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Poster Abstract

### **Day care service for elderly Peritoneal Dialysis patients**

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### **Abstract**

**Background:** Peritoneal Dialysis (PD) is a home-based therapy for end stage renal failure patients. Social isolation and care-giver stress is prevalent amongst this frail homebound elderly PD population. We hence decided to integrate PD patients into an existing Day Care program.

**Method:** From February 2012, Khoo Teck Puat Hospital collaborated with St Luke Eldercare to provide a Day Care service to PD patients. Patients were referred by all sectors of healthcare professionals caring for PD patients in Singapore.

**Results:** As of 20 September 2013, 55 patients were referred. Main reasons were for assistance for PD exchanges and for lack of care-giver during the day. 16 were eventually enrolled. Reasons for non-enrollment included patient unsuitability, patient apathy, lack of family support and transport issues. Median age was 66. Current number still in the program is 5. The high dropout was due to decline in health and death, inability to adapt, and far travelling distance. Patients who

remained enrolled >1month were more likely to be self-motivated to attend, participating in the Day Care activities and whose care-giver had higher stress. Patient Quality of Life and care-giver stress were improved.

**Conclusion:** Day Care benefits PD patients and their care-givers. However problems of poor uptake and high dropout need to be overcome.

**Keywords:**

**elderly, day care, peritoneal dialysis**

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