**ASN HDU Home Dialysis Education Virtual Series: Session 5 Cases**

**Virtual Series Website:** <https://epc.asn-online.org/projects/home-dialysis-university/>

**Virtual Series Contacts:**

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**Session 5 Cases: Home hemodialysis prescription**

**Topics:**

* Short daily HHD
* Nocturnal HHD
* Standard HHD prescriptions
* Individualized HHD prescriptions

**Case #1:** A 51-year-old male with PCKD presents now with ESKD requiring renal replacement therapy. He is on the transplant list but does not have a living donor. He attended a dialysis education class and decided on home hemodialysis. He wants to travel and be able to take his dialysis machine with him. He had a left forearm AVF placed 3 months prior. He weighs 80 kgs, his height is 5 ft. 9 inches. He is currently on 3 BP meds and his BP is 160/98.

1. What other information is important to know before writing a prescription for home hemo (low volume platform)?
2. How do you decide what prescription will provide adequate dialysis (clearance)?
3. After starting on HHD you measure his spKt/V. How is his standardized weekly Kt/V calculated and how would you adjust his prescription if not at goal?
4. The same patient comes in for his monthly clinic visit and reports HHD is going well, but states that 6 days a week is too much for him and his wife who helps him. He is easily meeting his goal Kt/v and has good control of volume and BP. How can you adjust his prescription?

**Case #2:** A50 year old female who works fulltime as a lawyer, has ESRD due to FSGSS and is on the transplant list. She does not want a PD catheter in her abdomen because she likes to go swimming in various types of water- beach, lakes, private pools. She elects to do home hemodialysis but does not want to do more than 4 days a week and not longer than 2.5- 3 hours per day. Her nephrologist orders training for her on the Fresenius K machine- blood flow- 400/dialysate flow- 600 for 2.5 hrs. Her first sp Kt/V is 0.8.

1. How many days does she need treatment per week to reach the goal weekly Kt/v?
2. What specific water maintenance/plumbing is needed, and how does it differ from low volume platforms?