

# EFFECT OF THE EARLY DIAGNOSIS OF KIDNEY DISEASE ON THE QUALITY OF LIFE

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## INTRODUCTION

The International Federation of Kidney Foundations (IFKF) and the International Society of Nephrology (ISN) declare World Kidney Day on the second Thursday in March each year. Some dialysis centres in our country are open to the general public on this day and everyone has the opportunity to get a free kidney health screening without the need for an appointment.

## OBJECTIVE

The goal of holding open house at our dialysis centre is to support the prevention of renal failure and to raise public awareness of chronic kidney disease. Our objective is early diagnosis of kidney disease, which is crucial for the quality of life and life expectancy of patients. There is no doubt that a lower stage of chronic kidney disease (CKD 1-3) is associated with lower health limitations than a higher stage (CKD 4-5) of this disease.

## METHODOLOGY

World Kidney Day is held at our site each year and is thematically focused. The general public is informed in advance about the possibilities of free kidney health screening. The screening includes the determination of body mass index (BMI), blood pressure check, and the determination of risk factors such as diabetes mellitus, hypertension, obesity, being over 50 years of age, smoking, completing a family history, glycaemia measurement, and urinalysis test. A family history of diabetes, arterial hypertension, and kidney disease are emphasized, as the possible inheritance of these diseases is known to be associated with these risk factors. A urine test strip we used for rapid determination of glucose, protein plus leukocytes, nitrites, ketones, bilirubin and blood in urine. After evaluation of the results of the screening and after an interview with a nephrologist, further medical care or more detailed examination is recommended if necessary.

## CONCLUSION

Kidney diseases are complex diseases and are often clinically completely asymptomatic. The aim of the kidney health screening is to enable the early detection of the factors of kidney disease and increase efforts to check and intervene in high-risk individuals. Without preventive screening, it is very difficult to detect kidney disease, as kidney disease doesn't "hurt". Early recognition of kidney disease is crucial to the prognosis and the further quality of life of the patient. Early diagnosis often enables us prevent severe kidney damage or at least stabilise residual renal function, thus preventing the progression to final renal failure. A late diagnosis of kidney disease in most cases negatively impacts the quality of life and life expectancy of patients, and this is one of the major reasons why we place such great emphasis on early diagnosis of this disease.

## RESULTS

Our dialysis centre joined the World Kidney Day initiative for the first time in 2014. As part of this event, 135 adults aged 15 to 86 undergone kidney health screening, including 89 (66%) women and 46 (34%) men. Of the total number of patients examined, only 48 (36%) patients had standard results, and 87 (64%) patients were referred for follow-up examination: by their general practitioner, a nephrologist, a urologist, or a diabetes specialist. A total of 15 (11%) patients were referred for a comprehensive examination at a nephrology outpatient clinic. Of these, 9 (7%) were diagnosed with stage 3 chronic kidney disease. These patients are already in the care of our nephrology outpatient clinic. They did not know about their illness at all, and World Kidney Day helped to ensure their relatively early diagnosis.

