

## **Lifblood Foundation - Kidney Disease Education: Introduction to Modalities Outline (2021 Edition)**

Different types of kidney disease treatments are called “modalities”

- Hemodialysis, in a clinic or at home
- Peritoneal dialysis
- Kidney transplant

Which type you undergo is your choice

Some may choose not to get treated

- If they are so sick, they couldn't tolerate the treatments
- If the quality of life is so bad already that treatment would only add to the misery
- Making that choice is recognized as valid and is legal

There are about 750,000 Americans on dialysis or with kidney transplants

- 500,000 are on hemodialysis
- 50,000 are on peritoneal dialysis
- 200,000 have kidney transplants

Dialysis is usually started when the kidney function has dropped to 10-12 units

- That's when symptoms from the waste product buildup are no longer tolerable
- The symptoms are swelling from fluid, appetite lack, nausea, itching, sleepiness

Hemodialysis involves removing blood from the body, cleaning and returning it

- This requires a way to remove blood; a fistula, a shunt or a tube called a catheter
- Two needles are placed into a modified blood vessel called a “fistula” or “shunt”
- The needles are removed at the end of each treatment
- If the patient is using a catheter, that remains in the chest permanently
- This type of treatment can be done either in a dialysis clinic or at home
- If treatment is done in a dialysis clinic, the staff take responsibility for treatments
- If treatment is done at home, the patient and a helper run the treatments
- Treatments are usually done three times a week for four hours in a clinic
- The number of treatments and their length can be varied if it is done at home

Peritoneal dialysis involves putting a clean salt and sugar solution into the belly cavity

- This requires a clear soft silicone tube called a “peritoneal dialysis catheter”
- The fluid absorbs the waste products over a couple hours and is then drained out
- The process of putting in clean fluid and removing fluid with wastes is repeated
- This modality of treatment is be done at home, at work, or while traveling

Dialysis requires changes in lifestyle

- The intake of fluid needs to be limited between treatments for hemodialysis
- Intake of things like potassium and phosphate in the diet need to be limited

If it is possible to receive a kidney transplant safely, that should be the ultimate goal.

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