2020 Home Dialysis Conference Summary
Written by Dr Jason Wei

The Biennial Home Dialysis Conference is an official conference of the Australian and New Zealand Society of Nephrology. This year’s theme was “Home dialysis overcoming the Barriers”, it was held in Canberra, Australia from 26 – 28 February 2020.

The Conference brought together health care professionals, carers and patients from Australia, New Zealand and the Pacific focussing on building and developing home based dialysis therapies. This biennial event attracts 200+ attendees and provides an opportunity for anyone interested in home dialysis, to collaborate, share ideas, discuss their research and to lead innovative change to enhance quality patient care.

The speakers not only talked about the experiences they have had but also shared ideas for future study and clinical practice e.g: A prospective randomised controlled trial of incremental haemodialysis – INCH-HD. Trial protocol presented by Dr Andrea Viecelli: it has highlighted the potential important things for doing so, as Incident haemodialysis patients typically commence dialysis thrice weekly. Observational evidence suggests however that incremental haemodialysis (starting at <3/week and increasing as needed) is associated with at least equivalent mortality outcomes and may be associated with preservation of residual kidney function (RKF). Incremental HD has never been subject to a prospective randomised controlled trial (RCT) and robust safety data are needed before it can be advocated. Incremental HD is an attractive concept which may offer benefits to RKF and quality of life outcomes as well as cost savings with acceptable safety. A prospective trial assuring safety is urgently needed and will be addressed with INCH-HD.

Dr Jason Wei, Senior Clinical Renal Physiologist, Technical Advisor, from the renal Dept. ADHB New Zealand, (RSA representative to GNAT (Green Nephrology Action Team under ANZSN), spoke on behalf of GNAT along with Dr Matthew Sypek (Nephrologist from RMH, Australia) during the Green Nephrology Session: Environmental Impact of dialysis water use.

Matt highlighted the important issues due to climate changes/crisis:
- clean water sources are becoming less and less;
- extreme weather changes will result in more people living in an area of water scarcity;
- at the same time the dialysis process is hugely based on large water usage

Jason then spoke about:
- general water usage in dialysis and the future technical potential to reduce water usage by reusing reject water from the RO system;
- dialysate flow rate;
- new technology regarding Wearable Artificial Kidney both for haemodialysis and peritoneal dialysis, and the eventual hope that we can have a bio artificial kidney which can be implanted in the body.

The session was great and really well received by the audience.
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2020 HDC SPEAKERS

Dr Andrea Viecelli
Professor Ann Bonner
Jane Nearhos
Dr Jaquelyne Hughes
Dr Jason Wei

Dr Peter Mount
Professor Josephine Chow
Dr Murty Mantha
Neale Roberts