

## CLINICAL PRACTICE GUIDELINE FOR HEMODIALYSIS ADEQUACY

- **Title:** Clinical Practice guideline for Hemodialysis adequacy
- **Author:** Peru. EsSalud Social Security. Health Technology Assessment and Research Institute (IETSI in Spanish)
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- **Abstract:**

This paper abstracts the Clinical Practice guideline (CPG) for Hemodialysis adequacy. To perform this CPG, a guideline task force (GTF) was formed with specialized physicians and methodologists, the group proposed five clinical questions. To answer each question, systematic searches of preview reviews were performed and when it was necessary, primary studies were reviewed, and the relevant evidence was selected. Certainty of evidence was evaluated using Grading of Recommendations Assessment, Development, and Evaluation (GRADE) methodology. In periodical work sessions, the group used GRADE methodology for reviewing the evidence and formulated recommendations. Four recommendations (two strong and two conditional), 15 good clinical practice items and 1 flowchart were formulated.

- **Key words:** Practice Guideline, adequacy, hemodialysis, GRADE Approach.
- **PICO questions for CPG:**

MANAGEMENT/TREATMENT			
<b>Question 1: In patients with chronic kidney disease (CKD), is Early initiation of chronic hemodialysis better compared to late initiation?</b>			
POPULATION	INTERVENTION	COMPARATOR	OUTCOME(S)
Adult patient with advanced CKD who is candidate for hemodialysis	Early initiation of hemodialysis (high GFR)	Late initiation of hemodialysis	<ul style="list-style-type: none"> <li>• All-cause mortality</li> <li>• Cardiovascular events</li> </ul>
<b>Question 2: In patients with CKD who start with chronic hemodialysis, what is the best frequency and duration of the hemodialysis?</b>			

Adult patient with CKD on hemodialysis	Frequent hemodialysis (more than 3 times per week) versus prolonged hemodialysis (more than 4.5 hours per session)	Conventional hemodialysis	<ul style="list-style-type: none"> <li>All-cause mortality</li> <li>Quality of life</li> </ul>
<b>Question 3: In patients with CKD on chronic hemodialysis, what is the best target dose (Kt/v): high dose or standard dose?</b>			
Adult patient with CKD on hemodialysis	Hemodialysis target dose (Kt/v)		<ul style="list-style-type: none"> <li>All-cause mortality</li> </ul>
<b>Question 4: In patients with CKD on chronic hemodialysis, greater interdialytic weight gain and higher ultrafiltration rate are associated with worse outcomes?</b>			
Adult patient with CKD on hemodialysis	Greater interdialytic weight gain and higher ultrafiltration rate		<ul style="list-style-type: none"> <li>All-cause mortality</li> <li>Major adverse cardiac and cerebrovascular events</li> <li>Intradialytic hypotension events</li> </ul>
<b>Question 5: In patients with CKD on chronic hemodialysis, what is the best intervention: high-flux hemodialysis, low-flux hemodialysis or convective dialysis?</b>			
Adult patient with CKD on hemodialysis	<ul style="list-style-type: none"> <li>High-flux hemodialysis versus</li> <li>Convective dialysis</li> </ul>	<ul style="list-style-type: none"> <li>Low-flux hemodialysis</li> <li>Hemodialysis</li> </ul>	<ul style="list-style-type: none"> <li>Mortality</li> <li>Re-bleeding</li> <li>Hemostatic abnormalities</li> </ul>