

Information on End Stage Renal Failure Palliative Treatment

Introduction

End Stage Renal Failure (ESRF) refers to dysfunction of kidney due to permanent renal tissue damage. When the kidneys are failing, metabolic wastes and fluid will accumulate in the patient's body, hence affecting the body function. The patient will have to rely on dialysis or a renal transplant to stay alive. However, some ESRF patients may not benefit from dialysis treatment, such as those with multiple co-morbid conditions like severe heart or lung diseases and advanced cancer.

While dialysis can be beneficial, it may also prolong the torture of other diseases on some patients. Moreover, dialysis may lead to complications. Health care professionals may therefore discuss with some patients and their family members on the option of palliative treatment, which aims at reducing the patient's pain and suffering through diet control, drug treatment, psychosocial and spiritual care so that the patient can live the remaining days of his/her life peacefully.

Symptoms of End Stage Renal Failure (Risks for not receiving Renal Replacement Treatment)

1. nausea and vomiting
2. loss of appetite
3. itchiness
4. generalised weakness
5. muscle cramps
6. dizziness
7. coma
8. decreased urine output
9. swelling of the eye lids or legs etc.
10. sudden weight gain
11. shortness of breath
12. high blood pressure
13. pain

Notes for the Patient and His/Her Family (Preparation for End Stage Renal Failure Palliative Treatment)

Before being accepted into this programme, patients must agree on the followings:

1. Agree to receive ESRF palliative treatment and understand its focus of care, benefits and limitations.
2. To achieve optimal results, the patient and his/her family must participate and collaborate with the health care professionals in the care and treatment process.

Points to Note During Treatment (Patient Care After Starting End Stage Renal Failure Palliative Treatment)

If the patient is unwell, inform the health care professionals accordingly.

If patient's condition is serious, bring him/her to a hospital for assessment and treatment.

Remarks

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual conditions may be different. For further information please contact the respective medical or renal centre.