

What choices do patients make when all maintenance dialysis options are available?

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WellBound, Inc has four free-standing training centers in Northern California focused exclusively on patient education and training patients for home dialysis therapies. We present here the modality choices made by patients who have been offered a full “menu” of ESRD therapies, with special emphasis on the choice of home therapy.

Methods and Results: Patients receive ESRD options education either in groups or individually; physicians are encouraged to refer patients with Stage 4 chronic kidney disease for education to allow a timely choice before the need for dialysis. All options are presented, including conventional center hemodialysis (HD), peritoneal dialysis (either CAPD or CCPD), renal transplant, and the various regimens of home HD. For home HD, three machines are offered: NxStage System One (NxStage, Inc, Lawrence, MA), the Aksys Personal Hemodialysis machine (PHD, Aksys, Lincolnville, IL), and the Fresenius 2008K@HOME (Fresenius USA, Inc Walnut Creek, CA).

Between 1/1/04 and 9/30/05, 576 patients were given options education in the WellBound centers. Of these, 42% chose a home therapy. 206 patients have completed training and begun therapy at home; 164 patients (80%) chose PD and 42 (20%) chose home HD. Of the PD patients, 66% chose CCPD and 34% chose CAPD. Of the HD patients 32 (76%) chose the NxStage System One, 4 (10%) chose the Aksys PHD and 6 (14%) chose the Fresenius 2008K@HOME. HD patients are performing a variety of regimens, of which the most common are short daily HD six days per week (27 patients, 64%) or 5 days per week (6 patients, 14%).

Conclusions: When offered all maintenance dialysis options, a large number of patients will choose a home therapy. Of these, a large majority choose PD.