

Knowledge on Risk Factors for Chronic Kidney Disease (Ckd) Among Adult Patients Attending Hemodialysis at Muhimbili National Hospital

Adam Malaika

Internal Medicine Department, Muhimbili National Hospital, Tanzania

Abstract: Chronic kidney disease (CKD) is a major public health problem in the nation, the burden of chronic kidney disease is rising countrywide, as shown by increases in attributable deaths and prevalence of end-stage kidney disease for example on November 2018 the Patients on dialysis were 224, 242 on December and 251 on January 2019 at Muhimbili national hospital (Muhimbili national hospital medical report dialysis unit 2018/2019). Chronic kidney disease and its complications that which involve most organ systems can be prevented, but awareness and use of accurate methods are needed to enable timely diagnosis. The purpose of this study was to assess the knowledge of risk factors associated with chronic kidney disease. The study was conducted at Muhimbili National Hospital from October 2018 to May 2019 in Tanzania from adult patients undergoing hemodialysis. Following consent, participants were studied in their clinics while doing dialysis. Random sampling on bed side was done to obtain patients and provide them with questionnaire. Total population included in the study was 180 and those who were critically ill were not included in the study.

The age group 45–70 years constituted almost 59.4% of the respondents. This implies that the prevalence of chronic kidney disease is higher in elderly people than in the general population. Our results also suggest that men had a higher prevalence of CKD than women, in the study 124 were men (68.9%), 56 were female (31.1%). It was found that 130 of the respondents had never heard about chronic renal failure before being diagnosed (72.2%) and only 50 (27.8%) patients heard about the disease before suffering with CKD (27.8%). Eighty eight percent of the patients were not aware on the things that lead to chronic renal failure and thus only twelve percent knew some of the risk factors associated with the disease.

Therefore, the clinical based study for adult patients undergoing hemodialysis at Muhimbili national hospital has shown limited knowledge on the risk factors

associated with chronic kidney disease. For that case there is need for government to have programs coupled with nurses to increase awareness and understanding of chronic disease risk factors, the programs formulated should have alternative ways to see how can reach all required age group all over the country in which the population can meet her healthcare needs, National health insurance fund should look another way to improve their services especially for the first users who are told to wait until one year for the card to grow then start functioning. Finally, then our assessment of local attitudes suggested that such public health efforts would be well received.

Chronic kidney disease also known as chronic kidney failure describes the progressive loss of function in the kidneys. Your kidneys remove waste from your blood and excess fluids, which are then excreted into your urine. As chronic kidney disease reaches an advanced stage, hazardous fluid, electrolyte and waste levels can build up within your body.

You can get few signs or symptoms in the early stages of chronic kidney disease. Chronic kidney disease cannot become evident until it seriously impairs the kidney function.

Physical symptoms: If kidney damage progresses slowly, symptoms and signs of chronic kidney disease develop over time. Kidney disease signs and symptoms could include:

- o Boredom
- o The Vomit
- o Lose appetite
- o Fatigue
- o Troubles in sleep
- o Changes the amount you urinate
- o Diminished mental acuity
- o Twitching muscles and cramps
- o Feet and foot swelling
- o Persistent damage aisons
- o Chest pain, when fluid builds up around the cardiac

lining

o Breath shortening when fluid builds up in the lungs

Kidney disease signs and symptoms are often unspecific, suggesting they can also be caused by other diseases. Since your kidneys are highly adaptable and, in a position, to compensate for lost function, signs and symptoms do not appear until irreversible damage has occurred.

Causes : Illustration of normal kidney compared to diseased kidney

Normal kidney vs. diseased kidney and polycystic kidney pop-up dialog compared to normal kidney

Polycystic kidney Open dialog box on pop up

Chronic kidney disease occurs when kidney function is impaired by a disease or condition, resulting in kidney damage worsening for several months or years.

Illnesses and disorders causing chronic kidney disease include:

- o Diabetes type 1 or type 2
- o Blood pressure: High
- o Glomerulonephritis (gloe-mer-u-low-nuh-FRY-tis), a filtering process inflammation of the kidney (glomeruli)
- o An inflammation of interstitial nephritis (in-tur-STISH-ul nuh-FRY-tis)
- o Polycystic kidney disease
- o Long-term urinary tract obstruction due to conditions such as enlarged prostate, kidney stones and certain cancers
- o Vesicoureteral reflux (ves-ih-koe-yoo-REE-tur-ul), a disorder that causes urine to re-enter the kidneys
- o Recurring infection with the kidneys, also called pyelonephritis (pie-uh-low-nuh-FRYtis)
- o Dangerous factors

Factors that could increase the chronic kidney disease risk include:

- o Diabetes Diagnosis
- o Blood pressure: High o Cardiovascular disorder of the heart and of the blood vessels
- o Fuming
- o ABSITE
- o Be African-American, Asian-American or Native American
- o Family history of renal illness
- o Abnormal renal structure

o Age Older

Complications: Chronic renal disease can affect virtually any part of your body. Possible complications may include:

- o Fluid retention that can cause swelling of the arms and legs, high blood pressure, or fluid in the lungs (pulmonary edema)
- o A sudden increase in your blood's potassium levels (hyperkalemia), which could impair your heart's ability to function and could be life-threatening
- o Cardiovascular disorder of the heart and of the blood vessels o Poor bones and a high chance of bone fractures
- o Anemy
- o Sex drive diminished, erectile dysfunction or fertility decreased
- o Damage to your central nervous system which can cause concentration difficulties, changes in personality or seizures
- o Diminished immune response, rendering you more susceptible to infection
- o Pericarditis, Saclike membrane inflammation that envelops your heart (pericardium)
- o Complications of pregnancy which carry risks for the mother and the developing fetus
- o Irreversible damage to your neck (end stage kidney disease), eventually requiring either di lysis or a survival kidney transplant.

Prevention: Reducing the chance of developing kidney disease:

- o Follow over-the-counter drug directions. Follow the instructions on the package when using nonprescription pain relievers like aspirin, ibuprofen (Advil, Motrin IB, others), and acetaminophen (Tylenol, others).
- o Taking too many pain relievers could cause damage to the kidneys and should generally be avoided if you have kidney disease. Ask your doctor if those medicines are safe for you.
- o Keep healthy weight. If you are at a healthy weight, work by being physically active most days of the week to sustain it. If you need to lose weight, discuss healthy weight loss strategies with your doctor. This often involves increasing physical activity on a daily basis, and reducing calories.
- o Don't fumble. Smoking cigarettes can damage your kidneys, and can make kidney damage worse.