

CLINICAL CHARACTERISTICS AND OUTCOMES OF END-STAGE RENAL DISEASE PATIENTS WITH SELF-REPORTED PRURITUS SYMPTOMS

Ramakrishnan K, et al. *Int J Nephrol Renovasc Dis.* 2014;7:1-12.

BACKGROUND



Pruritus has an underappreciated impact on the outcomes of patients undergoing haemodialysis.



The study aimed to better understand the clinical burden of pruritus as it relates to patient characteristics, quality of life, medication use and dialysis compliance.

METHOD

Retrospective analysis of end-stage renal disease patients receiving treatment between 2009 – 2012. A subsequent detailed analysis of outcomes was performed which focused on in-centre haemodialysis patients only.



73,124 haemodialysis and peritoneal dialysis patients who responded to a Kidney Disease Quality of Life (KDQOL)-36 survey.

RESULTS

Higher levels of itch severity were demonstrated to have a negative effect on patients' quality of life.

Patients in the 'extremely bothered' group reported significant reductions across KDQOL subscales compared to patients in the 'not at all bothered' group.



Physical wellbeing
7-point difference in KDQOL score.



Mental health
9-point difference in KDQOL score.



Effects on daily life
25-point difference in KDQOL score.

THE WIDER IMPACT

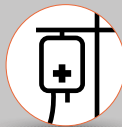
The differences seen between patients with severe CKD-aP and those unbothered by itching were evident across various measures.



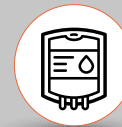
2.6
missed dialysis sessions per year.



24% more likely to suffer from bacteriaemia ($p < 0.0001$).
34% more likely to suffer from septicaemia ($p < 0.0001$).



47% more IV antibiotics needed.



~10,000
more units of erythropoietin stimulating agent.

CONCLUSION

Appropriate assessment of symptomatology and effective control of pruritus is important to improve clinical outcomes and quality of life, as well as the related utilisation of resources.