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RRT-M- Renal replacement therapy in Myanmar, a developing country

Problems in diagnosis and management of Chronic Kidney Disease (CKD) in a developing country like Myanmar are numerous. It is difficult to assess the true magnitude of the problems, as there is no proper registry for CKD cases in Myanmar. The estimated cases of End Stage Renal Disease (ESRD) in Myanmar is about 200/million population. Renal replacement therapy (RRT) is possible only for 10-15% of these cases. Health care system in Myanmar is a pluralistic mix of public and private system both in financing and provision. Haemodialysis (HD) in Myanmar started in 1970 private HD began in 1986. There are more than 300 HD machines throughout the country, treating over 1800 patients. The problems of HD include funding (self-payment mostly), availability of resources and quality assurance of centres & staff. Measures to tackle these are discussed. Continuous ambulatory peritoneal dialysis (CAPD) started several years ago, but it was delayed due to lack of training and resources. It has been re-initiated recently. Live related kidney transplant started successfully in 1995, and more than 400 cases had been performed up to now. Plans to expand the transplant program are reviewed. Other problem issues include lack of options & choices of RRT (H predominant), and lack of public awareness. Management of these issues are also discussed. However, it is expected that the outlook for the future of CKD in Myanmar will be improved.

Biography

Graduated MBBS in 1973 and completed Dr.Med. Sc. (General Medicine) in 2003 in Myanmar. Worked as a consultant renal physician since 1995, and served as Professor/Head, Department of Nephrology, Defence Services Medical Academy (DSMA) since 2002. Retired in 2009, but continue to practice nephrology in private hospitals and do part-time teaching as Honorary Professor since 2013 at DSMA. Involved in kidney transplant programs in Myanmar since 1995. Published numerous papers and presentations regarding nephrology locally as well as internationally.

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