



“I KNOW MY BODY BEST”

- ❖ Mr KM
- ❖ Currently 76 years old
- ❖ Diagnosed chronic reflux nephropathy in 2012
- ❖ Now lives with his wife, daughter, grandson and son-in-law in Orange.
- ❖ First met by Dr. Phipps in July of 2018 after moving from Wellington to Orange.



Patient and family consented for photos to be shown

Medical Hx

Background:

- ❖ Ischemic heart disease;
- ❖ Hypertension
- ❖ Diverticulitis
- ❖ BPH with TURP
- ❖ L4-L5 radiculopathy
- ❖ CVA
- ❖ BPPV treated on the epley omniax with great effect
- ❖ Ex-smoker quit 1998
- ❖ Osteoarthritis knees and shoulders
- ❖ Chronic kidney disease – Chronic reflux nephropathy
- ❖ Type II diabetes
- ❖ Prostate Cancer
- ❖ PR bleeding

July 2018

- ❖ First meeting with Dr. Phipps
- ❖ Renal Replacement therapy discussed
 - ❖ “If your time is up, it is up”
- ❖ Renal Supportive Care.
- ❖ Creatinine was 308 and Urea 18.9 at time of consult

July/August 2018

- ❖ First contact by RSC team
- ❖ Patient was experiencing some dry mouth, some arthritic pain and minor loss of taste.
- ❖ Dietitian contacted KM

October 2018

- ❖ Dr. Phipps consult – daughter present with patient this time
- ❖ Creatinine now 316, urea 18.3
- ❖ Another discussion was had about Renal Replacement Therapy

End of 2018/start of 2019

- ❖ Diagnosed with prostate CA requiring radiotherapy

April 2019

- ❖ Creatinine 368
- ❖ KM having painless PR bleeding

July 2019

- ❖ Nocturnal cramps
- ❖ Creatinine 388, Urea 25.3
- ❖ Was diagnosed with Influenza A

September 2019

- ❖ Creatinine 404, Urea 24.1
- ❖ Nauseated occasionally
- ❖ Sleeping poorly
- ❖ Restless Leg Syndrome
- ❖ Itchiness
- ❖ Patient still doing gardening, has good exercise tolerance.

❖ December 2019

- ❖ Admission for gastroenteritis
- ❖ Uraemic itch
- ❖ Sleeping poor
- ❖ Creatinine 452, Urea 25.5



March 2020

- ❖ Nausea and itch.
- ❖ Getting tired quite easily and still not sleeping well
- ❖ Patient still quite active during the day
- ❖ Creatinine 561, Urea 26, Hb 102

May 2020

- ❖ Creatinine 656, Urea 31.3, Hb 96
- ❖ Still electing for Renal Supportive Care
- ❖ Feeling tired and lethargic occasionally

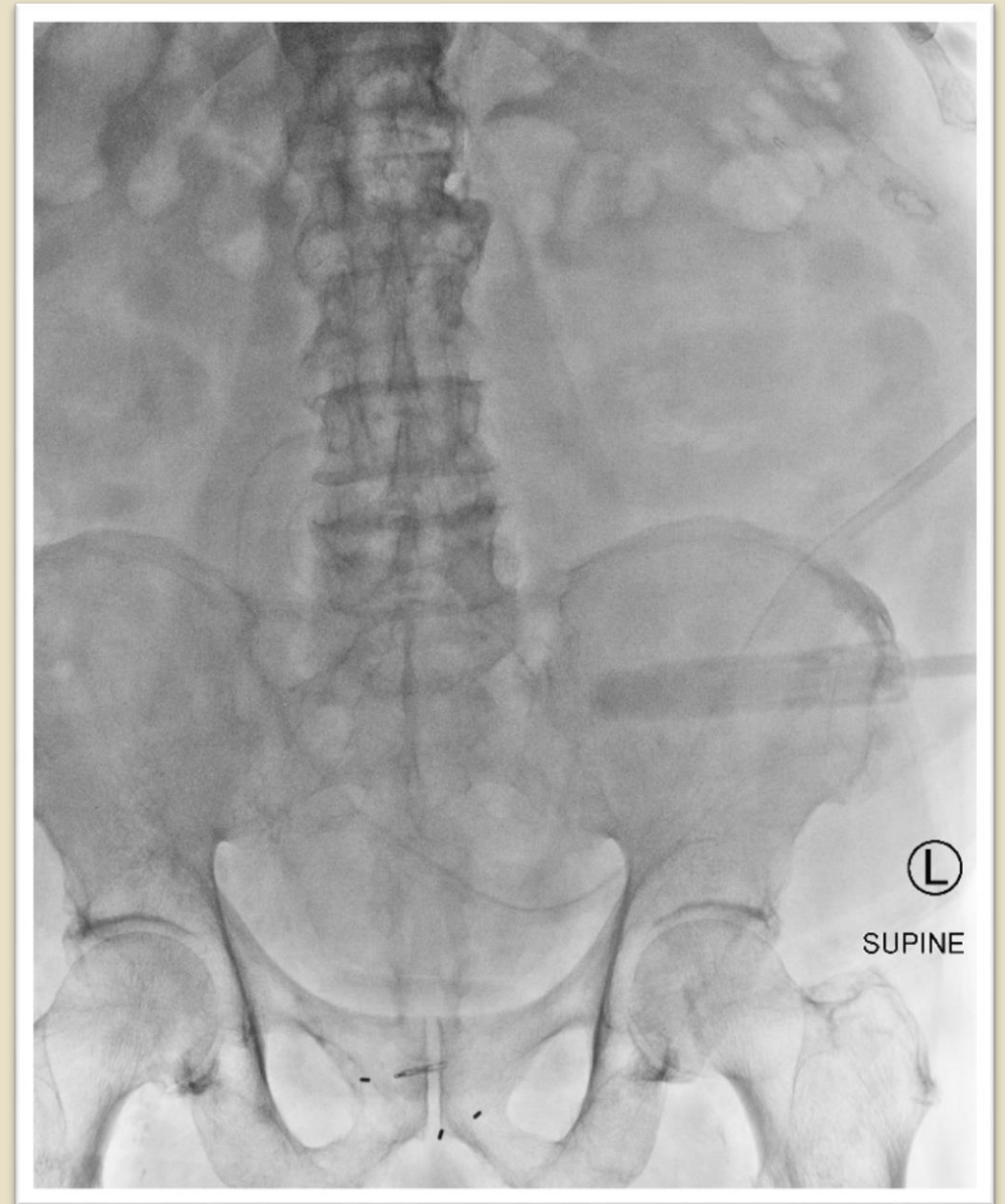


June 2020

- ❖ KM's daughter called Renal CNC requesting repeat Renal Options Education
- ❖ Renal options Education done with KM, wife and 2 daughters.
- ❖ Saw Dr. Phipps in clinic later in the month to discuss dialysis once again
- ❖ KM admitted that he is choosing to only to PD because of family pressure

June 2020

- ❖ PD catheter inserted at end of month
- ❖ Brought in for acute APD post insertion of catheter
- ❖ 2 days later – catheter had migrated
- ❖ Family discussion had with KM, daughter and wife

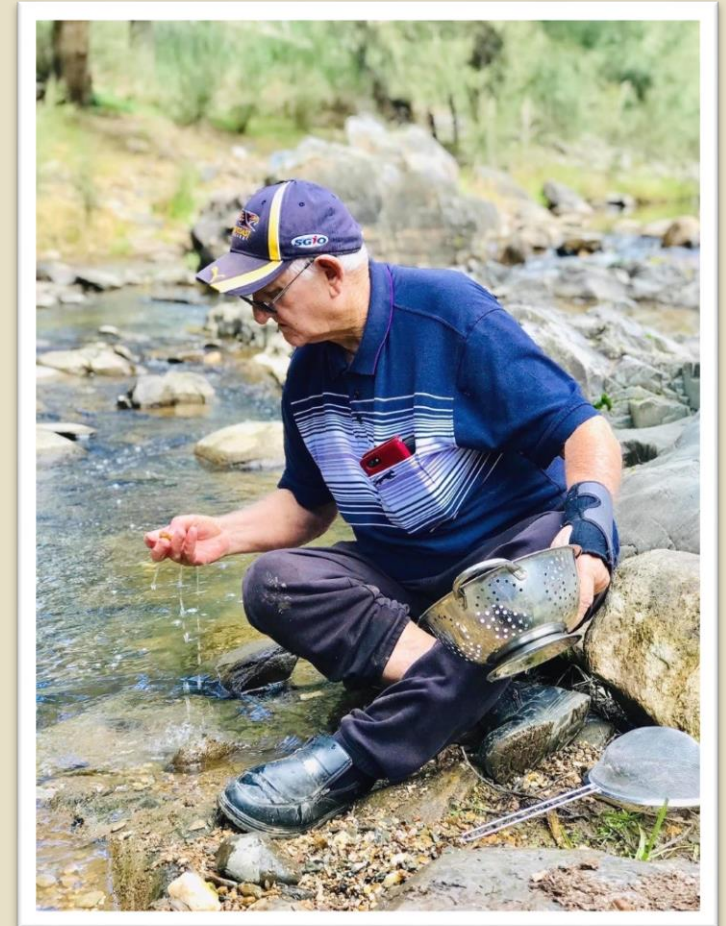


July 2020

- ❖ Catheter removed this month.
- ❖ Patient feeling well
- ❖ **Minimal symptom burden**
- ❖ Creatinine 715, Urea 32.8

November 2020

- ❖ Follow up post catheter removal
- ❖ Creatinine 936, Urea 37.4.
- ❖ Patient still active around house and community.



January 2021

- ❖ Creatinine 1097, Urea 44.8
- ❖ Occasional nausea

February 2021

- ❖ RSC CNC reviewed patient
- ❖ Weakness becoming an issue
- ❖ Dry Retching most mornings
- ❖ Restless Legs
- ❖ Advanced Care Directive

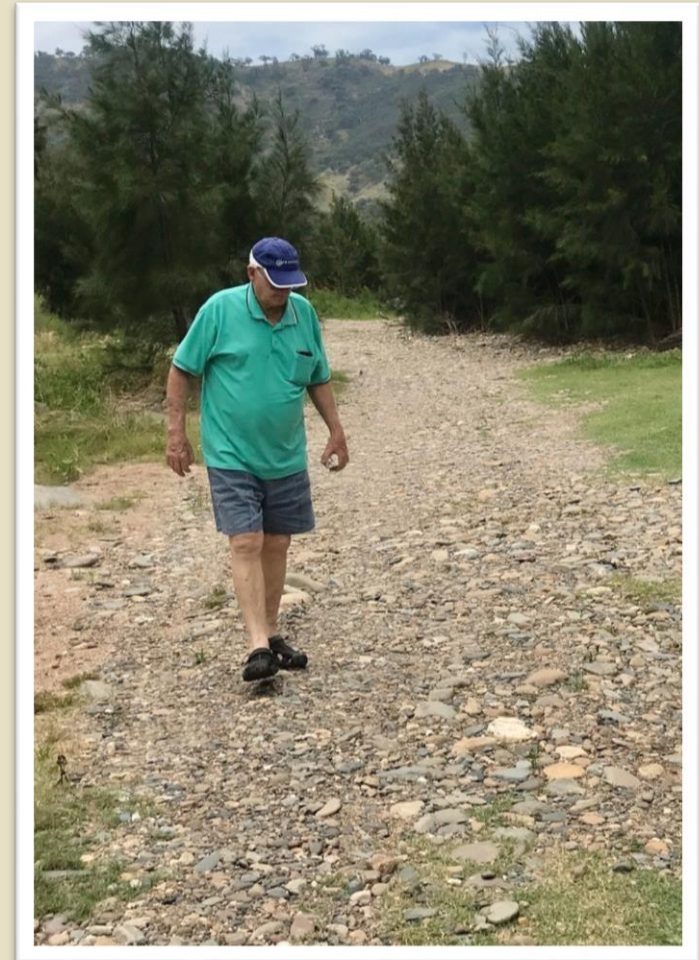


February 2021

- ❖ Creatinine 1258, Urea 56.2
- ❖ Hb 84, Transferrin 17%

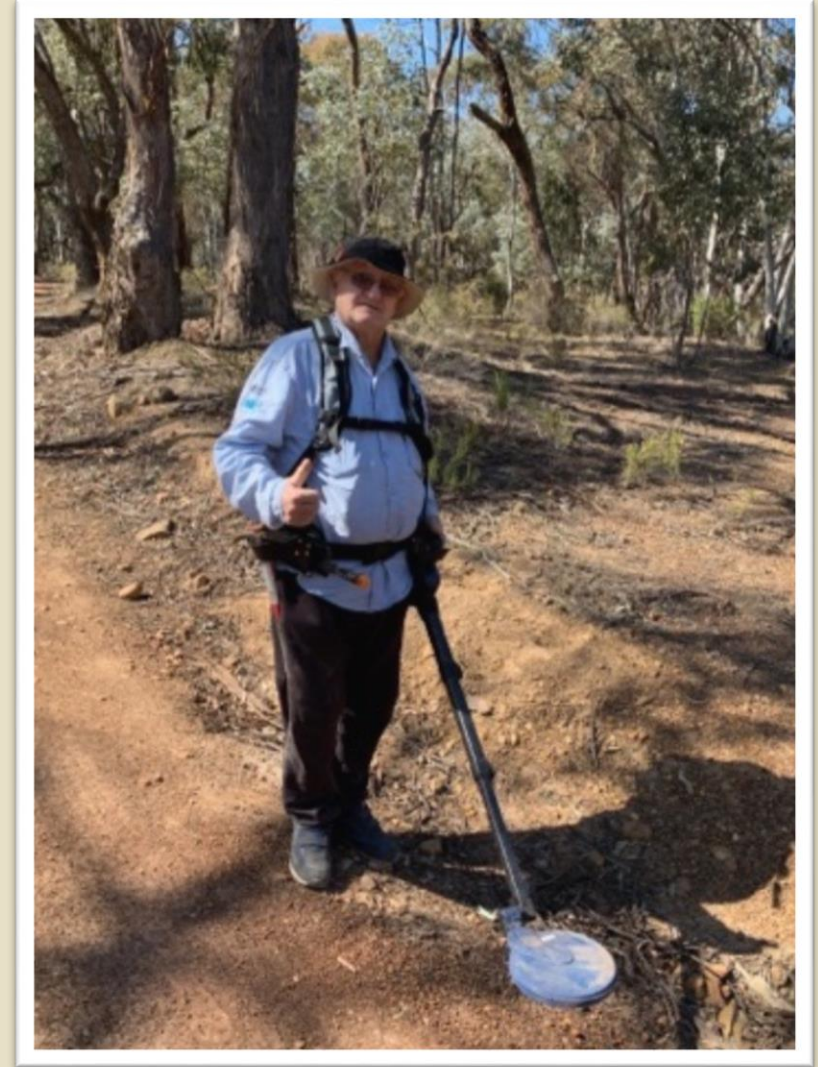
March 2021

- ❖ RSC CNC home visit
- ❖ Patient states that he is feeling more energetic since iron infusion
- ❖ Nausea and vomiting occasionally



April 2021 to Present

- ❖ Sleeping better
- ❖ Happy with his decision to not have dialysis
- ❖ States that he is ready to die because he has lived a good life
- ❖ Stated that he knew that he didn't want dialysis from the beginning because "he knows his body best"



Discussion Points

- ❖ How do we provide a holistic family centred service whilst ensuring that the patient is making their own decisions in relation to their care?
- ❖ Do we need to bring social work support in earlier for family therapy?
- ❖ Why does some people cope so well with high creatinine and urea and others do not?