

Soon, dialysis centres to tackle sh

Kounteya Sinha | TNN

New Delhi: Patients suffering from damaged kidneys and needing life-long dialysis to survive now have a reason to cheer.

The health ministry is planning to open standalone dialysis centres across the country, much like pathological labs, where patients — both CGHS beneficiaries and the general public — can undergo the life-saving procedure at a minimal rate.

The first such 10-bedded dialysis centre, which will also assess the project's overall feasibility, will come up by May in Delhi's Sadiq Nagar area. Each bed will cater to three patients every day.

Following a review after eight months, the ministry, under the first phase, plans to start three more such centres in Delhi and a few others in Mumbai, Chennai, Bangalore and Hyderabad.

At present, of the 1.5 lakh new patients who suffer from end-stage renal failure annually, only 3,500 get kidney transplants and 6,000 undergo dialysis. The rest perish, thanks to an acute shortage of dialysis centres in India and nephrologists to man them.

According to Delhi Nephrology Society president Dr Harsh Johri from Sir Gangaram Hospital, India has just 800 nephrologists for 7.5 lakh people suffering from various degrees of chronic kidney disease (CKD).

Health minister A Ramadoss told TOI, "National estimates say 1 in 10 Indians suffer from some degree of CKD. In India, 5%-7% of stage 5 CKD patients will require life-long dialysis. That's why under the soon to be launched National Organ Transplant Programme, standalone dial-

ysis units for life-long maintenance dialysis are being set up." At present, the health ministry pays Rs 850 for every dialysis session that a CGHS beneficiary undergoes in stipulated private hospitals. An official said "The rates, both for CGHS beneficiaries and common people visiting the dialysis centres, will be less than Rs 1,000 which is almost one-fourth of the cost in private hospitals."

Joint secretary Vineet Chaudhry said while trained staff and equipment in the Delhi dialysis centre would be provided by a private partner, the building would be provided by the ministry. The private partner, yet to be finalised, will be given a guaranteed turnover of patients daily.

"Since there is an acute shortage of nephrologists, we decided to follow the American model where the standalone dialysis centres are run by trained medical personnel and nurses with a nephrologist being on call 24 hours. They visit once a week to ensure quality control. Our ultimate goal is to have one dialysis centre for every district," Chaudhry said. Dialysis is a method of removing toxic substances (impurities or wastes) from the blood when the kidneys are unable to do so.

Dr Johri, welcoming the Centre's move, said, "India's dialysis programme is awful at present. Hospitals don't have standalone facilities because it isn't profitable. There is also an acute shortage of nephrologists. The ministry needs to start short-term courses to train medical officers in dialysis." According to Dr Johri, a patient requiring dialysis, that lasts 4-6 hours, three times a week ends up spending nearly Rs 10,000.

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DIALYSIS CLEANING THE BLOOD

Most kidney patients need a transplant and many do without it. Dialysis keeps them alive and even improves their quality of life.

What is Dialysis?

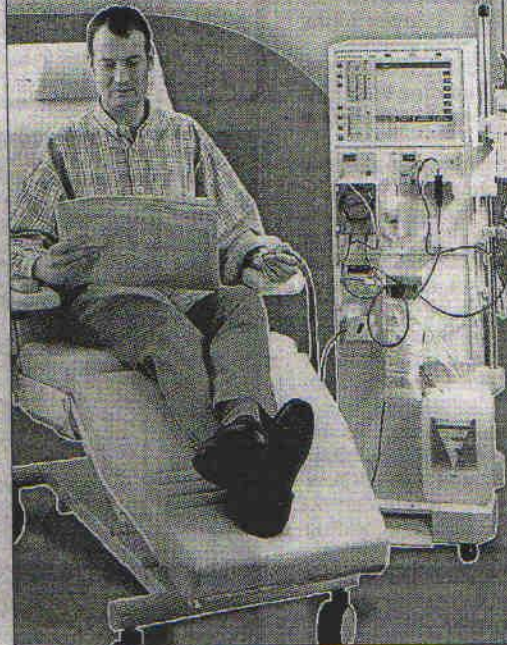
- Originated from the Greek word, **dialysis** (dissolution)
- Dialysis is a method of removing toxic substances from the blood when the kidneys are unable to do so due to **renal failure**
- Dialysis usually lasts **6-8 hours** with patients suffering from advanced renal failure requiring it **5-7 times** a weeks

Who needs it?

Patients suffering from temporary or permanent loss of their kidney function and requiring a kidney transplant

Types

There are two main types of dialysis, **Hemodialysis** and **Peritoneal dialysis**



Kidney

● **Chronic Kidney disease (CKD)** is the **3rd** most common non-communicable disease in India

- Over **7.5 lakh** people suffer from CKD
- **1.5 lakh** patients get end-stage renal failure every year. Over 10,000 undergo kidney transplant
- About **6,000** people die while the

History

Thomas Graham presented the concept of transport across a membrane in 1828. **Walter Dill** & **Turner** developed the first artificial kidney in 1913. Dialysis was first used in 1923. **Walter Dill** & **Turner** (1924) developed the first useful apparatus