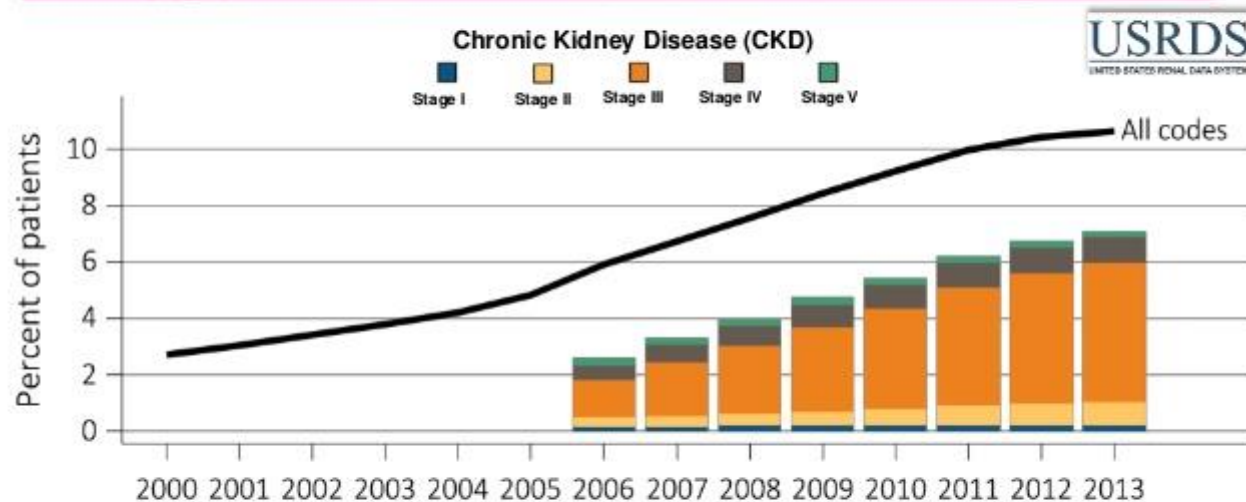


*“I wish this disease would take me before I  
have nothing left to leave for my family”*

Hemodialysis Patient -2.



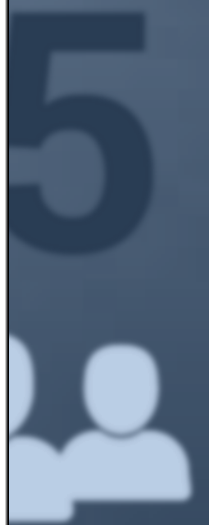
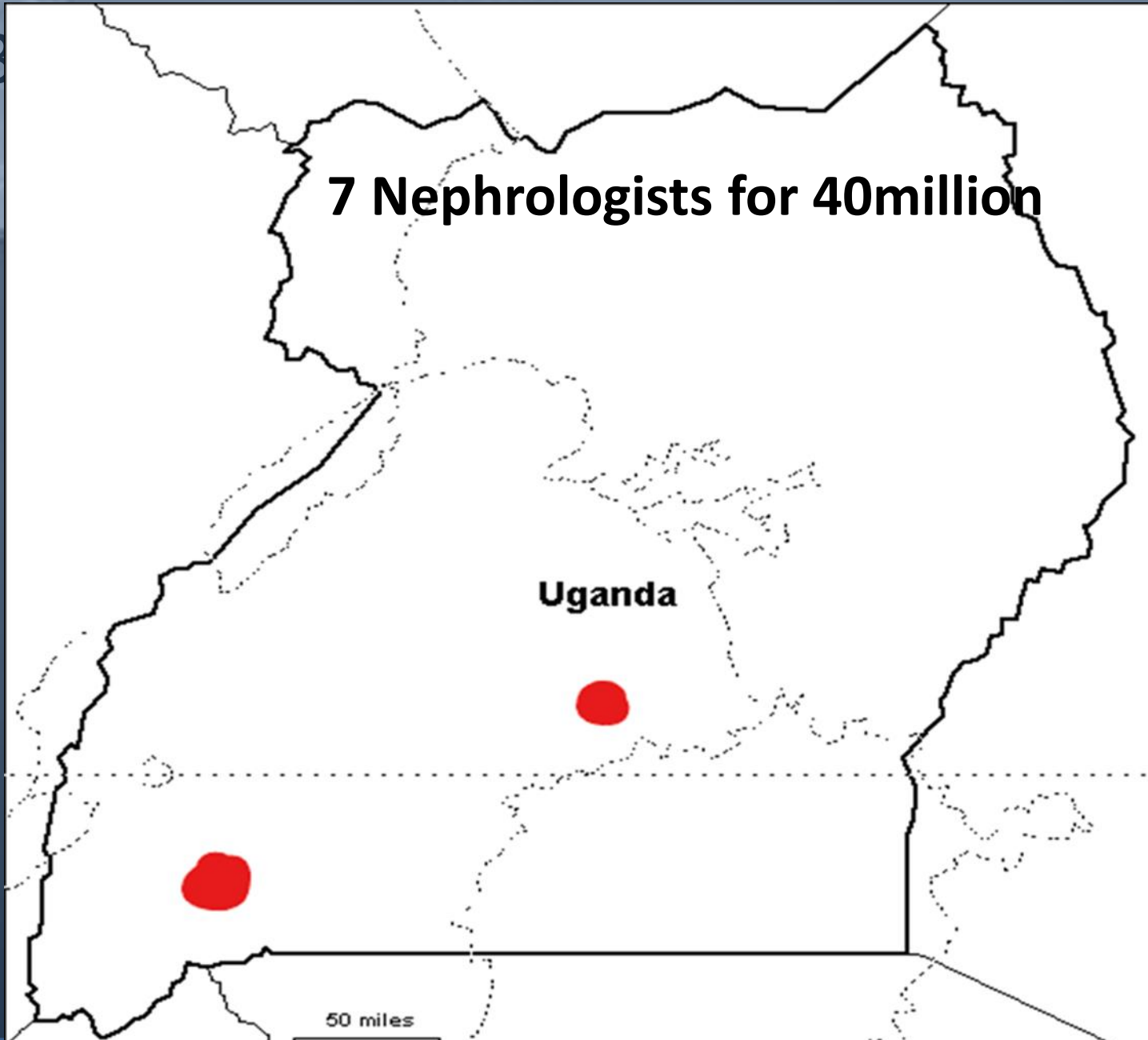
## Trends in prevalence of recognized CKD, overall and by CKD stage, among Medicare patients aged 65+, 2000-2013



Data Source: Special analyses, Medicare 5 percent sample. Known CKD stages presented as bars; curve showing "All codes" includes known CKD stages (codes 585.1-585.5) and the CKD-stage unspecified codes (585.9, and remaining non-585 CKD codes). Note: In previous years, this graph reported 585.9 codes as a component of the stacked bars. Abbreviation: CKD, chronic kidney disease.

• 13

**7 Nephrologists for 40million**



**QUALITY OF LIFE AMONG PATIENTS WITH END  
STAGE KIDNEY DISEASE IN MULAGO NATIONAL  
REFFERAL HOSPITAL: A PROSPECTIVE  
ANALYSIS AND EXPLORATION OF POTENTIAL  
PREDICTORS.**

**Dr. Peace Bagasha**

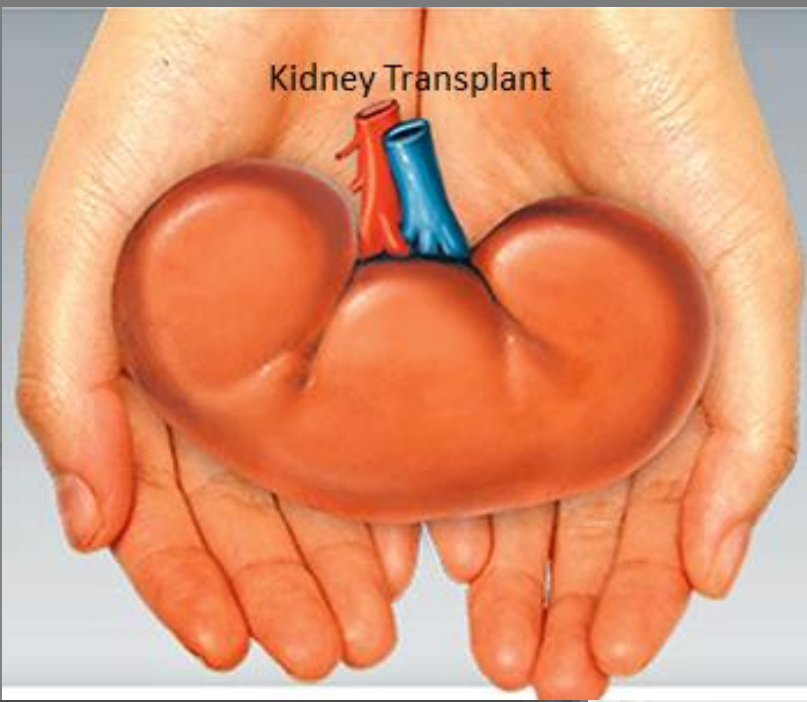
MBCh.B (MUST), M.Med Int.Med (MUK), Clin.  
Fellow Neph. (McMaster Uni.)



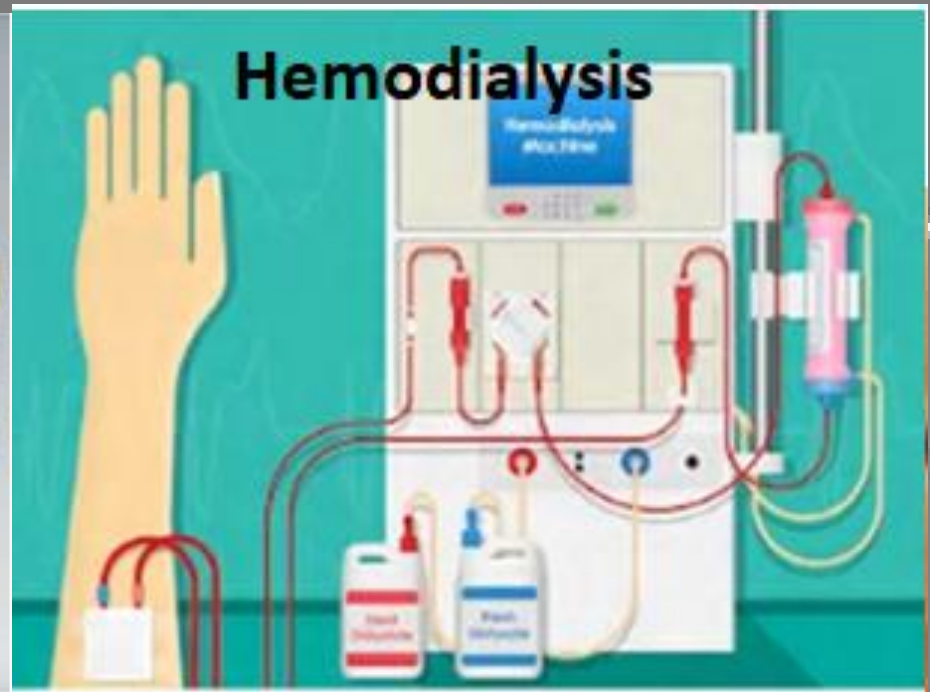


**Godfrey's story**

**Kidney Transplant**



**Hemodialysis**



**Supportive care**





# **KIDNEY TRANSPLANT**

- **Not available in Uganda**
- **Has to be donated by family member**
- **Costs :USD 30,000 to start than USD 500 monthly for life**



# HEMODIALYSIS

- Only available in 2 districts in Uganda
- Three times weekly
- Costs: USD 500 to start and USD. 60 per week



# **SUPPORTIVE CARE**

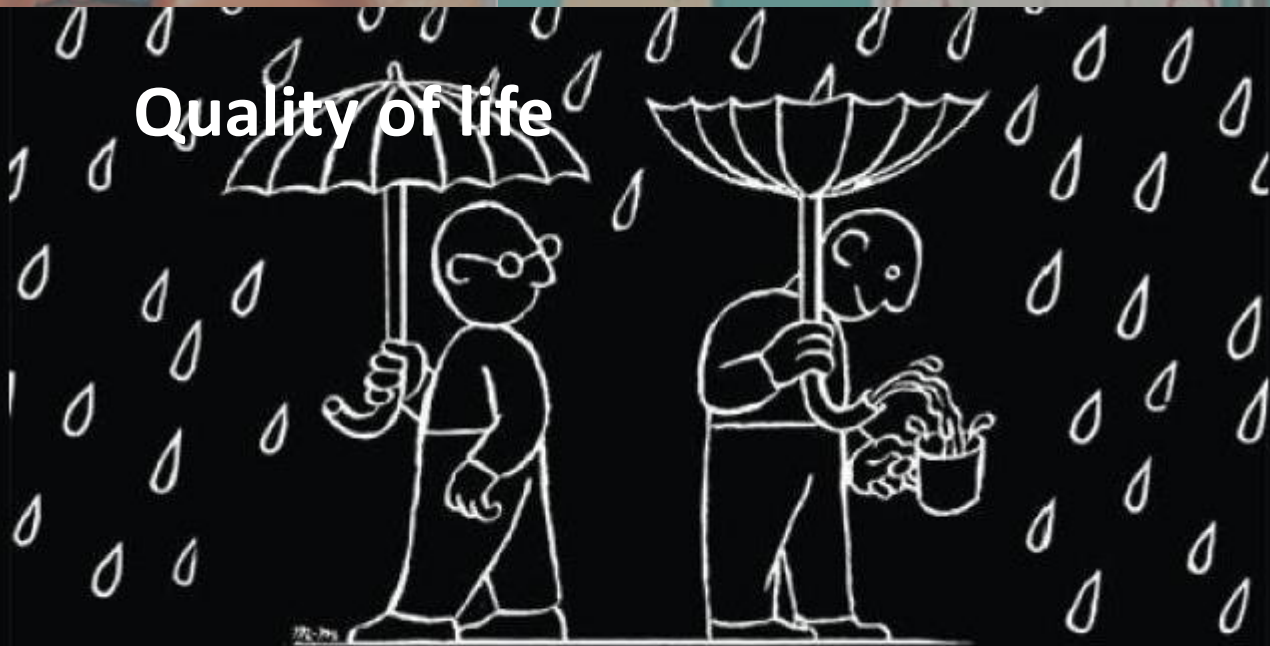
- **Holistic management: Physical, Psychological, Social and Spiritual care**
- **Improved Quality of Life**



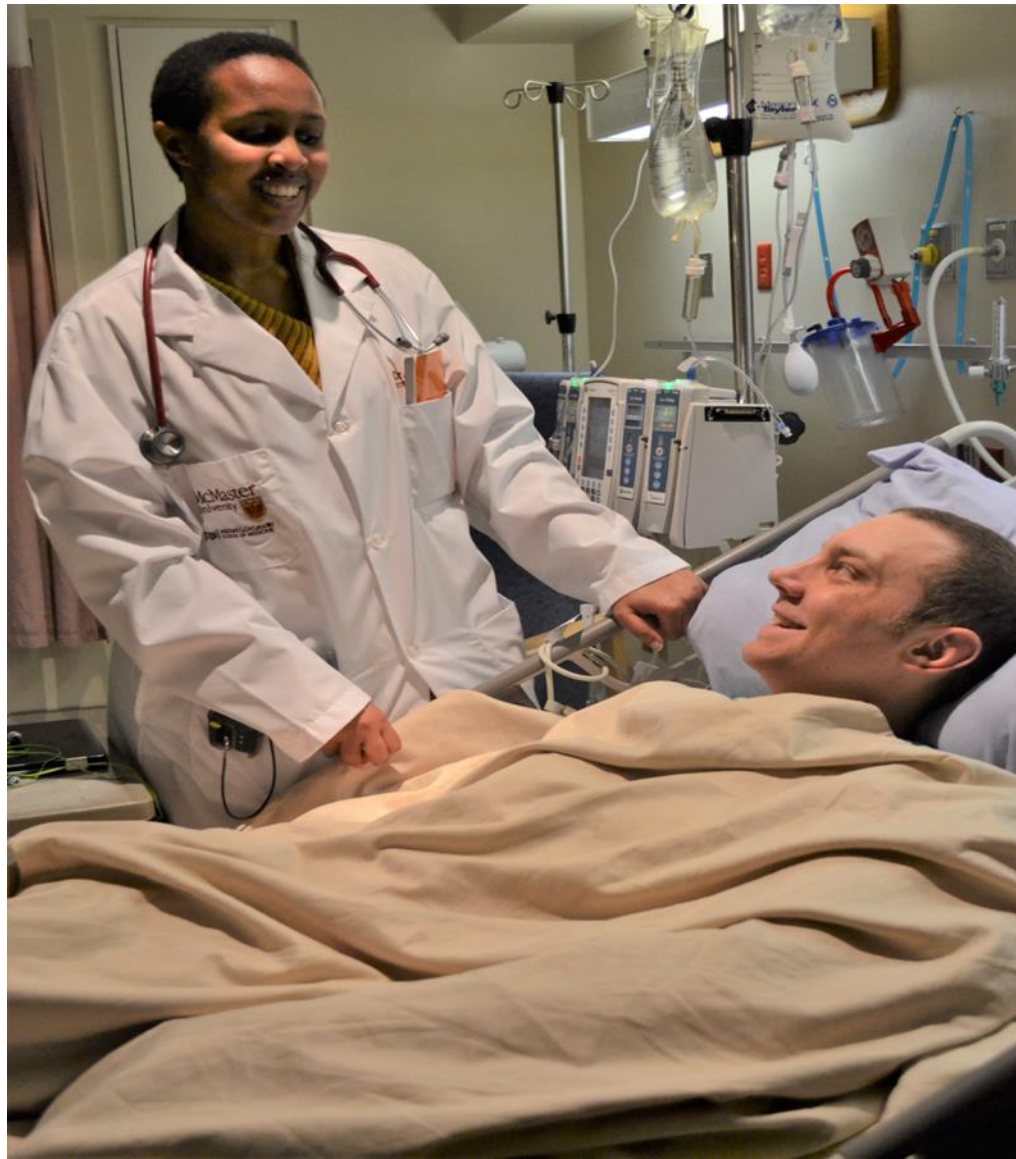
Kidney Transplant

Hemodialysis

Quality of life

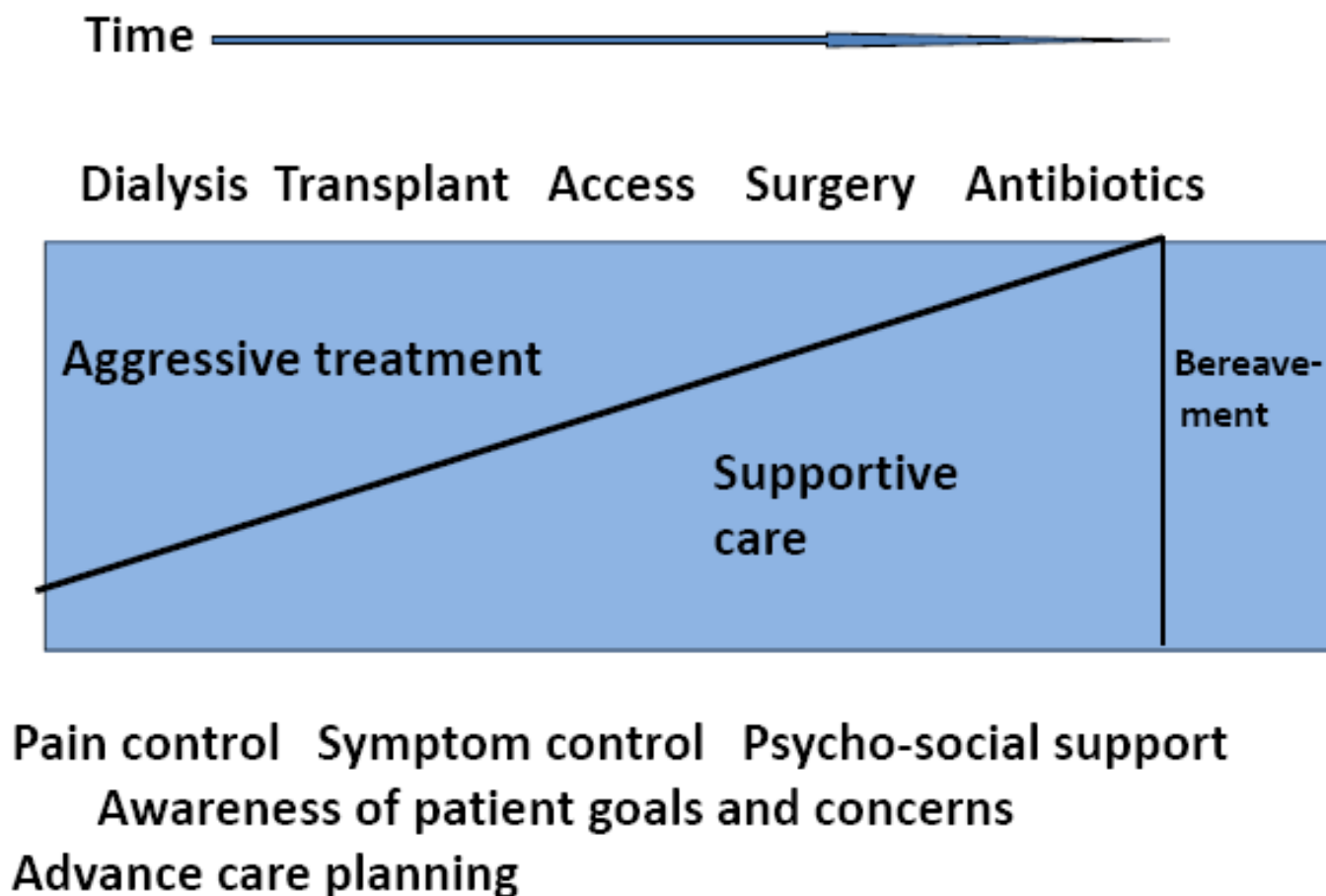


Situation in developed countries: Canada ,  
United kingdom



***“Don’t be sad, he  
will be fine, he  
will get a new  
kidney”***

# Role of supportive care in advanced CKD management



ONLINE FIRST

# Relationship Between the Prognostic Expectations of Seriously Ill Patients Undergoing Hemodialysis and Their Nephrologists

Melissa W. Wachterman, MD, MPH, MSc; Edward R. Marcantonio, MD, SM; Roger B. Davis, ScD;  
Robert A. Cohen, MD, MSc; Sushrut S. Waikar, MD, MPH; Russell S. Phillips, MD; Ellen P. McCarthy, PhD, MPH

*JAMA Intern Med.*

*Published online May 27, 2013.*

*doi:10.1001/jamainternmed.2013.6036*

- **Not a single patient reported receiving an estimate of life expectancy from a nephrologist**
- **Nephrologists reported having given such estimates to only 2 patients**



## **Are palliative symptoms and issues different in ESKD versus other diseases (hospital)?**

33,183 hospital patients referred for palliative care, of whom 1,057 had ESKD

- Similar functional status (36.0% renal v 34.9% other diseases,  $p=0.08$ )
- Similar levels of moderate/severe anxiety (14.9% v 15.3%,  $p=0.90$ ) and nausea (5.9% v 5.9%,  $p=0.99$ ).
- Less moderate / severe pain (24.7% v 0.9%;  $p=0.004$ ) and less dyspnoea (30.5% v 41.6%;  $p=0.01$ ).
- Goals of care and advance care planning were the reasons for referral more often in renal disease than other serious illnesses (81.5% v 74.2%;  $p=0.001$ ).
- **Symptoms improved similarly after consultation regardless of diagnosis, except anxiety, which improved more in renal disease (92.0% v 66.0%;  $p=0.002$ )**

(Grubbs et al, 2017, CJASN)



## **Advance Care Planning: Enabling quality of life at end of life**

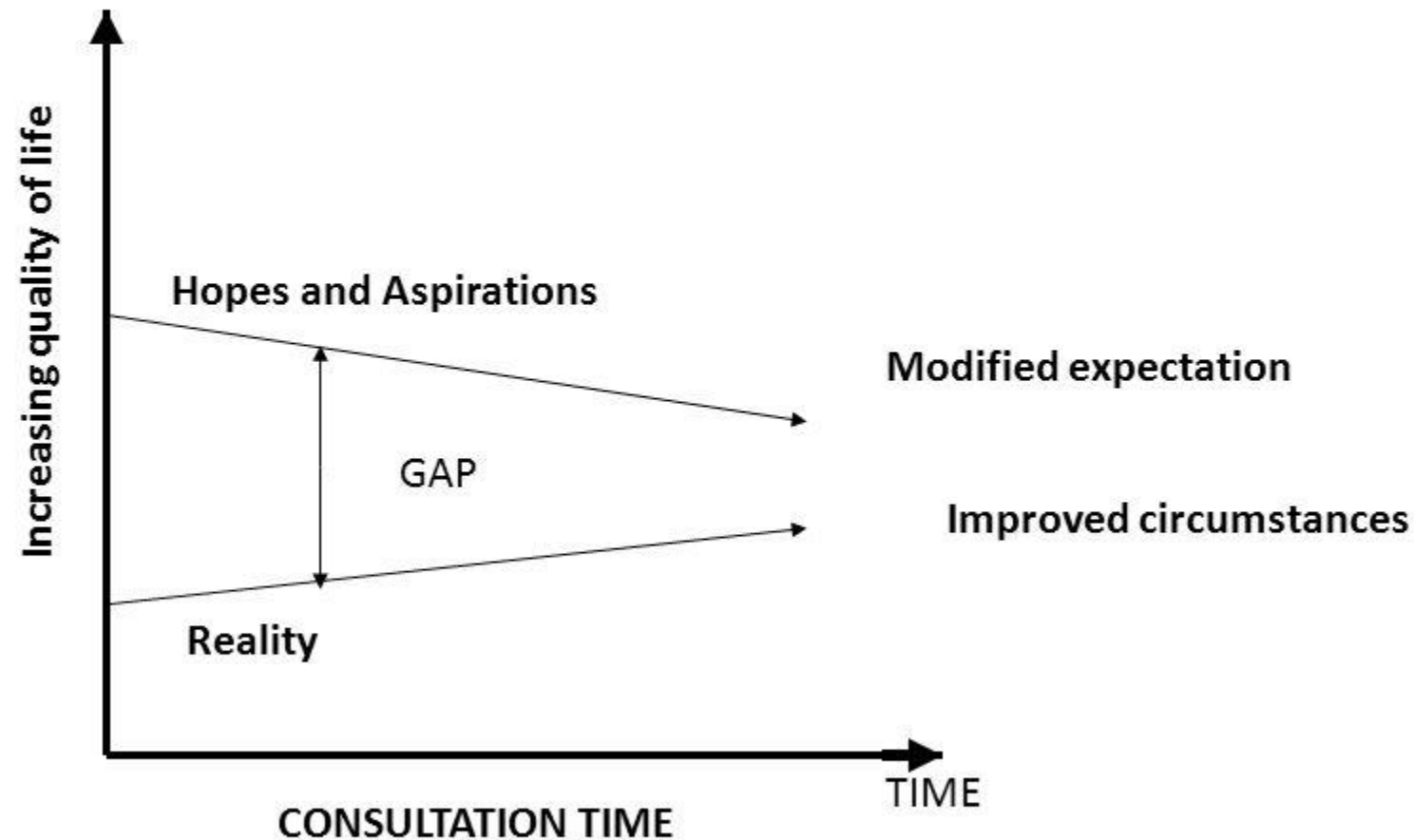
- Communication with patient and family about prognosis and realistic impact of treatment
- Treatment of symptoms including pain
- Allow time to answer questions
- Plan ahead to enable patient to achieve goals, acceptable ceilings of care and place of care
- Cultural sensitivity so discussions can be attuned to needs of patient and family

# Holistic Approach:

## Goal is to improve quality of Life

- Physical, Spiritual, Psychological, Social
  - Physical symptoms
    - Volume overload:
      - » Frusemide, Metolazone, Fluid restriction, low dose morphine
    - Electrolytes: High Phosphate, High Pottasium
      - » Diet: All they can eat (Because of poor appetite)
    - Confusion
      - » Haloperidol, manage aggravating factors
    - Skin Ulcers
      - » Skin care
    - Anaemia
      - » Iron replacement and Erythropoetin

# The Calman gap: quality of life deficit



HOPE



"I  
no  
He

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# ACKNOWLEDGMENTS

