



# Association and evaluation of life on dialysis

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## DESCRIPTION

Dialysis is a treatment for people whose kidneys are not functioning. In the case of kidney failure, the kidneys do not filter the blood as it should. As a result, waste products and toxins accumulate in the bloodstream.

Dialysis works by the kidneys by removing waste products and excess water from the blood. When your kidneys are healthy, they clean your blood. They also produce hormones that strengthen your bones and keep your blood healthy. If your kidneys fail, you need treatment to replace the work your kidneys are doing. Unless you have a kidney transplant, you will need a treatment called dialysis.

### Type of dialysis

There are two main types of dialysis. Both types filter the blood to remove harmful waste products, excess salt and water from the body.

- Hemodialysis used in machines. Sometimes called an artificial kidney. You usually go to a specialized clinic several times a week for treatment.
- Peritoneal dialysis uses the inner wall of the abdomen, called the peritoneum, to filter blood.

### Hemodialysis

Hemodialysis is the most common type of dialysis and is familiar to most people. During the procedure, the tube is attached to the needle on your arm.

Blood flows through a tube into an external machine, which filters it and then sends it back to the arm through another tube. You can do it at home.

Here are some examples of home dialysis plans:

- 4 hours a week
- 5 times a week for 3 hours
- 6 days a week, 8 hours a night

### Peritoneal dialysis

In peritoneal dialysis, the inner layer of the abdomen (peritoneum) is used as a filter rather than a machine. Like the kidneys, the peritoneum contains thousands of small blood vessels, making it a convenient filtration device. Before starting treatment, an incision is made near the navel and a thin tube called a catheter is inserted through the incision into the space

inside the abdomen (abdominal cavity) and this remains permanent.

Hemodialysis Dialysis treatment:

The time required for dialysis depends on:

- How well the kidneys are working
- How much water will increase during treatment
- How much waste is in your body

Each hemodialysis treatment usually lasts about 4 hours and is given 3 times a week. A form of hemodialysis called high-flux dialysis may take less time. You can consult your doctor to see if this is the right treatment for you.

### **Life on dialysis**

Many dialysis patients have a good quality of life. If everything else is okay, you should be able to:

- Continue to work or study
- Drive
- Exercise
- Go to swim
- Go on vacation

### **CONCLUSION**

Most people can continue dialysis for years, but treatment can only partially compensate for the loss of renal function. If your kidneys aren't functioning properly, it can put a lot of strain on your body. This means that people who have not had a kidney transplant, especially the elderly and those with other health problems, can cause death during dialysis.