



## Short Communication

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# Impact of the War Between RDF and The Sudanese Military Force on Hemodialysis Patients and Post-Transplantation Care and The Way to Mitigate It

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## Introduction

The ongoing war between the Rapid Deployment Forces (RDF) and the Sudanese military force has had severe implications for various aspects of Sudanese society. This article aims to explore the specific impact of the conflict on patients requiring hemodialysis and post-transplantation care. The subsequent sections will provide an in-depth analysis of the challenges faced by these vulnerable groups and the potential long-term consequences on their well-being.

**Keywords:** War gezira hospital; hemodialysis

## Disruption of Hemodialysis Facilities

The war has significantly disrupted the infrastructure and functioning of healthcare facilities, especially those providing hemodialysis services. This disruption has led to a scarcity of resources, essential equipment, and trained medical staff. Consequently, patients requiring regular hemodialysis sessions are facing immense difficulties in accessing life-sustaining treatment [1].

## Decreased Availability of Medications

The conflict has disrupted pharmaceutical supply chains, resulting in the scarcity of medications required for hemodialysis patients and post-transplantation care. Essential drugs, such as immunosuppressants and anticoagulants, are in short supply, affecting patients' health and increasing the risk of complications [2].

## Inadequate Medical Personnel

The war has triggered a mass exodus of healthcare professionals, including doctors specializing in nephrology and transplantation. The shortage of skilled medical personnel has further strained the already limited capacity of healthcare facilities, making it challenging to provide appropriate care to hemodialysis patients and post-transplant recipients [3].

## Impaired Post-Transplantation Care

Post-transplantation patients require specialized medical care, close monitoring, and regular check-ups to ensure graft survival and avoid complications.

However, due to the conflict, many patients are unable to access these crucial services. The absence of post-transplantation

care increases the risk of transplant rejection and puts the lives of patients at stake [4].

### Increased Psychological Stress

The war's impact on hemodialysis patients and post-transplant recipients extends beyond the physical aspects of their health. The uncertainty and fear associated with the conflict have subjected these individuals to increased psychological stress. This stress can negatively affect their mental well-being and exacerbate existing health conditions [5].

### Measures to Mitigate Impact

1 Establishing temporary healthcare facilities to ensure continuity of care, it is essential to set up temporary healthcare facilities equipped with the necessary infrastructure for providing chronic hemodialysis and post-transplantation care. These facilities should be located away from conflict zones and provided with adequate security measures. 2 Stockpiling essential medications and supplies Health authorities should prioritize the stockpiling of essential medications, dialysis equipment, and post-transplant immunosuppressive agents in anticipation of potential disruptions. This can be achieved by establishing strategic reserves in safe locations and maintaining a well-monitored supply chain. 3 Collaboration with international organizations and humanitarian aid Engaging international organizations and humanitarian aid agencies can provide vital support in sustaining chronic hemodialysis and post-transplantation care in war-affected regions. Collaborative efforts can be directed towards procuring necessary supplies, deploying healthcare professionals, and securing funding to bridge resource gaps. 4 Telemedicine and remote monitoring Utilizing telemedicine technologies and remote monitoring systems

can help bridge the gap in access to healthcare services during war. Patients can receive virtual consultations, monitor vital signs remotely, and access medical advice and guidance from healthcare professionals who may not be physically present in the area of conflict.

### Conclusion

The war between the RDF and the Sudanese military force has had a devastating impact on the hemodialysis patients and post-transplantation care in Sudan. The scarcity of resources disrupted healthcare infrastructure, and decreased availability of medications have placed the lives of these vulnerable groups at risk. Urgent intervention from international humanitarian organizations, along with political resolution, is imperative to mitigate the consequences of the conflict on the healthcare sector and alleviate the suffering of these patients.

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