

# RENAL REPLACEMENT THERAPY PREFERENCES OF CHRONIC KIDNEY DISEASE PATIENTS RECEIVING NEPHROLOGICAL CARE

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## INTRODUCTION

Although we put much energy into pre-dialysis patient education, the proportion of chronic kidney disease patients avoiding dialysis therapy in a non-planned manner fails to decrease.

## OBJECTIVE

To survey the preferences of patients receiving care at the nephrology outpatient clinic regarding dialysis therapy.

## METHOD

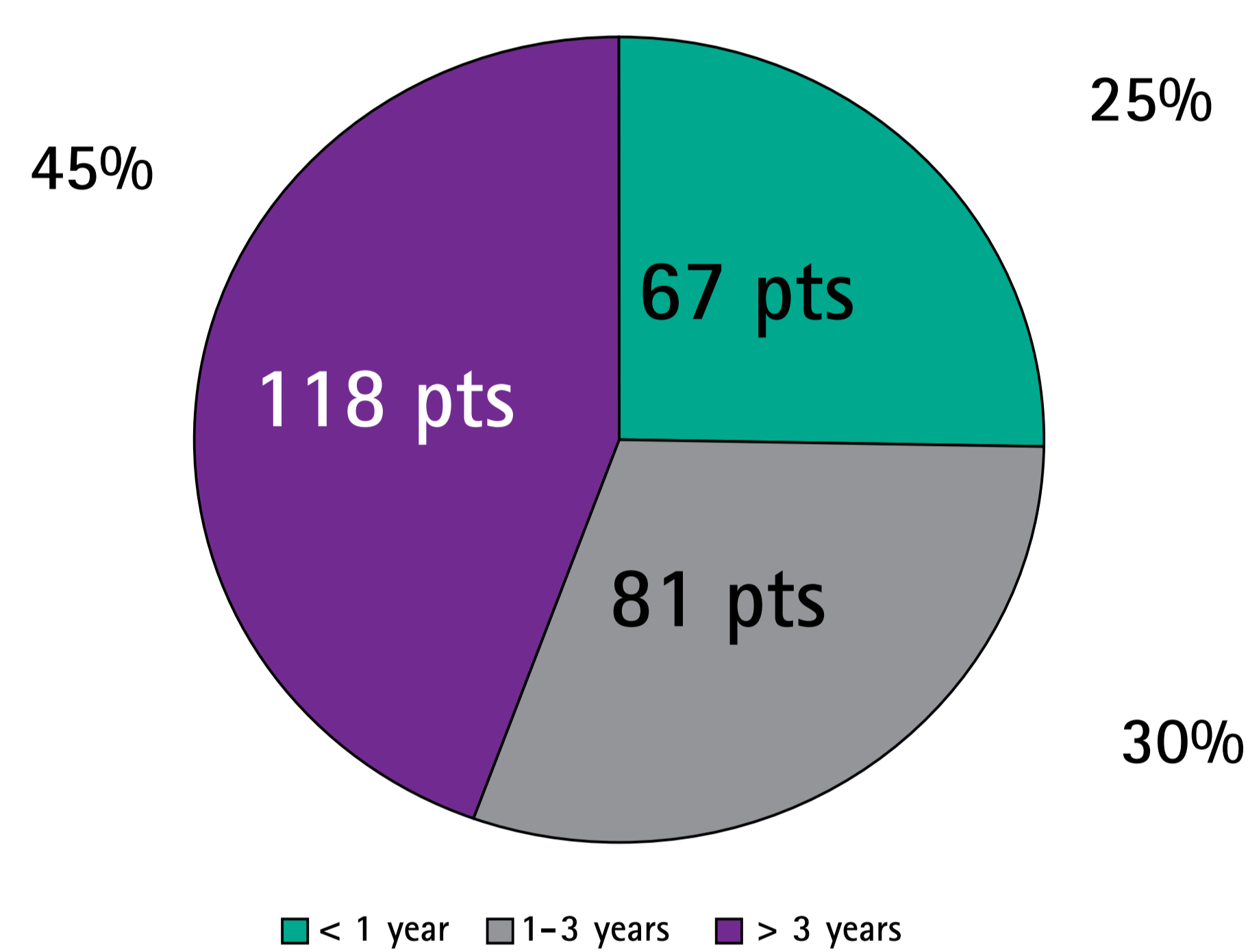
We conducted a questionnaire survey among patients attending our centre during the study period (in a randomly selected 3-week period).

**PATIENTS**  
A total of 344 kidney disease patients receiving regular nephrology care were asked to complete a questionnaire compiled by us. A complete response suitable for interpretation was received from 266 patients.

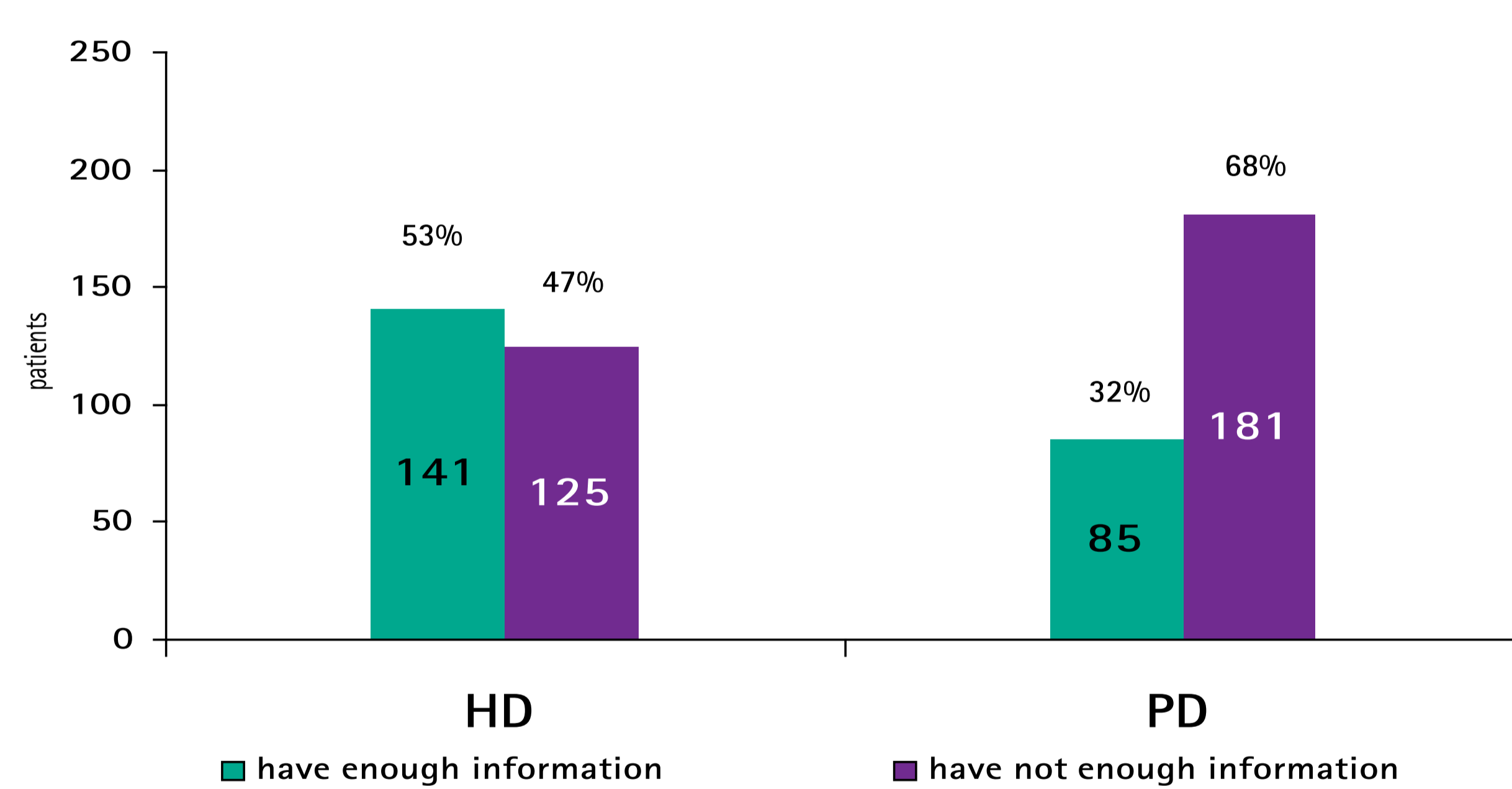
Average age: 72.2±13.2 years  
Average GFR: 32.8±8.1 mL/min/1.73m<sup>2</sup>

187 patients      79 patients

## 8. Distribution of responders according to the time spent in nephrology care



## 9. Distribution of responders according to their knowledge about HD and PD modalities



## 10. Patients absolutely rejecting dialysis

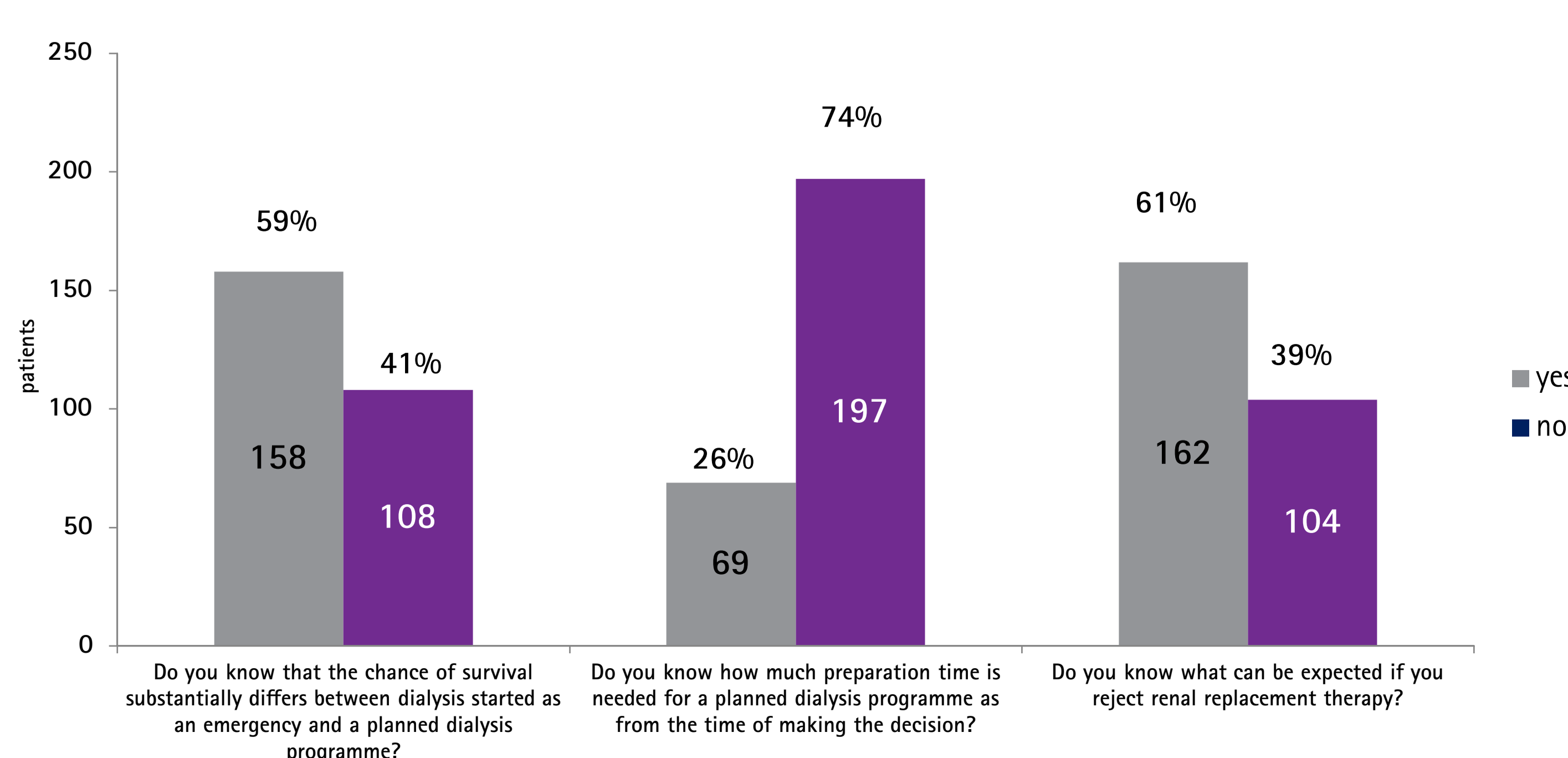
n=120 (45%)  
average age: 76.3±12.5 years

- 64 patients have a GFR >20 mL/min/1.73m<sup>2</sup>, average age: 72.1±12.8 years
- 56 patients have a GFR ≤20 mL/min/1.73m<sup>2</sup>, average age: 70.4±15.1 years
- 4 patients have a functional AVF (earlier they accepted it but now they already reject it)

### Reasons for rejection:

- negative opinion (from hearsay, from the experience of others) 12 pts
- old age 16 pts
- would rather die 24 pts
- does not have sufficient information (or cites this as a reason) 68 pts (57% of patients rejecting the treatment!)

## 11. Distribution of patients on the basis of further questions n=266

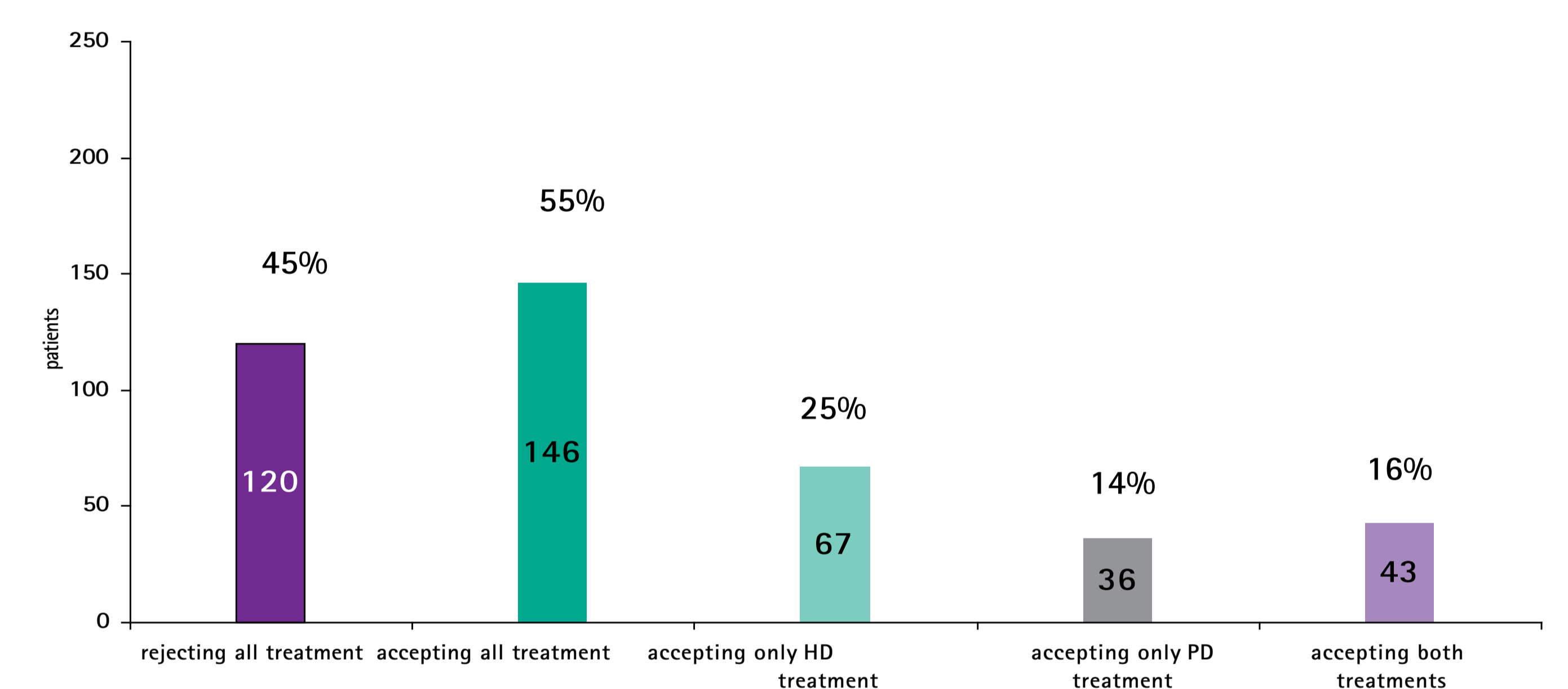


## METHOD (QUESTIONNAIRE)

- Age
- Gender
- Educational level: primary, secondary, university
- Place of residence: town, village
- Start of nephrology care:
  - <1 year
  - 1-3 years
  - >3 years
- Are you receiving EPO treatment?
  - yes
  - no
- Please describe briefly what you know about haemodialysis (HD)?
- Please describe briefly what you know about peritoneal dialysis (PD)?
- Please state whether you would be willing to receive HD, PD or either of them, should it be necessary?
- If not, please give reasons for your decision:
  - you do not have sufficient information about the treatment
  - you have a negative opinion about the given treatment
  - you would rather die
  - other reasons (I am old, etc.)
- Do you know that the chance of survival substantially differs between dialysis started as an emergency and a planned dialysis programme?
- Do you know how much preparation time is needed for a planned dialysis programme as from the time of making the decision?
- Have you ever had an 'arteriovenous fistula' created? If yes, when?
- Do you know what can be expected if you reject renal replacement therapy?
- Actual GFR: .....

## RESULTS

### 12. Preferences of the responders regarding the acceptance of different renal replacement therapies n=266



### 13. Distribution of patients participating in the questionnaire n=266

	GFR ≤20 mL/min/1,73m <sup>2</sup>			GFR >20 mL/min/1,73m <sup>2</sup>		
	total	men	women	total	men	women
<b>total patients</b>	88	28	60	178	51	127
average age (years)	72.4±14.3	65.1±15.3	75.6±12.4	71.4±14.1	67.9±15.8	72.7±13.1
average GFR (mL/min/1,73m <sup>2</sup> )	14.7±4.9	13.1±4.9	15.4±4.7	38.4±15.8	41.3±18.8	37.3±14.4
<b>accepting all treatment (pts)</b>	32	12	20	114	40	74
average age (years)	71.8±11.3	65.8±12.4	75.8±16.4	68.7±17.2	67.2±5.8	72.1±13.8
average GFR (mL/min/1,73m <sup>2</sup> )	15.9±2.0	13.8±3.2	15.9±5.4	35.4±13.6	38.7±5.2	33.9±5.6
<b>rejecting all treatment (pts)</b>	56	10	46	64	17	47
average age (years)	72.1±12.8	70.5±8.9	73.7±12.8	70.4±15.1	67.6±16.3	73.3±13.9
average GFR (mL/min/1,73m <sup>2</sup> )	10.5±5.4	7.0±3.5	14.1±5.4	41.4±16.9	43.8±17.9	39.1±16.0

### 14. Distribution of patients accepting dialysis therapy n=146

	GFR ≤20 mL/min/1,73m <sup>2</sup>			GFR >20 mL/min/1,73m <sup>2</sup>		
	total	men	women	total	men	women
<b>accepting all treatments (pts)</b>	32	12	20	114	40	74
accepting only HD treatment (pts)	17	6	11	50	13	37
average age (years)	71.1±11.3	62.6±17.3	79.6±5.3	73.7±9.5	73.4±5.8	74.1±13.2
average GFR (mL/min/1,73m <sup>2</sup> )	13.9±5.0	12.2±5.3	15.7±4.8	33.0±8.7	32.9±8.1	33.2±9.4
patient with fistula	16	5	11	3	1	0
<b>accepting only PD treatment (pts)</b>	10	3	7	26	15	11
average age (years)	66.8±15.8	62.6±15.3	70.9±16.4	69.7±17.2	66.8±21.3	72.7±13.2
average GFR (mL/min/1,73m <sup>2</sup> )	15.9±2.0	15.0±3.2	16.9±0.8	40.2±23.0	48.5±27.4	31.9±7.0
patient with fistula	1	1	0	2	1	1
<b>accepting both treatments</b>	5	3	2	38	12	26
average age (years)	77.7±12.4	70.9±13.6	84.5±11.3	67.4±13.1	65.0±12.2	69.8±14.0
average GFR (mL/min/1,73m <sup>2</sup> )	17.2±1.7	15.0±3.1	19.5±0.4	38.3±13.6	38.0±13.1	38.7±14.2
patient with fistula	3	1	1	2	0	2

## SUMMARY

- Although our centre has devoted much energy to pre-dialysis patient education for 8 years, the proportion of chronic kidney disease patients starting dialysis therapy as an emergency fails to decrease.
- In a pilot study, we conducted a questionnaire survey among patients attending our nephrology outpatient clinic (during a 3-week period) to assess their knowledge about renal replacement therapies and to get to know their preferences.
- Seventy-five percent of the patients had been receiving nephrological care for more than 1 year, 45% of them for more than 3 years. Thirty-three percent had a GFR below 20 mL/min/1.73m<sup>2</sup>.
- One of the surprising results of our survey was that the information supply status of patients completing the questionnaire was insufficient (mainly regarding the PD modality).
- The majority of patients having a higher GFR would accept dialysis therapy, as opposed to patients with a GFR below 20 (64% vs. 32%).
- For this reason, it would be essential to lay greater emphasis on the education and regular re-education of patients.
- During the long period of nephrology care, patients may change their opinion regarding the acceptance of dialysis therapy.
- It was surprising that, despite the regular care and the repeated education, nearly half of the patients rejected the dialysis programme.