



Patients undergoing dialysis at a charity dialysis centre.

## DIALYSIS MADE EASIER

**T**HE Health Ministry has adopted a Peritoneal Dialysis First or PD First policy since 2013, which means new patients requiring dialysis will be considered for PD as a first option, before haemodialysis.

There are three renal replacement therapy treatment options for kidney patients who are diagnosed with chronic kidney disease — kidney transplant, haemodialysis and PD. In PD, the process uses the patient's peritoneum in the abdomen as a membrane across which fluids and dissolved substances (toxic substances or metabolic wastes) are exchanged from the blood.

According to National Kidney Foundation

chairman Datuk Dr Zaki Morad Mohd Zaher, Automated Peritoneal Dialysis (APD) has an advantage in patient treatment as it can be administered while the patient sleeps and can be done at home.

Dr Zaki, who is consultant nephrologist of Ampang Puteri Specialist Hospital, says APD has an advantage in patient treatment. Patients are no longer required to go through four hours of haemodialysis in a dialysis centre and do not have to travel to the centre three to four times a week. This improves quality of life and daytime productivity of not just kidney patients but also their caregivers.

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