

INTERNATIONAL COMPARISONS OF PREVALENCE, AWARENESS, AND TREATMENT OF PRURITUS IN PEOPLE ON HAEMODIALYSIS

Rayner HC, et al. *Clin J Am Soc Nephrol*. 2017;12:2000-7.

BACKGROUND



CKD-associated Pruritus (CKD-aP) is common among haemodialysis (HD) patients and underestimated by medical directors.



This observational study aimed to provide an international perspective into how pruritus is currently managed and to provide a benchmark for quality improvement initiatives.

METHOD

Patients undergoing HD and medical directors of centers were enrolled in phases 1 to 5 of the Dialysis Outcomes and Practice Patterns Study (DOPPS) during the years 1996–2015.



35,452 patients
21 countries
Medical directors from
337 study sites
17 countries

Pruritus-related surveys were used to evaluate the change in prevalence of CKD-aP over time.

RESULTS



Nearly **1 in every 5** patients on HD were very much or extremely bothered by itching.



CKD-aP is underestimated
Nephrologists in all DOPPS countries underestimated the prevalence of pruritus among their patients.

69% of medical directors underestimate the prevalence of pruritus in their unit.

CKD-aP is underreported
25% of CKD-aP patients did not report their symptoms.

CKD-aP is undertreated
18% of patients with symptoms of itching were not receiving any treatment.

THE IMPACT ON PATIENTS' LIVES

Pruritus has profound negative impacts on the daily lives of HD patients, affecting:



Self-worth



Social life



Work productivity

CONCLUSION

Systematic efforts to develop and implement guidelines, monitor and treat CKD-associated Pruritus, and routinely collect prevalence/severity data can improve patient health and wellbeing.