

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

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

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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.

- a. What other information is important to know before writing a prescription for home hemo (low volume platform)?
- b. How do you decide what prescription will provide adequate dialysis (clearance)?
- c. 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?
- d. 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:** A 50 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.

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