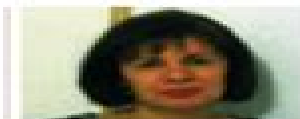


# L'HÉMODIALYSE QUOTI



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## Pourquoi l'hémodialyse conventionnelle (HDC) est-elle à 3 séances / semaine ?

Dès les premiers essais de traitement par le rein artificiel des insuffisants rénaux chroniques au début des années 60, on s'aperçut très vite que des épurations épisodiques (toutes les 2 ou 3 semaines) conduisaient à de mauvais résultats. On fut ainsi amené à augmenter la fréquence des séances à 1, puis 2 et finalement 3 fois par semaine en réduisant la durée de celle-ci à 12, 10 puis 8 heures. Cette stratégie (3 x 8h) permettait de corriger les anomalies constatées pendant l'intendialyse et d'obtenir des conditions humérales relativement satisfaisantes. Au cours des années 70, les séances furent raccourcies à 4 h environ grâce à de nouveaux dialyseurs plus performants. La dialyse courte s'imposa rapidement car les séances de 4 h étaient appréciées par les patients et elle permettait de traiter un plus grand nombre de malades avec le même équipement. Depuis plus de 35 ans cette stratégie (3 x 4 h / semaine) constitue le traitement conventionnel.

Au début des années 70, quelques équipes augmentèrent la fréquence des séances jusqu'à 5 ou 6 par

semaine sur un nombre restreint de patients et constatèrent une meilleure tolérance ainsi qu'une amélioration clinique mais ces essais furent malheureusement interrompus pour des raisons matérielles et financières.

## Pourquoi une hémodialyse quotidienne (HDQ) est-elle préférable ?

Le rein normal élimine en continu les déchets de l'organisme mais surtout il maintient stable l'équilibre hydro-humoral du milieu intérieur.

En HDC, le caractère intermittent des séances avec un intervalle de 2 ou 3 jours est responsable de variations importantes des constantes humérales et de l'hydratation. Pendant les dialyses, la correction brutale des anomalies peut être source d'intolérance avec des épisodes d'hypotension, des crampes musculaires, des céphalées et une fatigue post dialyse prolongée. Certes, cette stratégie a permis à des patients de vivre plusieurs décennies, mais, même si la dose d'épuration (malheureusement basée sur le seul Kt/V) semble adéquate, il persiste dans 20 à 30 % des cas une hypertension artérielle, une hypertrophie ventriculaire gauche, une anémie, une dénutrition...

## Le caractère non physiologique de l'HDC a été dénoncé depuis longtemps par certains.

En HDQ, l'intervalle entre deux séances est réduit et cela diminue l'amplitude des oscillations des solutés et de l'hydratation; ainsi les pics de concentration avant dialyse, le taux moyen (TAC) et surtout l'amplitude des variations (TAD) de l'urée sont réduits.

En somme, on obtient un milieu intérieur plus proche des valeurs normales et surtout plus constant

(meilleure homéostasie), ce qui permet aux fonctions viscérales et métaboliques de retrouver un environnement plus physiologique.

L'intérêt pour l'HDQ (5 à 7 séances / semaine), a pris un nouveau départ à partir des années 90 tant en Europe qu'en Amérique du nord. Actuellement, quelques milliers de patients sont ainsi traités selon deux modalités soit l'HDQ courte diurne 2 à 2h30 / séance soit l'HDQ longue nocturne 6 à 8 h / séance.

## Quels sont les bénéfices de l'HDQ ?

Toutes les études ont montrés :

### • Une amélioration de la tolérance du traitement

L'HDQ (nocturne ou diurne) s'est révélée beaucoup mieux supportée que l'HDC. Pendant les séances, il n'y a ni hypotension, ni crampes, ni céphalées, ni nausée, ni asthénie post dialyse, probablement car l'ultrafiltration est plus faible et le gradient de concentration sang / bain est moindre.

Dans l'intendialyse, il y a moins de contraintes déshydratantes et moins de peur de faire une erreur alimentaire; il y a également une disparition de la soif, une diminution des médicaments, une atténuation du prurit et une amélioration du sommeil.

• Un meilleur contrôle de la tension artérielle avec réduction et très souvent arrêt en quelques semaines des médicaments antihypertenseurs chez les patients qui en recevaient. Cet effet sur la tension artérielle est rapide mais il est aussi malheureusement réversible si le patient revient à l'HDC. Ce contrôle optimal de la tension artérielle est certainement dû au poids sec plus facilement obtenu lors des séances sans chute de tension et sans crampes, mais également aux prises de poids interdialytiques

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