



Advancements in Renal Replacement Therapy: A Comprehensive Review

Mathias Uhlen*

Department of Medical Biology, Atatürk University, Erzurum 25240, Turkey

*Corresponding author: Mathias Uhlen, Department of Medical Biology, Atatürk University, Erzurum 25240, Turkey; E-mail: mathias@scilifelab.se

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Description

Renal Replacement Therapy (RRT) is a life-saving treatment for individuals with End-Stage Renal Disease (ESRD) or Acute Kidney Injury (AKI) who have lost the ability of their kidneys to function properly. RRT encompasses various modalities, including hemodialysis, peritoneal dialysis, and kidney transplantation, which aim to replace the vital functions of the kidneys and maintain the balance of fluids and electrolytes in the body. In recent years, significant advancements have been made in RRT techniques, technologies, and outcomes, revolutionizing the field of nephrology and improving patient care. In this manuscript, we provide a comprehensive review of the current state of RRT, highlighting the latest advancements and future directions in this field. Hemodialysis (HD) is the most commonly used RRT modality worldwide. Conventional HD involves the use of an artificial kidney or hemodialyzer to filter the patient's blood, removing waste products and excess fluids. Recent advancements in HD have focused on improving the efficiency and safety of the procedure. High-efficiency hemodialyzers with enhanced biocompatibility have been developed, reducing inflammation and minimizing the risk of clotting. Online hemodiafiltration, a hybrid technique combining hemodialysis and hemofiltration, has shown promising results in improving patient outcomes by increasing the removal of uremic toxins and reducing cardiovascular complications. In addition, wearable or portable

hemodialysis devices have been developed, offering greater flexibility and convenience for patients to undergo dialysis at home or on the go.

Peritoneal Dialysis (PD) is an alternative RRT modality that uses the peritoneal membrane as a natural filter to remove waste products and excess fluids from the body. PD offers advantages such as greater patient autonomy, lower cardiovascular risks, and preservation of residual kidney function. Recent advancements in PD have focused on improving catheter design and insertion techniques to reduce complications such as infection and leakage. Newer PD solutions with improved biocompatibility and osmotic properties have been developed, enhancing the efficiency of solute and fluid removal. Automated PD devices with advanced software algorithms for optimizing prescription and monitoring have also been introduced, allowing for personalized and precise treatment.

Kidney transplantation is considered the standard of RRT, offering the best long-term outcomes in terms of patient survival and quality of life. Recent advancements in kidney transplantation have focused on expanding the donor pool and improving transplant outcomes. Living donor kidney transplantation has gained momentum, with innovative surgical techniques such as minimally invasive laparoscopic donor nephrectomy leading to shorter hospital stays and faster recovery for donors. Transplantation from expanded criteria donors, such as older donors or donors with medical comorbidities, has also increased the availability of organs for transplantation. In addition, advancements in immunosuppressive medications and protocols have led to better graft survival rates and reduced rejection episodes. Novel strategies such as desensitization protocols, antibody-depleting agents, and regenerative medicine approaches hold promise for further improving transplant outcomes in the future.

Renal Replacement Therapy has come a long way in improving the lives of patients with ESRD and AKI. Recent advancements in HD, PD, and kidney transplantation have led to improved efficiency, safety, and outcomes for patients. High-efficiency hemodialyzers, online hemodiafiltration, wearable or portable HD devices, improved PD catheters and solutions, automated PD devices, laparoscopic donor nephrectomy, transplantation from expanded criteria donors, and advancements in immunosuppressive medications have significantly transformed the field of nephrology. However, there are still challenges to be addressed, including the high costs of RRT, access to care in underserved areas.

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