



DECISION AID

Chronic kidney disease: Peritoneal dialysis or hemodialysis?

Our kidneys are responsible for cleaning our blood and are also involved in many different bodily functions. But in chronic kidney disease, the kidneys become increasingly less able to do their job. That can lead to symptoms like physical weakness, shortness of breath, itching or swollen legs. If the kidneys stop working completely, fluid and harmful substances build up inside the body and the disease becomes life-threatening.

One option is then to have a healthy donor kidney transplanted. That is not always possible or it might be something you don't want to have done. And it often involves long waiting times. Then dialysis is a way to still be able to clean your blood. There are two main types of dialysis, known as hemodialysis and peritoneal dialysis. Experts consider the two methods to be equally effective. But their impact on your daily life is very different:

This decision aid is designed to help you decide together with your doctors on the type of dialysis that best suits you and your daily life.

THERE ARE TWO DIALYSIS OPTIONS:

- | | |
|----------------------------|---|
| Peritoneal dialysis | <div data-bbox="435 1075 963 1276"><div>At home as</div><div>continuous ambulatory
peritoneal dialysis (CAPD), or</div><div>automated peritoneal dialysis (APD)</div></div> |
| Hemodialysis | <div data-bbox="435 1366 898 1469"><div>in a dialysis center, or</div><div>at home as home hemodialysis</div></div> |

*You can read about
the pros and cons of
these treatments on the
next pages.*

The only alternative to continue to live despite having advanced chronic kidney disease is to get a kidney transplant.

MAKING AN INFORMED DECISION

This decision aid probably won't include all of the information that you need. You will still need to talk to a doctor, but the decision aid can help you. A decision for one of the two types of dialysis will also depend on other factors, like other health issues, your expectations of the treatment and whether you have already tried one kind of dialysis.

PROS AND CONS OF THE TYPES OF DIALYSIS

	Peritoneal dialysis	Hemodialysis
What does the treatment involve?	<p>As preparation, a surgical procedure is used to place a catheter in your abdominal cavity (the hollow space surrounding the organs in the abdomen) that remains there.</p> <p>The catheter allows about two liters of dialysis fluid to pass into the abdominal cavity. The dialysis fluid absorbs waste products from the blood. The fluid is usually replaced two to four times per day (CAPD). A machine is not needed to do this.</p> <p>Alternatively, the catheter can be connected to a device overnight to automatically replace the fluid (APD).</p> <p>You can do peritoneal dialysis at home on your own after you have been shown how to do it.</p>	<p>As preparation, a surgical procedure is used to create a special access point (shunt), usually on the blood vessels in one arm.</p> <p>Two cannulas are inserted into this shunt at each dialysis session through which the blood can flow into a machine, where it is cleaned and then directed back into your body. This typically needs to be done three times per week, lasting about four to five hours each time.</p> <p>This treatment is usually carried out in an outpatient setting at a dialysis center. Treatment at home (home hemodialysis) is also possible, but then you need to be instructed in the use of the device and special hygiene rules.</p>
Who is the treatment suitable for?	People whose kidneys can no longer clean their blood properly (kidney failure) or who either do not have the option of getting a kidney transplant or are waiting for a donor kidney.	
What are the advantages of the treatment?	<p>Both forms of dialysis allow people with chronic kidney disease to live for many years.</p> <p>You can do peritoneal dialysis on your own at home, and even when you are traveling.</p> <p>The rules about what you can eat and drink are less strict than those for hemodialysis.</p>	<p>You do not have to manage the treatment yourself when you have hemodialysis at a dialysis center. There the professional staff will take care of it.</p> <p>Dialysis is only needed on three days per week.</p> <p>Guest hemodialysis is possible at many travel destinations.</p> <p>Treatment at home is also possible with hemodialysis. Then you do not need to go in to the dialysis center.</p>

PROS AND CONS OF THE TYPES OF DIALYSIS

	Peritoneal dialysis	Hemodialysis
What are the possible disadvantages of treatment?	<p>You or a family member will have to manage the treatment several times a day and plan about 20 to 30 minutes to change the bag.</p> <p>Your abdomen is typically full of fluid in CAPD.</p> <p>If you have APD, you will be connected to a machine at night.</p> <p>You need storage space for the fluid bag and you need to orchestrate ordering new bags and disposing of them.</p> <p>The catheter remains in the body constantly. In rare cases it can cause pain or infections, or become stuck or twisted. That can make peritoneal dialysis difficult.</p> <p>The fluid used in dialysis contains sugar and may lead to weight gain in isolated cases. If you have diabetes, you will have to adjust your therapy.</p>	<p>The long treatment time – plus the travel time – and the fixed appointments at the dialysis center can be difficult to manage.</p> <p>In rare cases, the shunt can cause pain and infection, or it can become clogged with blood clots. Other rare problems during dialysis include leg cramps or blood pressure trouble.</p> <p>You need to take anticoagulant drugs on the treatment days. The possible side effects of that medication include bleeding.</p> <p>The rules for eating and drinking are a bit more strict than they are for peritoneal dialysis.</p> <p>If you decide for home hemodialysis, you need support from a trained assistant and enough space for the dialysis device, as well as for the material and equipment.</p>

YOUR DECISION

Now that you've read lots about your illness and the treatment options, you can use this section to weigh up the pros and cons of each treatment for yourself. Which treatment immediately appeals to you most? Which would you not want at all? Feel free to go back and re-read anything you want to check.

WHAT ARE YOUR CONCERNS?

You can use this table to note any concerns you have about choosing a treatment. If you like, you can take this decision aid with you to your next appointment and talk about it with your doctor.

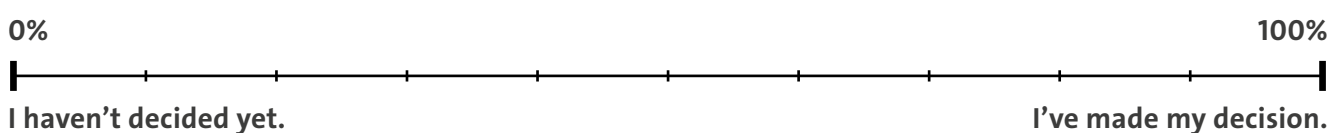
Rank the statements below starting with a 1 for the ones that apply most to you, 2 for the ones that don't apply quite as much, and so on. You can add your own statements too.

Statement	To what extent does this apply to me?
I would like to carry out the dialysis on my own.	
I would like to be as flexible and independent as possible in my daily life.	
It is important to me that the dialysis can be coordinated with my job.	
I do not want the trips to and from the dialysis center to make my treatment time even longer.	
I would like to have as few things as possible in my home that have to do with my disease – and especially no medical devices.	
I do not want to have dialysis every day.	
I would like to be able to travel with as few restrictions as possible.	
I would like medical professionals to perform the dialysis.	
I would like to have the dialysis done at home.	

HOW FAR HAVE YOU GOT WITH YOUR DECISION?

You can use this section to work out how far along you are in your decision-making process.

Mark where you are on a scale of 0 to 100.



WHICH TYPE OF DIALYSIS WOULD YOU CONSIDER?

You can use this table to rate the two treatment options. Mark the type of dialysis you would consider and what you like and don't like about it.

Which type of dialysis would I consider?		What do I like about it?	What don't I like about it?
Peritoneal dialysis	<input type="radio"/>		
Hemodialysis	<input type="radio"/>		




IF YOU STILL AREN'T SURE: WHAT DO YOU NEED TO BE ABLE TO MAKE A DECISION?

With all the different pros and cons to consider, it can be hard to choose between peritoneal dialysis and hemodialysis.

If you need more help:

- You will find a link to further information on the next page.
- You can talk to your doctor again.
- Talking to friends and family can help you get a clear idea of what you want and expect.
- Patient information centers and self-help groups offer information and advice, and can help you learn from others' experiences.

YOU WILL FIND IN-DEPTH INFORMATION ABOUT THE FOLLOWING TOPICS ON THE INTERNET:

	Chronic kidney disease www.informedhealth.org/chronic-kidney-disease.html
	Peritoneal dialysis for chronic kidney disease www.informedhealth.org/peritoneal-dialysis-for-chronic-kidney-disease.html
	Hemodialysis for chronic kidney disease www.informedhealth.org/hemodialysis-for-chronic-kidney-disease.html

PREPARING FOR THE DOCTOR'S APPOINTMENT

What remains unanswered? What concerns do you still have? Write down any questions or thoughts you may have, and take this decision aid with you to the appointment. You can ask the doctor about anything you would like to know, or discuss anything you are worried about.

There's a list of possible questions here:

www.informedhealth.org/questions

The format of this decision aid is based on the following:

- Ottawa Personal Decision Guide. O'Connor, Stacey, Jacobsen 2012. Ottawa Hospital Research Institute and University of Ottawa, Canada.
- MAKING SDM A REALITY – Vollimplementierung von Shared Decision Making im Krankenhaus – G-BA Innovationsfonds 2023

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