



## Hemodialysis and medical intervention in chronic renal patients

*Hemodialysis and medical intervention in chronic renal diseases*

Bruna Aparecida Fornazari  
Marcella Boschesi Lapa  
Maria Laura Menti Sanchez  
Monica Romera Falcone  
Patricia Castro

### SUMMARY

Chronic Kidney Disease (CKD) has proven to be one of the greatest challenges in public health, requiring complex therapeutic interventions, such as hemodialysis. This study aimed to analyze, through a literature review, the importance of medical intervention in the comprehensive care of patients undergoing dialysis treatment. The results showed that effective care contributes significantly to reducing complications, treatment adherence and improving patients' quality of life. A humanized and evidence-based approach was highlighted as essential for therapeutic success.

**Keywords:** Chronic Kidney Disease. Hemodialysis. Medical intervention. Quality of life.

### ABSTRACT

Chronic Kidney Disease (CKD) has become one of the major challenges in public health, requiring complex therapeutic interventions such as hemodialysis. This study aimed to analyze, through a literature review, the importance of medical care and patients undergoing dialysis treatment. The results indicated that effective assistance significantly contributes to the reduction of complications, treatment adherence, and the improvement of patients' quality of life. A humanized and evidence-based approach was highlighted as essential for therapeutic success.

**Keywords:** Chronic Kidney Disease. Hemodialysis. Medical intervention. Quality of life.

## 1. INTRODUCTION

Chronic Kidney Disease (CKD) is a progressive and irreversible condition that compromises kidney function, requiring treatments such as hemodialysis to ensure the survival of patients in advanced stages. The number of people on dialysis in Brazil has increased significantly in the recent years, which highlights the importance of effective medical actions. According to Neves et al. (2020), Between 2009 and 2018 there was a steady growth in the number of patients undergoing renal therapy substitutive, reflecting the relevance of specialized assistance in this field.

## 2 THEORETICAL FRAMEWORK

Hemodialysis involves filtering the blood using a machine that replaces temporarily the function of the kidneys, being indicated mainly in cases of renal failure terminal. The process, although vital, brings clinical and emotional challenges. Fernandes (2022) highlights that the psychological impact of the diagnosis and the dialysis routine requires the medical professional not only technical competence, but sensitivity in comprehensive care. Furthermore, Carneiro et al. (2018) point out that young people undergoing treatment experience limitations that affect their quality of life and social identity.

## 3. MATERIAL AND METHOD

This work was carried out through a literature review, based on articles published between 2018 and 2022, located in the SciELO, LILACS and Google Scholar databases. They were included studies that address medical practice in chronic kidney patients, especially those undergoing hemodialysis. The selection considered publications that deal with both clinical aspects as well as the psychosocial implications of treatment.

## 4. RESULTS AND DISCUSSION

The studies analyzed indicate that medical action is decisive for the success of hemodialysis, especially in clinical monitoring, preventing complications and promoting adherence to treatment. The doctor-patient relationship is an essential factor in building trust and in individualized therapeutic management (SEABRA; BONATO, 2022). Furthermore, Sostisso et al. (2020) demonstrate that the assessment of nutritional status, through handgrip strength, can help in the early identification of inflammatory and malnutrition risks, promoting conduct more effective.

## 5. FINAL CONSIDERATIONS

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Hemodialysis is a complex treatment that requires continuous medical monitoring and integral. The effectiveness of medical intervention is directly related to the humanized approach, use of appropriate clinical tools and the ability to communicate with the patient. Investments



in professional training and evidence-based practices are essential to ensure a more efficient and patient-centered care for chronic kidney patients.

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