centered
- ▶ Collaborative: involve interdisciplinary team as well as patient support system
- ▶ Supportive
- ▶ Consistent
- ▶ Ongoing
- ▶ Include Disease process, medication management, nutritional guidelines and lifestyle management

(Lopez-Vargas, Tong, Howell and Craig, 2016).  
(Department of Health and Human Services, 2010)

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### Motivating patients Requires Patience

- ▶ Time for education and support
- ▶ Proficient educator
- ▶ Patient comprehension
- ▶ Patient confidence
- ▶ Timely referral and proper pre-dialysis education are instrumental in increasing PD modality of choice

(Pajek, 2015)

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### Benefits of Peritoneal Dialysis

- ▶ Increased flexibility
- ▶ Higher quality of life
- ▶ Less hemodynamic instability
- ▶ Convenience of home
- ▶ Empowerment
- ▶ Preservation of residual renal function
- ▶ Lower hospitalization
- ▶ Decrease access interventions

(Pajek, 2015)

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TABLE I: Summary of studies on the impact of predialysis education in modality choice.

Reference	Study type (number of patients)	Number of patients with structured/timely educational intervention versus controls	Modality choice (PD versus HD)
Ahlmén et al., 1993 [67]	Retrospective single-centre cohort (N = 101)	N/A (all patients invited to education)	38% chose PD versus 24% choosing HD
Prichard, 1996 [68]	Retrospective single-centre cohort (N = 150)	N/A (all patients exposed to an extensive education programme)	Of 74 patients with a free modality choice 50% chose PD
Little et al., 2001 [69]	Retrospective single-centre cohort (N = 254)	65% with timely counselling versus 35% counselled at or after dialysis start	50.9% chose PD versus 34.8% of controls
Marrón et al., 2005 [70]	Retrospective multicentre observational (N = 626)	37% versus 63%	31% chose PD versus 8.3% of controls
Ribitsch et al., 2013 [71]	Retrospective single-centre cohort (N = 227)	30.8% versus 69.2%	54.3% chose PD versus 28% of controls

(Pajek, 2015)

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### Benefits of CKD Education

- ▶ Self care
- ▶ Improved ability for informed decision making
- ▶ Understanding of illness
- ▶ Delay renal replacement therapy
- ▶ Modality of choice

(Department of Health and Human Services, 2010)

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### Late Referrals

- ▶ Decreased opportunity to slow progression of CKD
  - ▶ Decreased opportunity to avoid complications of CKD
  - ▶ Decreased rate of transplantation
  - ▶ Deprivation of modality of choice
  - ▶ Increased mortality
- (Bansal, et al, 2014)

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### Promoting Peritoneal Dialysis or offering patients Informed Choice???

(Johns, Yee, Smith-Jules, Campbell, and Baur, 2015).

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40% ↑ PD Penetration  
Delay in initiation of renal  
replacement therapy of 3 months

(Johns, Yee, Smith-Jules, Campbell and Baur, 2015)

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### GUIDE Program (Netherlands)

- ▶ eGFR 15
- ▶ Home Visit (Case manager and Social Worker)
- ▶ Questionnaire
- ▶ IDT - modality recommendation
- ▶ Modality education
- ▶ Second IDT meeting
- ▶ Selection of treatment modality

(De Maar et al, 2014)

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### GUIDE Impact

- ▶ 14 month
- ▶ 102 patients in GUIDE program
  - ▶ 62% advised to have dialysis
  - ▶ 34.2% chose PD
  - ▶ 8.2% chose HHD
- ▶ 37 patients started RRT
  - ▶ 75% started on modality of choice
  - ▶ 22.9% started a home therapy as initial treatment
  - ▶ 32% on home dialysis at the end of the research period

(De Maar, et al, 2014)

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### Recipe for PD Program Growth

- ▶ Eager and motivated peritoneal dialysis team
- ▶ Comprehensive education program
- ▶ Structured PD catheter placement plan

(Bansal et al, 2014).

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### Conclusion

- ▶ CKD education allows patients opportunity for collaboration and informed choice of treatment modality
- ▶ CKD education has shown to increase PD modality of choice
- ▶ Effective CKD education is comprehensive, collaborative and ongoing

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