

Conservative Care

Kidney failure causes waste products and fluid to eventually build to dangerous levels in the body – conservative management of kidney disease focusses on maintaining quality of life whilst medically managing any symptoms that may occur.

What is conservative care?

- The health care team continue to provide your care without dialysis or a transplant.
- Dialysis treatments – which require operations to prepare for and a regular schedule of treatment sessions – can be too much for some people, especially people with lots of health problems or struggling to cope with day to day activities already.
- Focus is on symptom control and quality of life.
- Preserve the function of your own kidneys as long as possible.
- Eventually working with your GP and palliative care to prepare for end of life care.

Health benefits and survival

- Avoid operations to prepare for dialysis and avoid hospital admissions that may worsen quality of life.
- Common symptoms of kidney failure include breathlessness and fluid retention, itch, nausea and poor appetite. These can be managed with medications at home.
- In general, People who choose not to have dialysis treatments do not live as long. Many die because of their other health problems rather than kidney failure.

Quality of life benefits

- Get to spend more time at home.
- Supported by your kidney specialist nurse throughout.
- Avoid operations, hospital admissions and as many blood tests.
- Travel not restricted by having to have dialysis every few days.
- Improved chances for individuals to end their life in a place and manner of their choosing.

What if I change my mind?

- Deciding on what is the best treatment for you can take a long time. You will be supported throughout this time.
- A decision is also not final, although very few patients ever do in reality change their minds about what they want.

Comments

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Important Telephone Numbers

Chronic Kidney Disease Team: 029 218 45854 (Mon to Fri 8-4pm)

Chronic Kidney Disease CNS



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