

Department of Renal Medicine
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CHRONIC NON-ADHERENCE WITH DIALYSIS HOURS ADVICE

Your consultant would like to make you aware of the risks of non-adherent behaviour on dialysis (ie shortening a haemodialysis session or “coming off early” or poor compliance with dietary restrictions). The figures quoted below are based on a large multicentre study of haemodialysis patients over a 2.5 year period, the DOPPs study (Dialysis Outcomes and Practice Patterns study), and give an estimate of the increased likelihood of death of non-adherent patients on haemodialysis.

The following actions are associated with an increased risk of death:

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|---|------------------------------|
| Skipping Haemodialysis Session (one/month) | 30% increased risk of death* |
| Shortening a Haemodialysis Session (for >10mins 1x/month) | 11% increased risk of death* |
| High weight gains between dialysis sessions (>5.7% dry weight or >3.5 kg gain in 60kg patient) | 12% increased risk of death* |
| High Potassium levelson a regular basis (pre-dialysis levels) | 9% increased risk of death* |
| High Phosphate levels on a regular basis (pre-dialysis levels) | 17% increased risk of death* |

(* compared with other haemodialysis patients over a 2.5 year period)

Ref: Nonadherence in hemodialysis: Associations with mortality, hospitalization, and practice patterns in the DOPPS. Saran R et al. *Kidney International*, 2003 (64):254-62