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Knowledge on risk factors for Chronic Kidney Disease (CKD) among adult patients attending hemodialysis at Muhimbili National Hospital

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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, 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 haemodialysis. 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 haemodialysis 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, our assessment of local attitudes suggested that such public health efforts would be well received.

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