

The National Kidney Foundation



GIVING
LIFE &



Home support programme for incident peritoneal dialysis patients

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National Kidney Foundation
PD Community Support Programme

Overview

- PD in Singapore
- NKF Home PD Support for Incident Patient
- PD partnership

PD in Singapore



- **Growing prevalence of ESRD patients** requiring dialysis
 - Increase in diabetes
 - Ageing population

Table 3.2: Stock and Flow (2012 – 2016)

Stock and Flow 2012 – 2016	2012	2013	2014	2015	2016
New dialysis patients	921	976	1041	1090	1166
New transplants (done locally and overseas)	64	88	76	90	93
Dialysis deaths	654	773	764	799	795
Transplant deaths	30	33	32	35	26
Dialysis as at 31st December	5244	5520	5878	6230	6666
Functioning grafts as at 31st December	1422	1451	1454	1474	1500

- **Diabetic nephropathy (DN) remained the main cause** of CKD5 for incident & prevalent dialysis patients
 - Incident 66.8% of HD, 65.7% of PD in 2016
 - Prevalent 53.8% of HD, 50.9% of PD in 2016

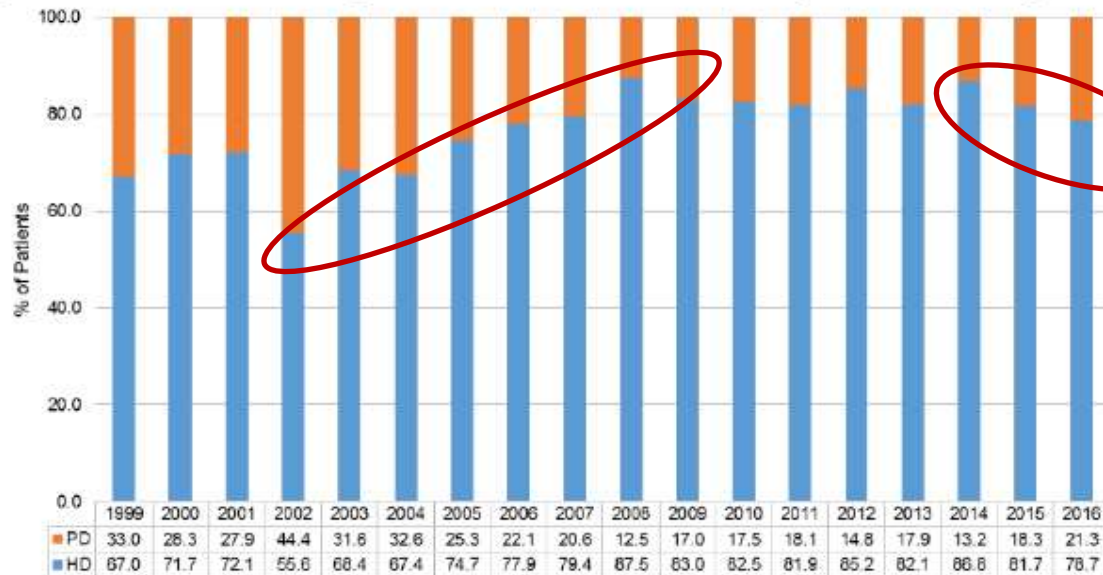
HD & PD uptake



Singapore Renal Registry

There was an increasing trend for HD as a renal replacement therapy option of choice for incident patients at 90 days after initiation of dialysis from 2002 to 2008. The trend seemed to have stabilised from 2008 to 2014. This implies that there is a greater dependence on provision of facilities (dialysis centres) and manpower (nursing) if this trend is not reversed. However, from 2015 onwards, there seemed to be a decreasing trend of HD (Figure 5.1.3.5). The corresponding rates by modality are presented in Table 5.1.3.4.

Figure 5.1.3.5: Percentage of Incident Definitive Dialysis Patients by Modality



Improving PD Survival



While the 5-year survival for HD patients ranged from 57.5% to 64.3% in the entire study period, the 5-year survival for PD patients increased from 30.3% in 1999-2001 to 54.4% in 2012-2016. (Figure 5.4.2)

Figure 5.4.2: Survival by Period of Definitive Dialysis and Modality

(a) HD

1999-2016	1999-2001	2002-2006	2007-2011	2012-2016
1 year survival (%)	92.6	88.8	90.0	90.9
5 year survival (%)	64.3	57.5	60.8	64.3
10 year survival (%)	41.0	33.4	36.2	-
Median survival (years)	7.8	6.3	6.7	Not reached

(b) PD

1999-2016	1999-2000	2001-2005	2006-2010	2011-2016
1 year survival (%)	83.3	87.0	89.5	92.1
5 year survival (%)	30.3	37.1	42.1	54.4
10 year survival (%)	14.3	19.7	21.5	-
Median survival (years)	3.1	3.7	4.0	Not reached

PD Home Visits

Peritoneal dialysis home visits: A review of timing, frequency and assessment criteria



Trish Buena, Peter Tregaskis and Malcolm Elliott

Submitted: 7 November 2017, Accepted: 4 June 2018

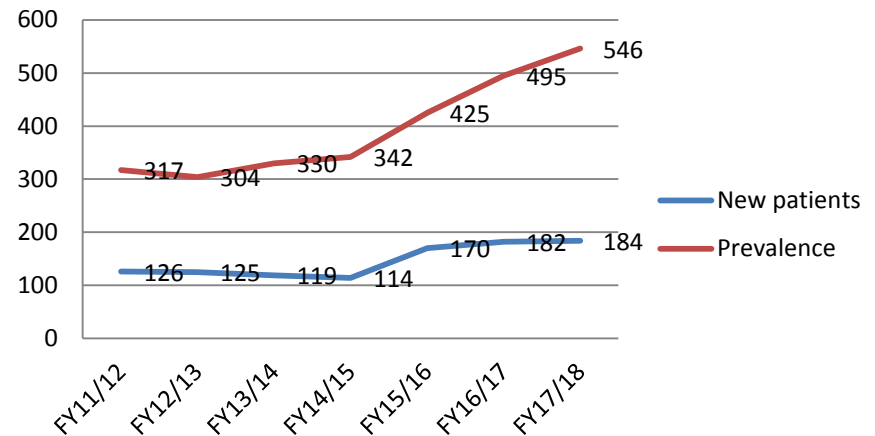
- ISPD states that PD home visit is recommended to detect problems with exchange technique, adherence to protocols and other issues that increases risk of infection (Szeto et al., 2017)
 - No further guidelines or recommendations for home visit practices
- Home Visit assessment and practice recommendations
 - Infection prevention
 - Therapy compliance (2)
 - Autonomy and empowerment
 - Re-training
 - Nutrition
 - Personal hygiene
 - PD records (1)
 - Medical equipment(3)
 - **Dialysis stock (5)**
 - **Home environment (9)**
 - **Dialysis room (5)**
 - Pets
 - Utilities and waste disposal
 - **Knowledge and skill (8)**
 - **Exchange technique (9)**
 - Therapy compliance medications (4)
 - Family support (2)
- Home Visit publications are heavily characterised by case studies, recommendations and expert opinion, with little overall consensus or evidence-based guidelines for practice

Szeto, C., Li, P., Johnson, D., Bernardini, J., Dong, J, Figueiredo, A., Ito, Y.,Kazancioglu, R., Moraes, T., Esch, S., & Brown, E. (2017). ISPD catheter-related infection recommendations: 2017 update. *Peritoneal Dialysis International*, 37, 141–154.

NKF PD Community Support Programme

NKF provides financial assistance and home PD support to **more than 50%** of the total PD patients in Singapore

Incidence and Prevalence NKF PD beneficiaries
FY11/12 - FY17/18



NKF PD Community Support Programme



- Provides **Home-based PD Support** in partnership with restructured hospitals
- Aims to:
 - Encourage PD uptake, reduce reliance on HD;
 - Increase patient's confidence to choose self-care, home-based PD (**pre-dialysis**)
 - Keep patients on PD;
 - Enable & empower PD self-care (**Adaptation**)
 - Monitor and timely intervene (clinical/social) to enable patient to stay well on PD (**Maintenance**)



Considering PD as your long-term dialysis treatment but not sure if you are able to do it?

Pre-PD Support

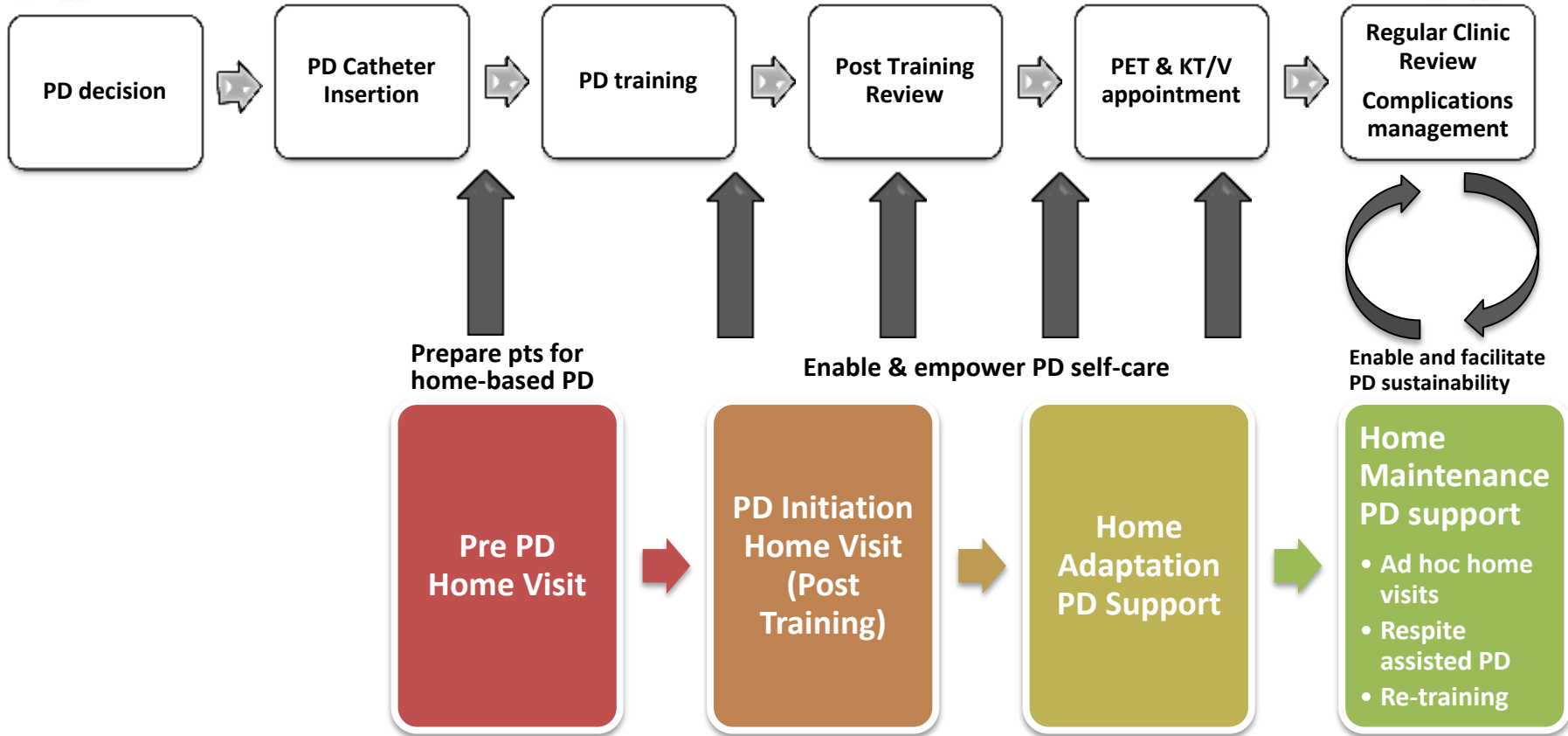
PD Adaptation & Holistic Care Support

Ongoing PD Support



Start Well

Stay Well

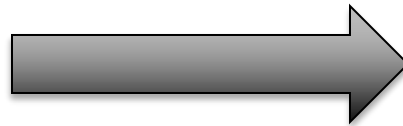


NKF Home PD Support for Incident Patient

Home Support for Incident Patients



**Hospital-to-Home
PD
adaptation**

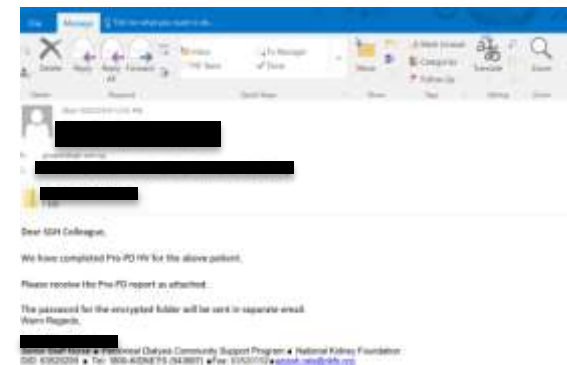


NKF Pre PD Support

Objective: Home PD Preparation



- Pre PD Home Visit by PD nurses
 - Assess home environment
 - provide assistance to prepare for home PD eg. Planning treatment area, storage space, de-cluttering, fixing/repairing faulty tap and sink
 - Assess knowledge gap, lifestyle & daily activities (patient and/or caregiver)
 - Discuss coping, evaluate and provide advice
 - Identify support needs
 - Develop care plan eg. peer support, post-training handholding
 - Communicate findings with primary PD care team in the hospital



Proposed PD solution storage in Kitchen (current dustbin will be removed). No direct sunlight.



Proposed PD solution storage in Hall .No direct sunlight.

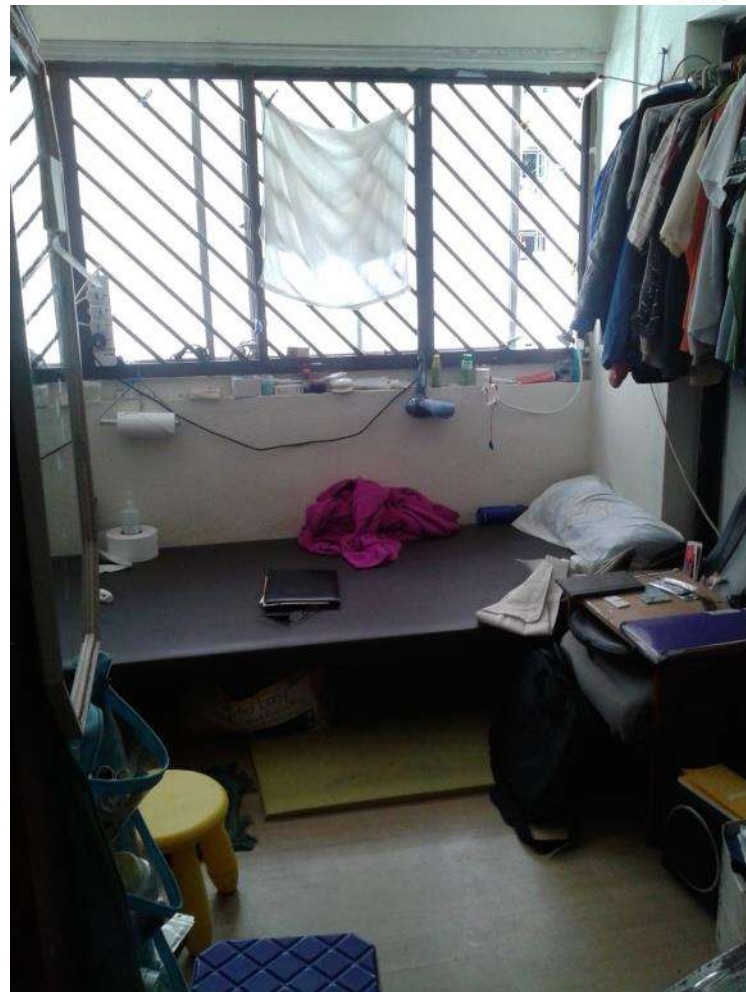


- Proposed APD machine and work station located beside patient's bed (current table will be removed).
- Not using attached toilet.
- Will be using common toilet.
- Patient will get an extension plug.



Handwashing at common toilet sink. Tap with lever handle.





NKF PD Adaptation Support

Goal: Do-it-right from the start

- To facilitate adaptation to PD at home
 - Organising PD work space and requisites
 - Connection technique
 - Infection control practices

- Handholding

Period: 1/4/2016 – 30/10/2018	Post-training handholding	Home PD re-training
Referral from Hospital	20	51
Nurses' Assessment / Patient's request	12	21
Total	32	72
No. of Requests / Year	12	28

- To monitor patient's response to PD therapy
 - Coping with treatment regime
 - E/S/S
 - Prescription adherence
 - Caregiver stress
 - Clinical wellness
 - Ultrafiltration
 - Exit site
 - BP/DM/Nutritional management



A Review of Peritoneal Dialysis (PD) Care Dependency among NKF PD beneficiaries

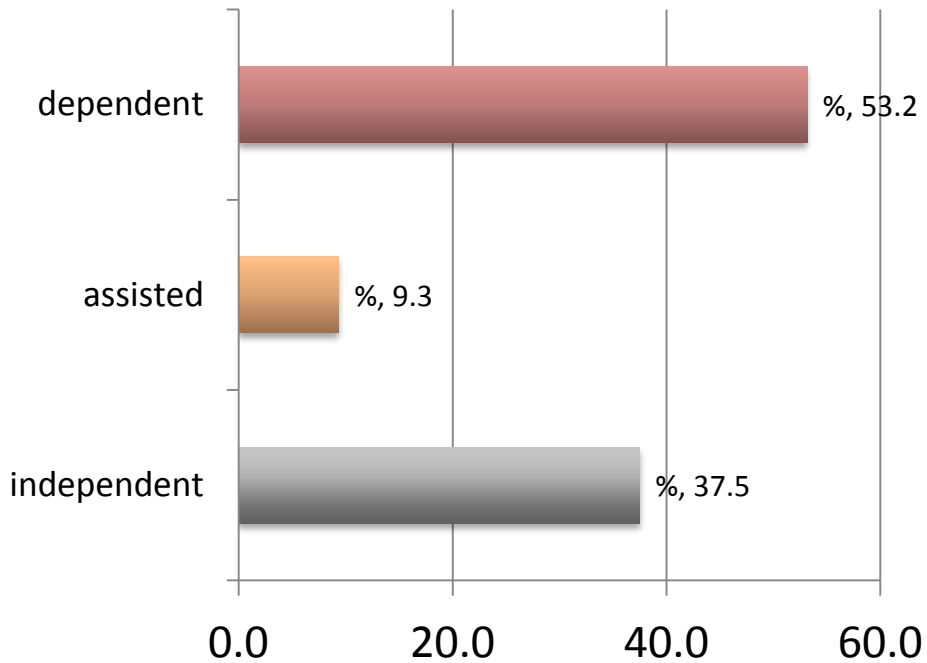


Woon Hoe Tang, Seema Aithal, Nandakumar Mooppil

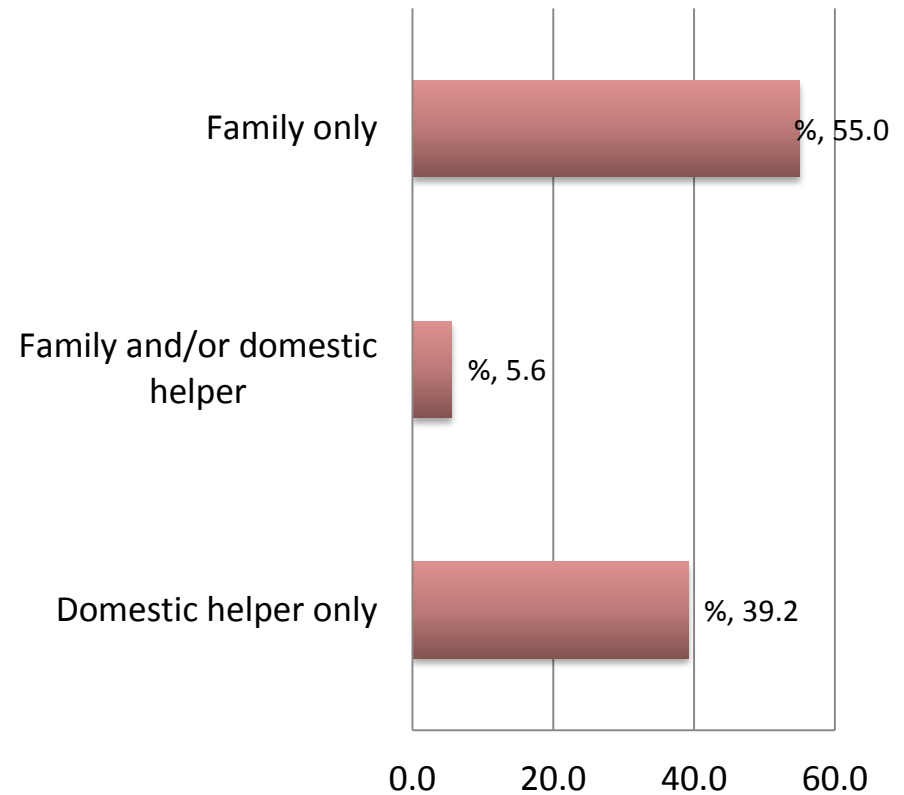
Reports the **extent of PD care dependency of 728 NKF PD beneficiaries** whom NKF PD nurses had visited **between 1/4/2016 - 31/10/2018.**



**PD dependency status of patient visited
between
1/4/2016 - 31/10/2018 (N=728)**



**Types of PD caregiver
for the PD dependent patients (N=387)**



Is Home PD support helpful?



PATIENTS AND METHODS

All patients who were visited from 1 February 2014 to 31 January 2015 were included in the telephone survey. 85% of them responded to the phone survey (n=194).

The following patient characteristics were noted:

Table 6: Association of Time on PD therapy with the responses to Question "Is PD home visit helpful?" P = NS

	< 6 mths	6-12 mths	> 12 mths	Total
Home Visit Helpful Score 4 & 5	15 (88.2%)	24 (80%)	118 (80.3%)	157
Home Visit Helpful Score 3 & Below	2 (11.8%)	6 (20%)	29 (19.7%)	37
Total	17 (100%)	30 (100%)	147 (100%)	194

CONCLUSION

Home visits were felt to be helpful by the large majority of patients on PD therapy. This response was not associated with any specific patient characteristics described here. We conclude therefore that home visits would be helpful to all patients starting or already on PD therapy.

Q21 - Adaptation Home PD Support: With regards to the Adaptation Home PD Support,

to what extent do the following apply to you:

The programme helped me ease into PD dialysis (providing instructions & in terms of setting up of environment)



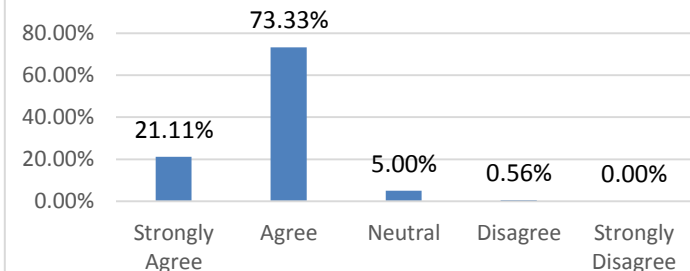
The programme addressed my concerns.

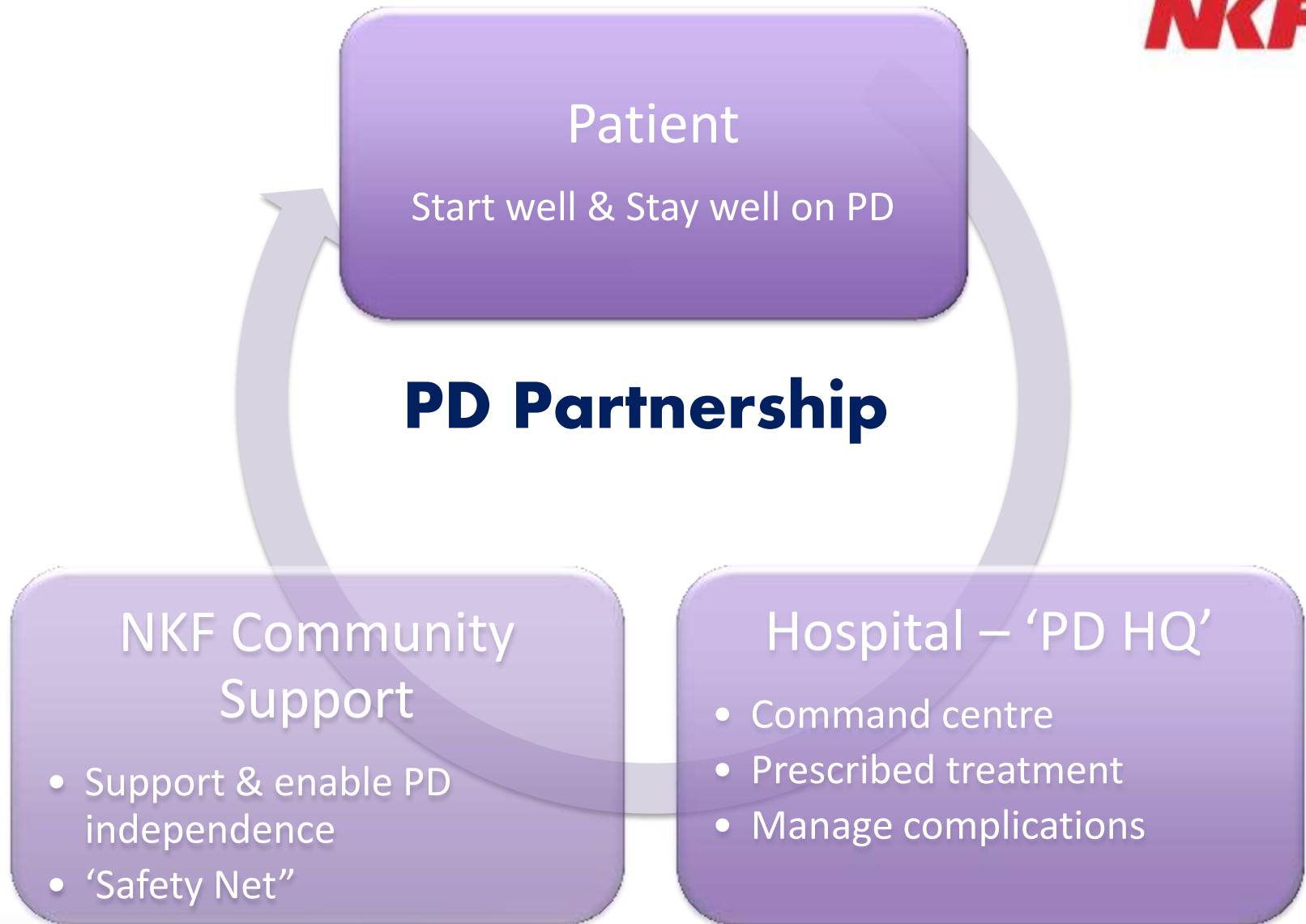


#	Field	1	2	3	4	Total		
1	The programme helped me ease into PD dialysis (providing instructions & in terms of setting up of environment)	0.00%	0	32.88%	16	67.20%	33	49
2	The programme addressed my concerns.	0.00%	0	34.69%	17	65.31%	32	49

Showing Rows: 1 - 2 Of 2

Qn 1. Overall, I am satisfied with NKF PD Home Visit service. (n=179)





Collaboration and Partnership

- H-H
 - Hospital-to-Home
 - Home-to-Hospital
- Communication
- Regular multi-disciplinary round

What else can PD community support offer?

NKF

- Home PD training for new patients
- PD refresher courses & Re-training for patients/caregivers
- Respite PD support services

In Summary

- PD incidence has increased since 2015 and PD outcome is improving
- Early home PD visits facilitate PD adaptation in the 'real world', facilitate do-it-right from the start
- Hospital and community partnership create synergy for better PD care

NKF



*We are here to assure you that
You are not alone*



NKF 50 | Together