

# ESRD: A view from both sides of the chair

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# Case: Life Adjustments to Follow

43 year old man is a small business owner with polycystic renal disease. Over the last 6 months, his kidney disease progressed to end stage. After learning about treatment options, he elects to be placed on the transplant list and is started on hemodialysis.

# Life Adjustments - Psychological

- The OMG moment -  
Denial, Frustration, Anger
- How will this affect work and family -  
time commitments, new treatments,  
new medications, body image
- What's next: Acceptance - The Plan

# Life Adjustments - Physical

- Choice of dialysis access and body image
- New medications (vitamin D, calcium, phosphate binders, iron, water soluble vitamins, epo)
- nutritional changes (sodium, potassium, phosphate, and fluid restrictions)

# Explanations

- Fistula vs catheter - procedures vs risk of infection
- Vitamin D and phosphate binders - control parathyroid hormone and bone metabolism
- Epo and iron - prevent anemia
- Sodium restriction - limit hypertension risk and CHF
- Potassium restriction - prevent arrhythmias

# Life Adjustments - Financial

- Loss of time from work, disability?
- Medical Insurance Maze (Medicare language Part A, Part B, Part D, private insurance), who covers what?
- Dialysis compare - Best Buy or Best Bye!

# Limitations

- No dialysis treatment replaces a normal functioning kidney
- Dialysis generally is done in prime time, that is time away from family and work
- More difficult to travel

# Challenges for the New Patient

- Survival - Statistics: ESRD mortality rate is about 22% per year (kids are about 5%)
- Fatigue and lack of privacy
- Cardiovascular complications - hypertension and cholesterol
- Transplantation risks and benefits