

## The Basics of Home Dialysis

*This webinar will start shortly*

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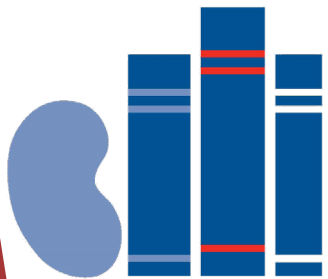
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# Reminders

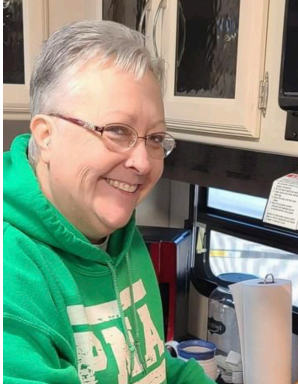
- All lines are muted
- Ask questions or make comments through the Chat Box
- Written questions will usually be answered at the end of the program
- You will receive the link to the **recording** and **slides** within a week
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# Speaker Introductions



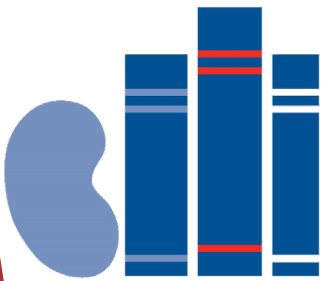
**Vanessa Evans**  
Home Hemo Dialysis Patient  
Sr. Manager Advocacy and  
Patient Communities



**Dawn Bates\***  
Current Home Hemo Dialysis  
Patient



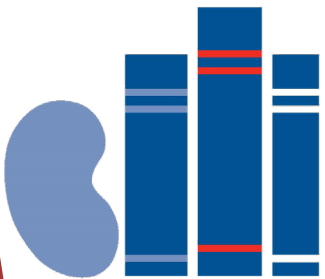
**Jesse Rodriguez\***  
Peritoneal Dialysis Patient



\*paid speakers from NxStage

# Agenda

- Meet the speakers
- Learning your dialysis options
- Benefits and considerations of more frequent home dialysis
- Introduction to PD
- Introduction to HHD
- Questions to ask your doctor
- Resources and helpful information





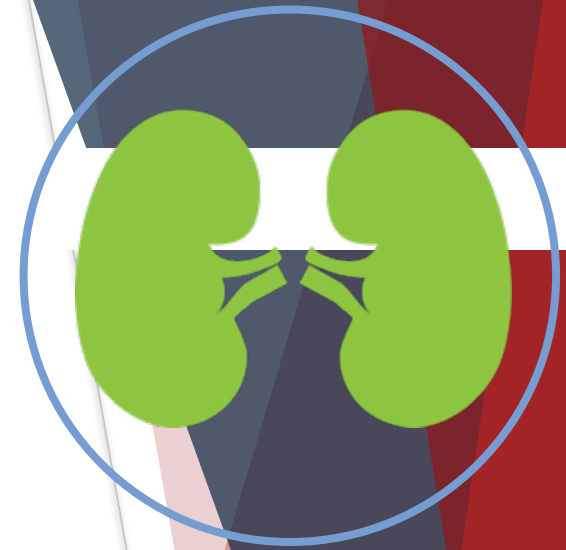
# The Importance of Learning Your Options

- Whether you have just been diagnosed with kidney disease or have already been on dialysis, you owe it to yourself to learn about all the therapy options that may be available to you.
- When you discuss these options with your doctor and family, you can make the most ***informed decision*** about your own care and select the treatment that is ***best for you***.



Tangela, former more frequent home hemodialysis patient with NxStage, received a transplant in 2012.  
NxStage Patient Advocate.





### **In-Center Hemodialysis (ICHD)<sup>1</sup>**

**The traditional approach.**

ICHD involves the removal, cleaning, and returning of your blood back to your body. This therapy option is typically performed three times per week, for approximately four hours per session, at either a dialysis center or hospital.

### **Peritoneal Dialysis (PD)<sup>1</sup>**

**Treatment you can do at home or almost anywhere.**

PD therapy uses the lining of your own belly, the peritoneal membrane that covers your abdomen to filter your blood of toxins and extra fluids.

### **Home Hemodialysis (HHD)<sup>1</sup>**

**Treatment in the comfort of your home during the day or overnight.**

HHD follows a similar treatment procedure as in-center hemodialysis through the removal, cleaning, and returning of your blood back to your body. However, treatments are typically done more frequently.

### **Kidney Transplantation<sup>1</sup>**

**The best option available for most patients on dialysis.**

Kidney transplantation involves placing a healthy kidney into your body, which comes from either a living or deceased donor.

# Who is choosing to do home dialysis?

HHD and PD have become the preferred treatment options of thousands of people.

In a physician survey, **more than 90% of nephrologists said they would choose a home therapy for themselves** if faced with dialysis<sup>1</sup>.



Maria, former more frequent home hemodialysis patient with NxStage, received a transplant in 2017.

1. Merighi JB, Schatell DR, Bragg-Gresham JL, Witten B, Mehrotra R. Insights into nephrologist training, clinical practice, and dialysis choice. Hemodial Int. 2012;16(2):242-251.

# Potential Benefits of More Frequent Home Therapies: PD & HHD



Improved 5-yr **Survival**<sup>1,2</sup>



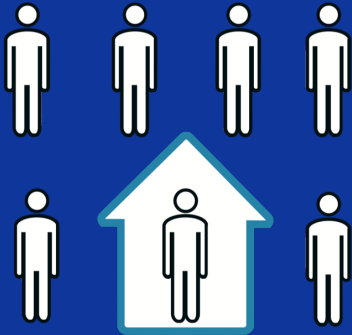
Greater **Quality of Life**<sup>3</sup>



Increased **Control**<sup>4,5</sup>



**Schedule Flexibility**



Reduce Potential Exposure and the **Option to Self-Isolate**<sup>6</sup>



Home Dialysis may be a **Safe** alternative for many



**Ability to Work or Attend School**<sup>7,8</sup>



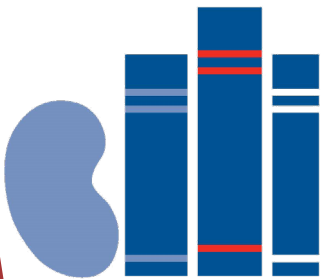
**Ability to Travel**

\*References listed on Slide 28

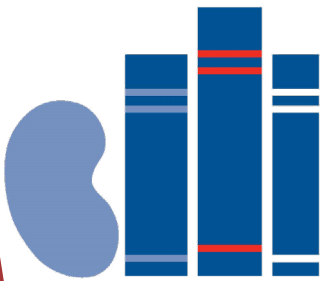
Patients should consult with their physician to determine the medical necessity of more frequent dialysis.



# Home Hemodialysis



# Dawn's Story



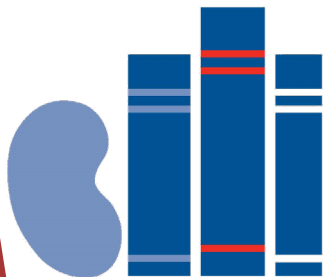
# Home Hemodialysis (HHD)

Follows a similar treatment procedure as in-center hemodialysis but is usually done in the comfort of your home, and more frequently than ICHD. More frequent hemodialysis (5-6 days per week) may lead to improved health and quality of life outcomes when compared to 3 times weekly ICHD. <sup>1</sup>

**HHD can be performed during the day—with or without a care partner—or overnight while you and your care partner sleep (nocturnal home hemodialysis).**

**NxStage HHD equipment is designed for ease of use at home:**

- Simplicity
- Portability
- Accessibility
- Cleanability



# Potential Benefits of More Frequent HHD



## Less Stress on the Heart

12% Reduction in LVH<sup>12</sup> (thickening of the heart)  
20% Fewer low blood pressure episodes<sup>1</sup>



## Improved 5-Year Survival

40% - 3 times per week (traditional ICHD)<sup>3</sup>  
58% - 5-6 times per week (more frequent HHD)<sup>4</sup>



## Fewer Medications

36% Less blood pressure medication<sup>5</sup>



## More Energy & Vitality

More energy to do the things you love<sup>6</sup>



## Increased Likelihood to be on the Kidney Transplant List

35.0% HHD versus 14.2% in-center<sup>7</sup>



## Improved Post-Dialysis Recovery Time

87% Improvement in time to recovery<sup>11</sup>  
5% Reduction in mortality for each hour that recovery time is reduced<sup>12</sup>



## Improved Sleep Quality

26% Reduction in restless leg syndrome<sup>13</sup>  
15%-17% Reduction in sleep problems<sup>13</sup>

# HHD Components

## Versi™ HD Cycler

Touchscreen interface designed for ease of use

Portable, dialyze when and where you want

24/7 technical support



## PureFlow SL

Integrated dialysate mixing

Water-sparing de-ionization

Simple plumbing connections

## Cartridge

Simple drop-in cartridge

Easy wipe-down disinfection

Disposable, pre-connected dialyzer



## Nx2me Connected Health®

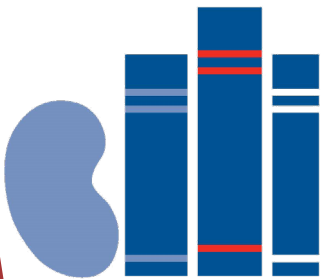
Automated flowsheets

Context sensitive help

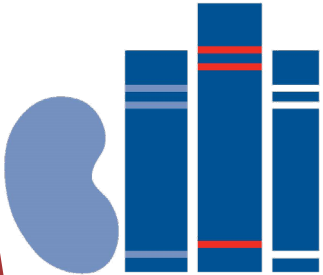
Treatment Data Display



# Peritoneal Dialysis



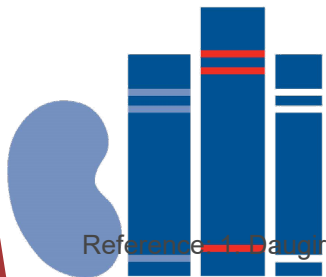
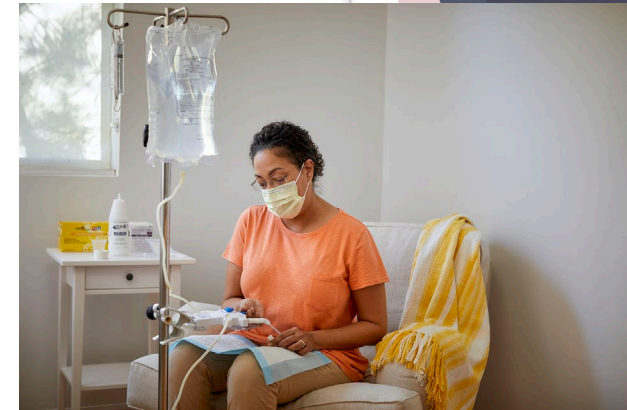
Meet Jessie



# Peritoneal Dialysis (PD)<sup>1</sup>

There are two ways you may preform PD dialysis at home. Both methods involve using the blood vessels in the lining of your peritoneal cavity to filter toxins and excess fluid from your body. The methods are:

- ▶ **Continuous Ambulatory Peritoneal Dialysis (CAPD)**
  - ▶ CAPD consists of manual exchanges which take around 20-30 minutes to complete and are usually done 3-5 times per day.
- ▶ **Automated Peritoneal Dialysis (APD)**
  - ▶ APD typically, the patient sets up the cycler at bedtime and the machine performs the exchanges while they are sleeping.



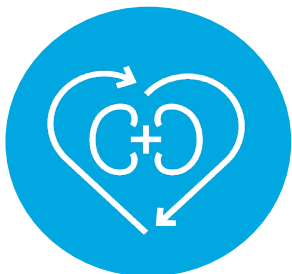
# Potential Benefits of Peritoneal Dialysis

Compared to thrice weekly conventional in-center hemodialysis



## BETTER PRESERVATION OF RESIDUAL RENAL FUNCTION<sup>1,2</sup>

Residual renal function is associated with better overall health and well-being of dialysis patients



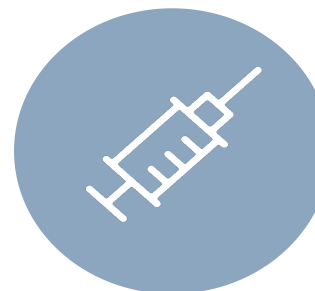
## INCREASED TRANSPLANTATION INCIDENCE<sup>2,3</sup>

Compared to 3x/week in-center hemodialysis (ICHD)



## GREATER QUALITY OF LIFE<sup>3</sup>

PD patients have higher self-reported Quality of Life scores than standard in-center dialysis patients.



## NO VASCULAR ACCESS NEEDED<sup>1</sup>

For patients who struggle with needle barriers and fears

References: 1. François K, Bargman J. "Evaluating the Benefits of Home-Based Peritoneal Dialysis." International Journal of Nephrology and Renovascular Disease, 7 (2014): 447. 2. Sinnakirouchenan R, Holley JL. Peritoneal Dialysis Versus Hemodialysis: Risks, Benefits, and Access Issues. Advances in Chronic Kidney Disease, Vol. 18, No. 6 (November), 2011: pp 428-432. 3. Bonenkamp AA et al. Health-Related Quality of Life in Home Dialysis Patients Compared to In-Center Hemodialysis Patients: A Systematic Review and Meta-analysis. Kidney Med. Published online 2,2020.



# Liberty<sup>®</sup> Select PD Cyclor System Components

## LIBERTY SELECT CYCLER

Touchscreen interface designed for ease of use

Portable, dialyze when and where you want

24/7 technical support



## stay•safe<sup>®</sup> PIN TECHNOLOGY

The stay•safe PIN closes the system before you disconnect, reducing the potential risk of touch contamination with half the number of openings



## LIBERTY CYCLER SET

Easy-load cassette with color-coded clamps for easy set up



## LIBERTY MODEM

Receive daily patient data allowing for data-driven decisions for optimizing therapy and troubleshooting<sup>1\*</sup>

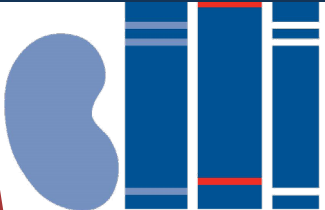


\*Note: Modems available to select customers only. Ask your sales representative for details.



# 5

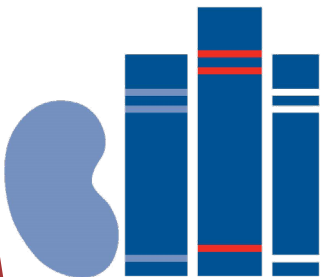
## Questions to Ask Your Doctor



- What dialysis treatment would allow me the best chance of survival?
- What dialysis treatment is best for my heart?
- What dialysis treatment option would you choose if you were faced with kidney failure?
- What else should I know about home dialysis?
- If I choose home dialysis, how often do I need to go into the clinic?

## Want to Learn More?

- ❖ Talk with a **Patient Consultant** who can walk you through what to expect when going home. Our consultants are experienced NxStage users and care partners who are here to help you.
  - ❖ Call **888-200-6456** or visit: [www.nxstage.com/learnmore](http://www.nxstage.com/learnmore)
- ❖ Ask your care team about joining an upcoming **virtual home therapies awareness session** with a home therapies educator and a NxStage patient advocate.
- ❖ Talk with your doctor to learn more about the potential benefits and other important considerations of home dialysis.
- ❖ DPC Support Group - 2<sup>nd</sup> Tuesday of each month, from 3pm - 4pm EST. Visit <https://www.dpcedcenter.org/news-events/dpc-support-group/> for more details.



## Helpful Resources

**Dialysis Patient Citizens:** <https://www.dialysispatients.org/>

**Patient Consultants:** Call 888-200-6456 or visit: [www.nxstage.com/learnmore](http://www.nxstage.com/learnmore)

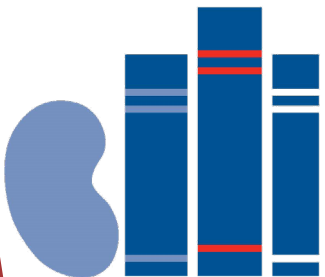
**Why Home Dialysis during a Pandemic?:** <https://ww3.nxstage.com/why-hd-during-pandemic/>

**NxStage Benefits Web Page:** <https://www.nxstage.com/patients/benefits-of-home-hemodialysis/>

**Atlas Patient Lifestyle website:** <https://atlas.nxstage.com/>

**Home Dialyzors United Patient Group:** <https://www.homedialyzorsunited.org/>

**I Have Kidney Disease, Now What? Video:** <https://youtu.be/ALbtKbghn18>



# Risks and Responsibilities - HHD

The reported benefits of home hemodialysis (HHD) may not be experienced by all patients.

The NxStage System is a prescription device and, like all medical devices, involves some risks. The risks associated with hemodialysis treatments in any environment include, but are not limited to, high blood pressure, fluid overload, low blood pressure, heart-related issues, and vascular access complications. When vascular access is exposed to more frequent use, infection of the site, and other access related complications may also be potential risks. The medical devices used in hemodialysis therapies may add additional risks including air entering the bloodstream, and blood loss due to clotting or accidental disconnection of the blood tubing set.

Home hemodialysis with the NxStage System during waking hours may not require a care partner, provided a physician and a qualified patient agree that solo home hemodialysis is appropriate. Patients performing nocturnal treatments are required to have a care partner. Care partners are trained on proper operation and how to get medical or technical help if needed.

Certain risks associated with hemodialysis treatment are increased when performing solo HHD because no one is present to help the patient respond to health emergencies. If patients experience needles coming out, blood loss, or very low blood pressure during solo HHD, they may lose consciousness or become physically unable to correct the health emergency. Losing consciousness or otherwise becoming impaired during any health emergency while alone could result in significant injury or death. Additional ancillary devices and training are required when performing solo HHD

Certain risks associated with hemodialysis treatment are increased when performing nocturnal therapy due to the length of treatment time and because therapy is performed while the patient and care partner are sleeping. These risks include, but are not limited to, blood access disconnects and blood loss during sleep, blood clotting due to slower blood flow and/or increased treatment time, and delayed response to alarms when waking from sleep.

Patients should consult their doctor to understand the risks and responsibilities of performing these therapies using the NxStage System.



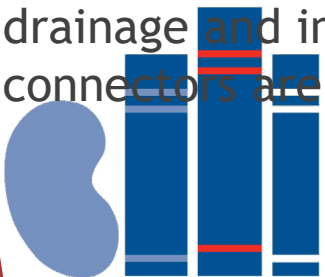
# Risks and Responsibilities - PD

The reported benefits of peritoneal dialysis may not be experienced by all patients.

Peritoneal dialysis does involve some risks that may be related to the patient, center, or equipment. These include, but are not limited to, infectious complications. Examples of infectious complications include peritonitis, and exit-site and tunnel infections. Non-infectious complications include catheter complication such as migration and obstruction, peritoneal leaks, constipation, hemoperitoneum, hydrothorax, increased intraperitoneal volume, respiratory, and gastric issues. It is important for healthcare providers to monitor patient prescriptions and achievement of adequacy and fluid management goals.

Patients should consult their doctor to understand the risks and responsibilities of performing peritoneal dialysis.

The Liberty® Select peritoneal dialysis cyclers are indicated for acute and chronic peritoneal dialysis. The stay•safe® PIN connectors are intended for use with a peritoneal cycler for drainage and infusion of PD solution during peritoneal dialysis exchanges. The stay•safe PIN connectors are indicated for acute and chronic peritoneal dialysis.





## Slide 12 References:

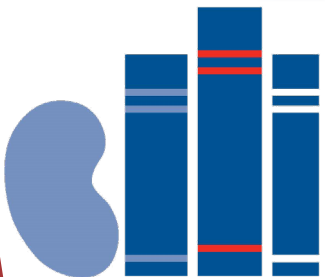
### References:

- 1.U.S. Renal Data System, USRDS 2015 Annual Data Report: Table 6.3.
- 2.U.S. Renal Data System, USRDS 2015 Annual Data Report: Table 6.3. and matched NxStage patient data on file.
- 3.Bonenkamp AA et al. Health-Related Quality of Life in Home Dialysis Patients Compared to In-Center Hemodialysis Patients: A Systematic Review and Meta-analysis. *Kidney Med.* Published online 2,2020.
- 4.Heidenheim PA, Muirhead N, Moist L, Lindsay RM. Patient quality of life on quotidian hemodialysis. *Am J Kidney Dis.* 2003;42(S1)(S1):S36-S41.
- 5.Manera KE, Johnson DW, Craig JC, et al. Patient and caregiver priorities for outcomes in peritoneal dialysis multinational nominal group technique study. *Clin J Am Soc Nephrol.* 2019;14:74-83.
- 6.<https://www.renalandurologynews.com/home/news/nephrology/hemodialysis/covid-19-crisis-could-speed-adoption-of-home-dialysis/>.
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- 8.Walker RC, Howard W, Norton RL. Home hemodialysis: a comprehensive review of patient-centered and economic considerations. *Clinicoecon Outcomes Res.* 2017;9:149-161.

- 1.The FHN Trial Group. In-center hemodialysis six times per week versus three times per week. *N Engl J Med.* 2010;363(24):2287-2300.
- 2.Rocco MV, Lockridge RS, Beck GJ, et al. The effects of frequent nocturnal home hemodialysis: the Frequent Hemodialysis Network Nocturnal Trial. *Kidney Int.*
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- 4.U.S. Renal Data System, USRDS 2015 Annual Data Report: Table 6.3. and matched NxStage patient data on file.
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- 11.Jaber BL, Lee Y, Collins AJ, et al. Effect of daily hemodialysis on depressive symptoms and post-dialysis recovery time: interim report from the FREEDOM (Following Rehabilitation, Economics and Everyday-Dialysis Outcome Measurements) Study. *Am J Kidney Dis.* 2010;56(3):531-539.
- 12.Rayner HC, Zepel L, Fuller DS, et al. Recovery time, quality of life, and mortality in hemodialysis patients: the Dialysis Outcomes and Practice Patterns Study (DOPPS). *Am J Kidney Dis.* 2014;54(1):86-94.
- 13.Jaber, B.L., Schiller, B., Burkart, J.M. et al, Impact of short daily hemodialysis on restless legs symptoms and sleep disturbances. *Clin J Am Soc Nephrol.* 2011;(6):1049-1056.

# Questions?

**Please use the Chat Box**



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upcoming webinar**

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