Home Dialysis Modalities -
Supporting Patient Choice
Objectives

- Review home dialysis therapy in the US and other countries
- Review the CMS Conditions for Coverage (CfC) related to home dialysis modalities
- Describe the home dialysis options
- Identify home dialysis outcomes, considerations and challenges
- Identify the home referral process for your facility patients and ways to improve
Brief History of Dialysis in the US

- **1960’s**
  - “Life and Death” selection committees decide eligibility for scarce hemodialysis resources.
  - Home dialysis available for patients with resources and support

- **1973**
  - Start of Medicare ESRD program expands in-center hemodialysis

- **1976**
  - Peritoneal Dialysis becomes mainstream therapy
Home Dialysis Usage: Growth and Decline

- **1980’s- 2008**
  - Home dialysis grows to 16%, then declines to 9%, as ESRD program expands access to dialysis
  - Increase in numbers of unstable patients with multiple co-morbid conditions unable to do home dialysis
  - Reimbursement practices favor in-center care over the home setting
  - Number of outpatient facilities increases in response to larger patient population and profit opportunity
Home Dialysis Today

- 2013

  - Patients at home (most recent statistics)
    - US: 11%
    - Seven countries in Europe, North and Central America: 20%
2008 Medicare Conditions for Coverage (CfC)

Conditions for Coverage (CfC) are:

✓ Medicare regulations for the care of dialysis patients in facilities

✓ Standards for dialysis facility Federal survey and certification

✓ V-Tags are specific standards, conditions and guidance in the CfC
2008 Medicare Conditions for Coverage (CfC)

V-tags addressing treatment modality:

✓ V458:
Patients have the right to be informed about all treatment modalities and settings and to receive information about resources not available at the facility

✓ V512:
Evaluation of the patient’s preferred modality and setting and the patient’s expectations for care outcomes

✓ V553:
The interdisciplinary team must identify a plan for the patient's home dialysis or explain why the patient is not a candidate for home dialysis
**Documentation**

Patient records must demonstrate that:

- The patient was educated about home dialysis options
- Referred appropriately
- If a suitable and willing home candidate, the plan for the patient to achieve home dialysis training and placement at home.
Home Dialysis Options for Patients

Peritoneal Dialysis (Daily Therapy)

- Uses a soft tube placed by surgeon in the abdomen (Tenckhoff Catheter)
- Sterile dialysate fluid is drained from a bag into the peritoneum space through the catheter
- Blood is cleared of excess water and waste by the processes of diffusion and osmosis while the fluid sits in the peritoneal space.
- After sitting in the peritoneal space for a prescribed time, dialysate fluid (now containing waste and extra water from the blood) is drained out and replaced. This process is called an “exchange”
- Exchanges are done via a machine at night (CCPD) or manually during the day (CAPD)
- PD is gentle and continuous—but not as efficient as HD
- Can do alone or with a partner
Home Dialysis Options for Patients

Home Hemodialysis (Intermittent Therapy)

- Requires a vascular access (graft or fistula)
- Treatment schedules:
  - **Short daily**: 5-6 days a week, 2.5-4 hour treatments
  - **Nocturnal**: 3-6 nights a week, 7-8 hour treatments
  - **Conventional**: 3 days a week, 4-5 hour treatments
- Usually requires a partner
- It is better if the **patient** does as much as possible—**especially cannulation**—to maximize patient engagement and prolong the life of the vascular access
Some Considerations/Challenges

- Both home options require training time-Peritoneal Dialysis needs less
- Financial/insurance (for training, supplies, clinic and lab studies)
- Care partner may be needed or required
- Homelessness
- Unhealthy or unadaptable home setting
- Physical or psychological issues (e.g., mental illness, dementia, anxiety)
- MATCH-D tool can help staff identify patients for home therapy [http://homedialysis.org/match-d](http://homedialysis.org/match-d)
- My Life, My Dialysis Choice tool can help patients choose their values and see which dialysis choice will fit their life best [http://mydialysischoice.org/](http://mydialysischoice.org/)
## Home Dialysis Outcomes

<table>
<thead>
<tr>
<th>Outcome vs. Standard HD</th>
<th>PD</th>
<th>Home HD</th>
</tr>
</thead>
<tbody>
<tr>
<td>More autonomy</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Ability to keep a job</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Ease of travel</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Fewer diet and fluid limits</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Fewer medications to take/pay for</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Fewer day to day symptoms</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Rapid recovery after treatments</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Chance of getting a transplant</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Fewer hospital days</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Survival</td>
<td>A bit better</td>
<td>A LOT better</td>
</tr>
</tbody>
</table>

[http://www.homedialysis.org/documents/ModalityComparison.pdf](http://www.homedialysis.org/documents/ModalityComparison.pdf)
Explore More

What is your facility’s process to ensure that patients have been educated about home dialysis options?

✓ Who educates patients about their options?
✓ Is there a tracking process to ensure that patients are educated, referred and seen by home staff in a timely manner?
✓ Is communication about the referral documented? How?
✓ Are home referrals routinely discussed at QI meetings?
✓ When are new patient admissions approached about home options?
✓ Is there a time frame goal for education and referrals?
About Home Dialysis Staff

- Train patients and/or families in chosen home dialysis modality
- Educates patients and staff about home therapies
- Coordination and transition of care between dialysis modalities
- Participation in quality improvement meetings
- Scheduling lab studies and follow-up care visits
- Handling, ordering and administering medications and
- Mentorship of new care teammates
- Training of patients and family/caregivers
- Documentation
- Advocate and liaison between patient and other providers
- Monitoring of patient progress and plan of care
- Home supplies monitoring

http://www.pdiconnect.com/content/23/Supplement_2/S206.full.pdf
References

- http://homedialysis.org/match-d
Resources

- https://aakp.org
- http://esrdncc.org/patients/treatment-choices/
- http://www.homodialysis.org/home-dialysis-basics/glossary
- http://www.niddk.nih.gov/health-information/health-topics/kidney-disease/home-hemodialysis/Pages/home-hemodialysis.aspx#comparison
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