

**Department of Renal Medicine**  
**Lothian University Hospitals Division**

**CHRONIC NON-ADHERENCE WITH DIALYSIS HOURS ADVICE**

Your consultant would like to make you aware of the risks of non-adherent behaviour on dialysis (ie shortening a haemodialysis session or “coming off early” or poor compliance with dietary restrictions). The figures quoted below are based on a large multicentre study of haemodialysis patients over a 2.5 year period, the DOPPs study (Dialysis Outcomes and Practice Patterns study), and give an estimate of the increased likelihood of death of non-adherent patients on haemodialysis.

**The following actions are associated with an increased risk of death:**

|   |                              |
|---|------------------------------|
| Skipping Haemodialysis Session<br>(one/month)   | 30% increased risk of death* |
| Shortening a Haemodialysis Session<br>(for >10mins 1x/month)                                      | 11% increased risk of death* |
| High weight gains between dialysis sessions<br>(>5.7% dry weight or >3.5 kg gain in 60kg patient) | 12% increased risk of death* |
| High Potassium levels on a regular basis<br>(pre-dialysis levels)                                 | 9% increased risk of death*  |
| High Phosphate levels on a regular basis<br>(pre-dialysis levels)                                 | 17% increased risk of death* |

(\* compared with other haemodialysis patients over a 2.5 year period)

Ref: Nonadherence in hemodialysis: Associations with mortality, hospitalization, and practice patterns in the DOPPS. Saran R et al. *Kidney International*, 2003 (64):254-62