Benefits of Frequent Nocturnal Home Haemodialysis

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Introduction

• Haemodialysis removes waste products from the blood for people with end-stage kidney disease.1,2
• Most people dialyse three times per week in a hospital or community dialysis setting.3,4
• Frequent nocturnal home haemodialysis is performed six or seven times per week at home.3
• A literature review was undertaken to explore the barriers that might prevent more widespread acceptance of frequent nocturnal home haemodialysis.

Findings

• Haemodialysis three times per week can be associated with adverse effects.5,6,7
• Frequent nocturnal home haemodialysis replicates more closely natural renal function and typically results in improved patient outcomes,6,8
• Patient safety can be established with optimal frequent nocturnal home haemodialysis training,5,10,11,12
• Initial high set-up costs and use of more consumables are offset by long-term savings,5,13,14,15
• Small number of trials conducted may account for fewer frequent nocturnal home haemodialysis patients.16,17

Nursing Implications

• Improved outcomes attributed to frequent nocturnal home haemodialysis can result in less medication for patients and fewer nursing interventions.5,11,18
• Nurses can appeal to education providers/employers to establish specific education programs that include frequent nocturnal home haemodialysis training, to ensure patients will also receive current and optimal information.11,14,19
• Opportunity identified for nurses to undertake further research.11
• Patient (and carer) concerns can be minimised with optimal and ongoing education, forming links with successful frequent nocturnal home haemodialysis patients and initial remote monitoring.5,11,19,20

Conclusion

• Frequent nocturnal home haemodialysis patients achieve better clinical outcomes, report a better quality of life and many return to dietary freedom.21,22,23
• Economic advantages arising from nocturnal home haemodialysis (decreased nursing costs and less medication use) can ease stretched health budgets and benefit the nursing shortage.5,13,16,21
• A positive pro-frequent nocturnal home haemodialysis culture can be enhanced with relevant nursing experience, leadership and education.11,14,10

References

1. Chao, CT 2003, ‘Frequent nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal nocturnal noc...