

END-STAGE KIDNEY DISEASE LIFE-PLAN

Together, improving life

The end-stage kidney disease (ESKD) Life-Plan is a strategy for living with ESKD. It outlines the most appropriate ESKD treatment methods for each patient, including how to access veins for treatments such as dialysis.¹



ESKD, or kidney failure, occurs when chronic kidney disease (CKD) reaches an advanced state.²

CKD is characterized by a gradual loss of kidney function over time. It includes diseases that damage kidneys and decrease their ability to filter wastes from the blood.³



The right access, in the right patient, at the right time, for the right reasons

Updated guidance from the National Kidney Foundation's Kidney Disease Outcomes Quality Initiative (KDOQI) highlights the Life-Plan to help healthcare providers provide the best care for each CKD patient.¹



Tailored care

The Life-Plan considers the patient first in treating ESKD.¹

Patients and their healthcare teams can collaborate to create a plan for their CKD based on their medical situation, life goals, preferences, social support and functional status and logistics.¹



From a fistula-first to patient-first approach

Since their inception in 1997, the KDOQI guidelines have evolved as understanding of CKD advances. Before the 2019 KDOQI guidance update, the guidelines emphasized a standardized approach to vein access through an arteriovenous (AV) fistula. This "fistula-first" approach is not always best for each patient and can have complications and failure that requires intervention.¹

Studies show there might be benefits to using AV grafts first instead of AV fistula in patients with poor vessels and greater comorbidity.¹

1. Lok CE, Huber TS, Lee T, et al; KDOQI Vascular Access Guideline Work Group. KDOQI Clinical Practice Guideline for Vascular Access: 2019 update. American Journal of Kidney Diseases 2020;75(4)Supplement 2:S1-S164. [https://www.ajkd.org/article/S0272-6386\(19\)31137-0/fulltext](https://www.ajkd.org/article/S0272-6386(19)31137-0/fulltext)

2. Mayo Clinic Staff. End-stage renal disease care at Mayo Clinic. Accessed March 9, 2022. <https://www.mayoclinic.org/diseases-conditions/end-stage-renal-disease/symptoms-causes/syc-20354532>

3. Chronic Kidney Disease (CKD) Symptoms and Causes. National Kidney Foundation. Accessed March 9, 2022. <https://www.kidney.org/atoz/content/about-chronic-kidney-disease>

