

Emodialisi quotidiana Razionale e risultati clinico-metabolici a lungo termine

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Daily dialysis. Rationale and long-term clinical/metabolic results

ABSTRACT: The currently, almost universally adopted dialytic schedule of 4 hours x 3 times per week gives largely unsatisfactory results, because the removal of toxins is insufficient and the treatment is unphysiological. The main causes are the shortness and, more importantly, the intermittency of the treatment. In fact, the attempt to compensate for the shortness by increasing the clearances has proved ineffective due to the self-limiting effect arising from the multicompartamental structure of the human body, which leads to rapid dissipation of the blood/dialysate gradient of the toxin concentration and, thus, a parallel rapid decrease of the removal. Due to this particular behavior, at present the most efficient and physiological way to increase the removal of the uremic toxins is to increase the frequency of the sessions together with the clearances (continuous treatment being still unfeasible). This has been demonstrated to be true by the long-lasting Italian experience with daily hemodialysis, which has definitely shown the many significant advantages of this more frequent schedule and has dispelled the deterrents to its routinely clinical application. (Giorn It Nefrol 1999; 16: 33-42)

KEY WORDS: Hemodialysis, Daily schedule, Adequacy, Physiology