

USE OF INTENSIVE METHODS FOR TREATMENT OF RENAL DISEASES

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Extrarenal methods for blood depuration are coming into clinical practice ever more and more. In the Hemodialysis Centre of the Higher Institute of Medicine in Varna, a series of intensive therapeutic methods for renal failure and poisoning such as hemoperfusion (HP), plasmapheresis (PP), sequential ultradiffusion, hemofiltration, and lymphosorption (LS), have been introduced. In Varna, LS is brought into use for the first time in Bulgaria.

The Hemodialysis Centre started with 5 posts. Their number rose up to 10 ones during a 10-year period. More than 50 000 hemodialysis procedures were performed on total of 612 patients from the district of Varna and North-Eastern Bulgaria suffering from chronic renal failure (CRF), acute one (ARF), and exacerbated CRF. At the present time, 59 patients with terminal CRF are included in the programme for chroniodialysis treatment. Their distribution according to nosological units is as follows: 30 patients are with chronic glomerulonephritis, 20 ones — with chronic pyelonephritis, one — with collagenous nephropathy, two — with accompanying nephropathies, and 6 patients — with congenital malformations. The duration of the chroniodialysis treatment is 6 months (for 7 patients), between 1 and 3 years (for 27 ones), between 3 and 5 years (for 15 ones), between 5 and 10 years (for 8 ones) and more than 10 years (for two patients). Most patients undergo a good rehabilitation and almost all of them are out-patients. Some of them work at home, they take care of their individual farm and keep house, but pupils go to school and successfully finish the school year.

A lot of patients from Bulgaria and abroad spend their holidays at the seaside owing to the possibility to undergo hemodialysis treatment in the Centre.

As already mentioned, one part of the patients treated are with ARF which presents a particularly actual problem nowadays. It is noteworthy that the total mortality rate remains high — according to literature data (7, 8) it reaches up to 30—40 per cent but in single clinical forms even up to 65—70 per cent of the cases. Our lethality rate is 38 per cent (1).

During the period from 1974 to 1986 a total of 121 ARF patients were hospitalized. There was a marked tendency towards increase of their absolute number. The male-female ratio was almost 3:1. 45 per cent of the females were with obstetric-gynecological pathology, most often an illegal abortion. The etiologic role of mushroom poisoning should be also emphasized — it was found out in 14 per cent of these cases. A total of 62 per cent of our patients were aged between 20 and 50 years (1), i. e. persons at the most efficient period of their life.

HP is a relatively new and effective method for treatment of acute poisonings (2). The side effects of the application of this method are not numerous (e. g. transitory thrombocytopenia) but the main objection is the high cost. More than 50 HP procedures are carried out on patients with acute intoxications with drugs, chemical, and mushrooms.

In the Hemodialysis Centre in Varna a total of 163 PP are performed in 56 patients as follows: 53 PP with 19 patients with immune nephropathies (including the first case with Wegener's granulomatosis successfully treated by ourselves); 29 PP with 11 myelomatosis patients; 59 PP with 15 CRF patients on

periodic hemodialysis providing a good effect of PP concerning polyneuropathy (electromyographically registered improvement of conductivity, reduction of pruritus); 11 PP with 5 patients with skin diseases (pemphigus, psoriasis); 2 PP in patients with blood diseases (polycythemia vera) (4). A method for threefold use of both filters and columns is introduced.

LS presents a new therapeutic method with which the lymph drained from the thoracic duct undergoes depuration through sorption devices and then reinfuses into the organism. The method is especially appropriate to the treatment of intoxications because the concentration of toxins is 5—10 times higher in lymph than in blood (3, 6). A total of 54 LS are carried out (together with D. Atanasov, M. D., Department of Surgery of the Higher Institute of Medicine in Varna) on 16 patients. A clinical improvement has been observed (5). It has to be emphasized that combined treatment of one female patient with severe Phalloides intoxication by both LS and PP resulted in healing of the patient.

In spite of the fact that these intensive methods for treatment of renal diseases belong to the most expensive ones in the world thanks to their great effectiveness they become routine methods in the Hemodialysis Centre in Varna. Nowadays, the results from their application do not differ from these obtained in the leading centres in the world.

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ПРИМЕНЕНИЕ ИНТЕНСИВНЫХ МЕТОДОВ ЛЕЧЕНИЯ ПОЧЕЧНЫХ ЗАБОЛЕВАНИЙ

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РЕЗЮМЕ

Внепочечные методы очищения крови все шире находят место в клинической практике. В центре гемодиализа при Высшем медицинском институте в Варне применяется ряд интенсивных методов лечения почечной недостаточности и различных отравлений как гемоперфузия, плазмаферез, секвенциальная ультрафильтрация, гемофильтрация, лимфосорбция.

За весь период работы центра гемодиализа проведено свыше 50 000 гемодиализационных процедур 491 больного с хронической почечной недостаточностью и 121 больного с острой почечной недостаточностью. Общая смертность больных с острой почечной недостаточностью, лечившихся в центре, составляет 38 %.

Проведено более 50 гемоперфузий больных с острыми отравлениями медикаментами, химикалиями и ядовитыми грибами. Методом плазмафереза (163 процедур) лечились 56 больных с различными заболеваниями как иммунные нефропатии, мнеломная болезнь, экзогенные интоксикации, кожные и гематологические заболевания.

Впервые в Болгарии в центре гемодиализа в Варне введен метод лимфосорбции. Проведено 54 лимфосорбций 19 больных. Было установлено, что метод приводит к улучшению клинического состояния пациентов.

Высокая эффективность указанных методов обусловила необходимость в том, чтобы они стали рутинными методами лечения в центре гемодиализа. В настоящее время результаты их применения не отличаются от соответствующих результатов ведущих центров в мире.