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## Peritoneal Dialysis - An Alternative for Kidney Failure Patients

KDF offers a complete range of treatment options for needy patients with end-stage renal failure. Besides the more popular haemodialysis where patients have to make their way down to dialysis centres thrice-weekly, patients also have the options of choosing peritoneal dialysis or having a kidney transplant.

Although it was introduced in Singapore in 1980, Peritoneal Dialysis (PD) is a lesser-known treatment here. Haemodialysis (HD) may be considered by the general public as a conventional way of treating kidney failure but PD is an alternative treatment which allows patients to exercise independence over their dialysis schedules and perform dialysis in the comfort of their own homes. In the United Kingdom and Hong Kong, PD is the main form of dialysis for kidney failure and there are several reasons for this.

Apart from enabling patients to have more flexibility and convenience, PD has other advantages such as:

- Less dietary restrictions compared to patients undergoing HD
- Less fluctuation in blood pressure
- Continuous, gentle form of dialysis, making it especially suitable for patients with heart conditions
- Simple - Process of draining out old fluid and draining in new fluid takes about 30 minutes
- No needles involved!

There are two forms of Peritoneal Dialysis: Continuous Ambulatory Peritoneal Dialysis (CAPD) and Automated Peritoneal Dialysis (APD). CAPD is to be performed four times a day while APD exchanges are performed by a machine during the night while the patient is asleep.

For PD to work, the lining of the abdomen is used as a filter for dialysis to take place. A small soft tube (known as a catheter) is surgically placed through the abdomen wall into the peritoneal cavity. Dialysis solution flows into the peritoneal cavity via the catheter for dialysis to take place.

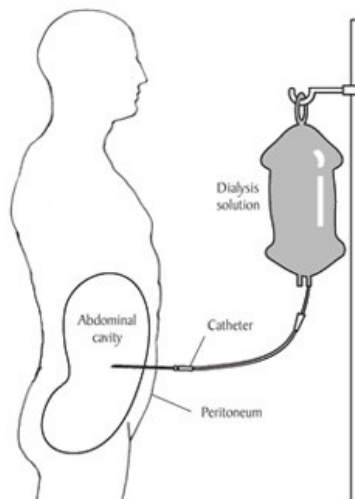


Diagram of how CAPD works

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### Facts about our PD Centre

- No. of PD Patients: 54**
- CAPD: 36
  - APD: 18
- Clinical Resources:**
- 1 Full Time Nurse Clinician
  - 2 Visiting Doctors
- Services Provided:**
- Subsidy for PD Solutions
  - Free Blood Investigation
  - Free Nephrologists Consultation
  - Free Dietician Consultation
  - Subsidy for Erythropoietin
  - Subsidy for Lanthanum Carbonate
  - Subsidy for Protein Supplement

Peritoneal Dialysis by the Chinese University of Hong Kong's Division of Nephrology, the population of kidney patients requiring dialysis therapy in Asia is expanding at a faster rate than the rest of the world, and increased use of PD can help alleviate the financial burden on the healthcare system. A number of recent studies have also shown that the survival rate of patients on PD is equally good, if not better than, that of patients on HD. (Source: [http://www.pdconnect.com/content/27/Supplement\\_2/S59.full](http://www.pdconnect.com/content/27/Supplement_2/S59.full))

According to Dr Grace Lee, KDF Medical Director, PD is especially suitable for patients who like to perform their dialysis at home and who do not like to sit by a dialysis machine for 4 hours three times a week; performed on a daily basis, it offers a continuous dialysis that contributes greatly to a patient's feeling of well-being.

"PD allows me to be more independent so I do not have to trouble my sister (a 52-year old taxi driver)", says Noor Hayathy, 58, who lives with her sister and 85-year old father. She has been undergoing CAPD since 2004 and only pays \$80 a month after subsidy. After going for haemodialysis for 4 months last year due to an exit site infection, she found the process of HD too tiring and wishes she can continue with PD for the rest of her life and not have to transfer to HD.



*Photo of a CAPD patient having peritoneal dialysis at home*

KDF's Peritoneal Dialysis centre is able to accommodate up to 200 patients and financial subsidy is given to these patients for PD solutions, medication and protein supplements. Patients are also entitled to free routine blood tests and doctor's consultations up to twice a year.

While waiting for her turn to see Dr Grace Lee for a free medical consultation, APD patient Chua Lay Hwa shared that she did her research before choosing the mode of dialysis that could give her the most freedom and independence. The 54-year old, who holds a job as a cashier at NTUC said she is thankful for the ability to live a relatively normal life despite her condition.



*Photo of Dr Grace Lee and APD patient Chua Lay Hwa*

Follow-up care is also provided at the Ghim Moh PD Centre. On a normal day, nurse clinician Ms Florence Fan sees our patients who walk in if they have any concerns or problems with their PD routine. Though Florence may appear strict with the patients,

it is not hard to tell that she is genuinely concerned about their well-being. Besides being at the centre 5 days a week, the experienced nurse-in-charge is also available to give advice to patients should they face any problems with their exchanges. Her dedication and passion are also not overlooked by patients. APD patient Teoh Li Bee, feels that nurses from other places are not as experienced as Florence. "When I had an infection last year, it was because of Florence's care that I recovered well," she added.



*Photo of Nurse clinician Florence (left) and APD patient Teoh Li Bee*

Teoh Li Bee, 61, may be grateful for a nurse like Florence, but sounds resigned and helpless when she talks about her depleting savings after starting dialysis in 2004. The subsidies that our patients enjoy are because of the immense support from our generous donors. Should you wish to do your part in lifting the financial burden of patients like Noor Hayathy and Teoh Li Bee, please click [here](#).

For more information about Peritoneal Dialysis, you may download our 'Kidney Failure Treatment Options' health brochure [here](#).

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