

The Older Dialysis Patient: Issues and Concerns

Alice Hellebrand, MSN, RN, CNN
ANNA National President 2017-2018
Chief Nursing Officer/ Dialyze Direct



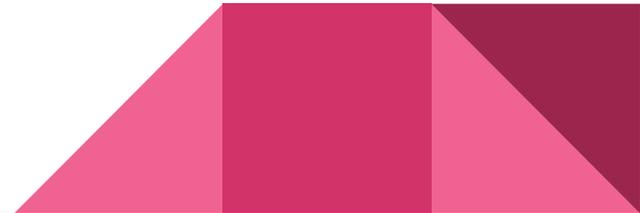
Aging Dialysis Population

Fast Facts on the Aging Dialysis Population

The Elderly currently makes up 52% of all new cases of hemodialysis patients

In 2016 there was a virtual tsunami of new elderly dialysis patients – 56,694 people. This was the year which the elderly incident rate first exceeded the younger population and they have not ceded this position since

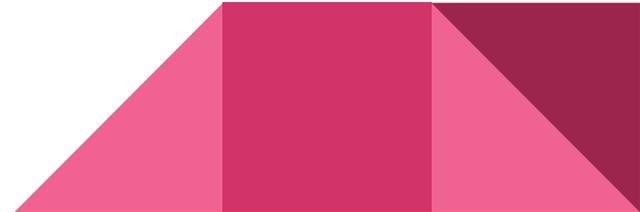
The number of Americans older than 65 will double from 52 million in 2018 to 95 million in 2060



Growing Needs of the Older Dialysis Patient

The population of frail elderly patients ought to have our best care, but new advances in dialysis have not historically targeted the elderly.

Develop a model of care, staff assisted home hemodialysis, geared to the unique needs of elderly dialysis population – specifically patients residing in Skilled Nursing Facilities



Process

Repurpose the NxStage advanced home dialysis technology to deliver care to this aging population who stand to benefit the most from this mode of therapy

Provide shorter, more frequent (5 days per week) – permitting a more effective and gentler form of therapy with rapid recovery (hours vs days)

Eliminate hours of travel, missed meals/medications and undignified waits in hallways for transportation to arrive

Develop coordination of care between the skilled facility staff and dialysis personnel



More Frequent Dialysis

More frequent dialysis technology permits more gradual fluid removal and reduces hypotensive episodes that could result in providing protection against hypotension-induced damage to the heart, brain and gut

Improves hypertension control, reduces the number of anti-hypertensive medications and improves cardiomyopathy (NIH FHN trial 2015)

More frequent dialysis technology is associated with more rapid recovery time (FREEDOM study 2010) permitting more on-site physical therapy, fewer missed meals and improved quality of life



Challenges

Physical and cognitive performance in elderly and frail hemodialysis patients decreases after initiation of conventional dialysis

The elderly and frail dialysis patients suffer the highest incidence of cardiovascular comorbidities and autonomic dysfunction

Typically offered to younger patients with fewer comorbid medical conditions and higher socio-economic status and delivered in a private home setting without professional staff assistance



Challenges

Existing dialysis care givers unfamiliar with NxStage technology

Existing dialysis care givers unfamiliar with nursing home environment

Existing skilled nursing home care givers unfamiliar with dialysis therapy especially more frequent dialysis

Elderly dialysis patients/families unfamiliar with more frequent dialysis therapy



Care Coordination

Owing to continuous, on-site presence the dialysis team achieves a high degree of coordination of care and cooperation with the skilled nursing facility; something hard to achieve when patients travel to a remote dialysis facility



The Team

Home Care Coordinator

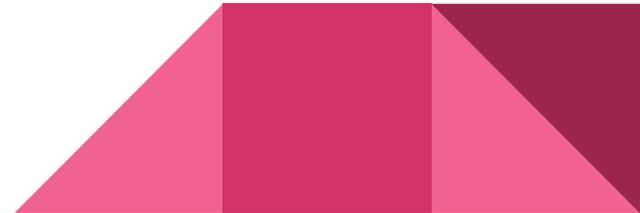
RN's

LPN's

Technicians

Dietician

Social Worker



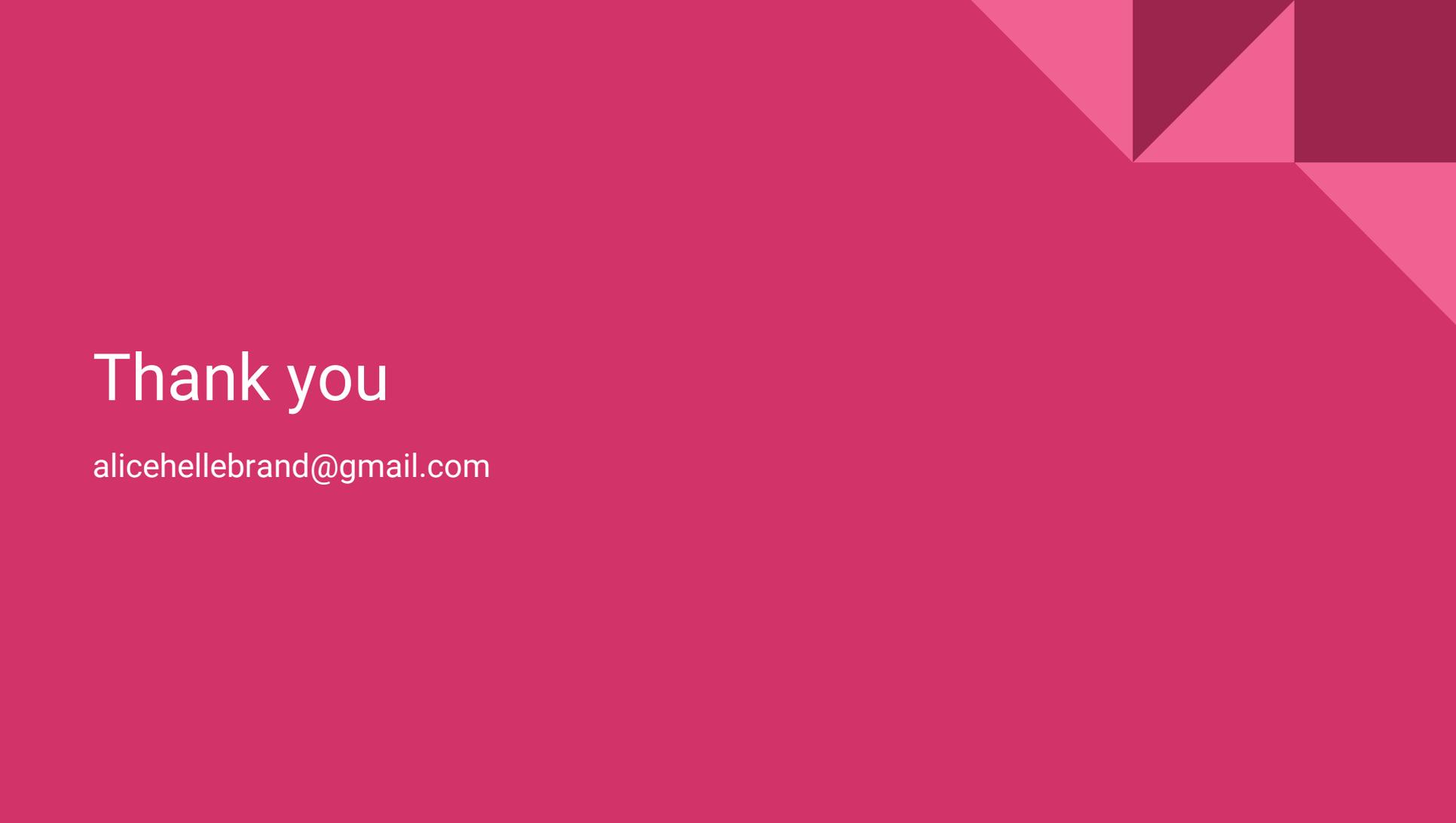
Geriatric Dialysis

Goal: To develop a separate discipline , where specific highly relevant standards of care models for coordination of care, are developed for elderly dialysis population



The background is a solid pink color. In the top right corner, there is a decorative graphic consisting of several overlapping geometric shapes: a dark pink square, a medium pink square, and a light pink square, all partially cut off by the edge of the frame.

Thoughts



Thank you

alicehellebrand@gmail.com