

The Impact of On-Site More Frequent Home Hemodialysis at your Skilled Nursing Facility

Switching from 3 treatments of dialysis per week to 5 treatments per week significantly improved my quality of life.

I immediately felt better. The treatments were so much gentler on my body.

I quickly noticed I was sleeping better, I had an improved appetite, and I was able to get off of some medications. My rehabilitation was so important to me, and it gave me the strength needed to recover faster.

—Dawn

HHD Patient & NxStage Patient Advocate



Better Health Outcomes with More Frequent Home Hemodialysis

Residents receiving more frequent home hemodialysis, (typically 5 weekly treatments with prescription) in a Skilled Nursing Facility have shown improved health outcomes such as:

- Improved survival¹
- Reduced hospitalizations²
- Shorter dialysis recovery time³

In addition, patients receiving more frequent HHD have experienced:

- Fewer blood pressure medications needed⁴
- Improved symptoms of depression⁵

Comfort, Convenience, and No Transport

For many residents like Dawn who live with kidney disease at a skilled nursing facility (SNF), on-site more frequent dialysis may help create a better quality of life.

You and your doctor can choose a dialysis schedule that gives you flexibility to do your treatments at times that work better for you—in the comfort of where you live, and without the need to travel to your dialysis center.



Consider More Frequent On-Site Home Hemodialysis

Talk to your doctor about on-site more frequent home hemodialysis at your skilled nursing facility.



“I’ve gotten off, since I’ve been here, a lot of medication. I was able to remove all of my blood pressure medication. Here [the skilled nursing facility] is so much better because you don’t have to worry if it’s cold, if it’s rainy, what kind of weather it is. I feel like

I’ve got lots of energy and I do feel really good after dialysis

because right afterwards I go to physical therapy.”

—Becky
HHD Patient



To learn more about On-Site Home Hemodialysis, please visit [nxstage/snf](https://www.nxstage.com/snf)

1. Yang A, Lee WY, Hocking K, Xelay Acumen, Inc., Affiliated Dialysis. Survival comparison of daily home hemodialysis vs conventional dialysis in the nursing home setting. *Nephrology News & Issues*. February 17 2015.
2. Weinhandl E, Hocking K, Markovich S, Vavrinchik S, Collins A. Increased Hemodialysis Frequency is Associated With Improved Clinical Outcomes Among Patients in Skilled Nursing Facilities. Abstract presented at ASN 2018.
3. Bellin EY, Hellebrand AM, Kaplan SM, et al. Post-dialysis recovery time in ESRD patients receiving more frequent hemodialysis in skilled nursing facilities. *Hemodial Int*. 2022;(March):1-11. doi:10.1111/hdi.13012
4. Kotanko P, Garg AX, Depner T, et al. Effects of frequent hemodialysis on blood pressure: Results from the randomized frequent hemodialysis network trials. *Hemodial Int*. 2015;19(3):386-401.
5. Jaber BL, Lee Y, Collins AJ, et al. Effect of daily hemodialysis on depressive symptoms and post-dialysis recovery time: interim report from the FREEDOM (Following Rehabilitation, Economics and Everyday-Dialysis Outcome Measurements) Study. *Am J Kidney Dis*. 2010;56(3):531-539.

Patients and providers should review the following information carefully to decide whether home hemodialysis with NxStage systems is right for them. Users may not experience the reported benefits of home, more frequent, or hemodialysis with the NxStage systems.

The NxStage systems require a prescription for use.

If a doctor prescribes more frequent home hemodialysis, vascular access is exposed to more frequent use, which may lead to access-related complications, including infection of the site. Doctors should evaluate the medical necessity of more frequent treatments and discuss the risks and benefits of more frequent therapy with users.

Patients and providers are encouraged to contact their state regulators to discuss state-specific regulations that may impact dialysis in the Skilled Nursing Facility setting.

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