



Study of clinical Profile in Chronic Kidney Disease Patients.

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ABSTRACT:

Background- Chronic Kidney Disease (CKD) is emerging as an important public health problem, not only in developed countries, but also in developing countries including India.

Methods- The study was an observational study. This hospital based observational study was conducted in the patients admitted in the ward under the Department of General Medicine and department of nephrology.

Results-60% patients were from 41-60 Yrs and 68% patients were male. Most of patients (92%) present pallor, 54% patients present with decreased urine output.

Conclusion-The study reveals that CKD is an important public health problem in India mainly affecting adult males.

Keywords: CKD, Oligourea, Pallor.

INTRODUCTION:

Chronic Kidney Disease (CKD) is emerging as an important public health problem, not only in developed countries, but also in developing countries including India¹. Reasons for rising incidence of CKD are increasing incidence of diabetes and hypertension, although improving life-expectancy, better diagnostic facilities and treatment modalities are also playing their role by increasing the prevalence^{2,3}. WHO has identified kidney diseases as 12th and 17th major cause of death and disability worldwide, respectively.

It is estimated that approximately one million lives are lost every year globally due to CKD, up from 4 lakhs in 1990. US Centers for Disease Control and Prevention estimates that 16.8% of US adults aged 20 or more are suffering from CKD. A recent study estimated that age-adjusted incidence rate of CKD in India is 229 per million

populations, and more than 100,000 new patients enter renal replacement programme every year in India. The importance and impact of CKD should not be measured only in numbers, as its huge social and economic impact on the individuals, families and society cannot be ignored^{4,5}.

Material and methods

The study was an observational study. This hospital based observational study was conducted in the patients admitted in the ward under the Department of General Medicine and department of nephrology. A total of 100 subjects were selected after explaining the purpose of the study and procedure in detail and, after attaining their consent in written format. Data collection done by clinical history, examination and investigations.

Inclusion Criteria: CKD patients above 18 years of age on renal dialysis, and willing to participate in the study.

Exclusion Criteria: Those below 18 years of age; those who did not give informed consent, or had severe cognitive, speech or hearing defect.

Results

Table 1: Socio-demographic Profile of CKD Patients

Variable	No. of patients	Percentage
Age (Yrs)		
21-40	15	15
41-60	60	60
More than 60	25	25
Sex		
Male	68	68
Female	32	32

60% patients were from 41-60 Yrs and 68% patients were male.

Table 2: Staging of Chronic Kidney Disease (CKD) in the study population

Stage	Number
3	17
4	31
5	52

Table 3: Clinical findings in the cases.

Clinical finding	No. of cases	Percentage
Fever	2	2
Pallor	92	92
Pedal edema	52	52
Anuria	7	7
Puffiness face	9	9
Shortness of breath	42	42
Oligourea	54	54

Most of patients (92%) present pallor, 54% patients present with decreased urine output.

Discussion

The majority of the patients (60%) in this study were 21-40 Yrs age group. This finding of the study is in agreement with results of studies conducted by Jungers et al. and Mittal et al.^{5,6}. However, Sardenberg et al.; indicated the mean age of renal failure to be 66⁷.

This study indicates that prevalence of renal failure is higher in males (68% vs. 32%). Jungers et al.⁵; also reported that renal failure was twice as high in males than in females.

Decreased urine output or oliguria, shortness of breath and pedal edema and pallor were the most common presentations seen in CKD patients. A study by Talwar et al.⁸; also found that pallor (present in 94%) and pedal edema (96%) were the commonest signs seen in CKD cases.

Conclusion

The study reveals that CKD is an important public health problem in India mainly affecting adult males.

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