

# Improved Dialysis Symptom Index with Tablo Thrice Weekly Dialysis

Michael Aragon, MD  
Brittany Lim  
Josh Schumacher

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## BACKGROUND

Patients with ESKD on thrice weekly in-center dialysis often report multiple, significant, dialysis related symptoms that lead to a decrease in overall quality of life.

The Dialysis Symptom Index (DSI) is a validated instrument that measures the presence or absence of 30 distinct symptoms in patients. Severity is measured by a 5-point Likert scale (ranging from “1=not at all” to “5=very much”). Burden is the total number of symptoms reported (range 0-30). The Severity Score is the sum of symptoms and relative severity (range 0 to 150).

Tablo is an all-in-one hemodialysis system indicated for acute, chronic and home settings. Features include integrated water purification, on

demand dialysate production, and a maximum dialysate flow rate (Qd) of 300ml/min. Previously reported adequacy data have demonstrated the ability to achieve a spKt/V 1.2 at similar treatment time and frequency compared to competitor devices at higher Qd. Anecdotal reports have suggested that patients may feel better when treating on Tablo.

## METHODS

A prospective, multicenter study was conducted to evaluate “feeling better” on Tablo. Sites collected baseline laboratory, treatment and DSI data prior to conversion to Tablo. Patients completed DSIs at weeks 1, 2, 4, and 8 post conversion. Treatment and routine lab data were recorded.

## CONCLUSION

**As measured by the DSI, patients with ESKD on standard thrice weekly in-center dialysis reported fewer, less severe dialysis-related symptoms when converted to Tablo. Treatment time, frequency, adequacy and lab results were similar on Tablo and non-Tablo devices.**

### TREATMENT / LAB RESULTS (MEAN ± SD)

Variable	Non-Tablo	Tablo
Treatment Time (minutes)	226.7 ± 17.1	216.0 ± 21.0
Kt/V	1.6 ± 0.2	1.5 ± 0.3
Potassium (mmol/L)	4.8 ± 0.4	4.9 ± 0.5
Phosphorous (mmol/L)	5.6 ± 0.6	5.5 ± 1.2
Hemoglobin (g/dL)	11.1 ± 0.9	10.4 ± 0.9
Albumin (g/dL)	3.8 ± 0.3	3.8 ± 0.2
Bicarbonate (mmol/L)	23.5 ± 2.3	23.2 ± 1.6

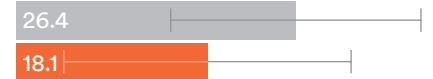
## RESULTS

16 patients across 3 sites completed a baseline DSI prior to conversion to Tablo. 11 patients completed all DSI questionnaires per protocol.

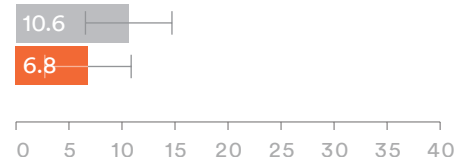
Clinical lab results, DSI scores at baseline and average through 8 weeks for the 11 per protocol patients are included Table 1. Prevalence of the top 3 symptoms reported at baseline and after 8 weeks on Tablo are included.

■ Non-Tablo  
■ Tablo

### DSI SEVERITY SCORE



### DSI SYMPTOM BURDEN



### DSI SYMPTOMS

Feeling tired or lack of energy



Itching



Numbness and tingling in feet

