

Quality dialysis at low cost in Asha Niketan Hospital, Bhopal

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In the last few decades there has been a dramatic and alarming increase in the incidence of kidney disease in India. Chronic Kidney Disease is common and incurable with the reported prevalence in different regions of India ranging from 1% to 13% or higher. And data from the International Society of Nephrology's Kidney Disease Data Center Study reported a prevalence of 17%. Asha Niketan is the only hospital in the city of Bhopal that provides hemodialysis to patients with chronic kidney disease at a very low rate, 975 Rupees (about \$14) per dialysis. Ten patients get the chance to avail of five dialysis machines with its full set up in two shifts for six days a week.

Asha Niketan Hospital, run by the Sisters of St. Joseph of the province of Pachmarhi, ventured into this initiative with a view of helping the poor and middle class patients who otherwise have to dole out 1500 to 3000 rupees per dialysis for the same in other hospitals. The hospital, in collaboration with Shanthi Integrated National dialysis Mission, directed by Mrs. Uma Preman,



initiated this dialysis unit at Asha Niketan with the aim of providing quality dialysis at low cost.

At times some people sponsor few dialysis. There are also government schemes for these patients but people prefer to come to Asha Niketan because the hospital does not compromise with quality for the dialysis and a nephrologist is available to the patients while they are in the hospital.

In hemodialysis, a machine filters wastes,

salts and fluid from the blood when the kidneys are no longer healthy enough to do this work adequately. Hemodialysis is the most common way to treat advanced kidney failure. The procedure can help a person carry on an active life despite failing kidneys.

When the kidneys fail to filter the blood effectively, and the waste products build up to a critical level a person may need to start dialysis. Once both the kidneys stop functioning there are only two options: renal transplant or dialysis. Both are costly for the patient.

At the beginning only 50 to 60 dialysis procedures were done per month in Asha Niketan hospital. Now it has reached 200 - 250 per month. Emergency dialysis, however, is often done irrespective of the time and the day. Three thousand and three hundred dialysis have been done since October 11, 2016 from the time of its inception at Asha Niketan. Patients who are on dialysis are considered a burden to the society and to the family. This venture of Asha Niketan hospital has been truly reaching its service to the poor and needy. A few more dialysis machines and more technicians and infrastructure will surely cater to many more poor patients.

