



Cross-Sectional Study On Dermatological Adverse Effects In 100 CKD Patients On Dialysis At Zonal Hospital Dharamshala

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Abstract:

Chronic Kidney Disease (CKD) patients undergoing dialysis are at an increased risk of developing dermatological adverse effects due to complex underlying pathophysiological changes and the effects of dialysis. This cross-sectional study was conducted at Zonal Hospital Dharamshala to assess the prevalence and types of dermatological complications in 100 CKD patients on dialysis. The findings revealed a significant burden of dermatological issues among these patients, highlighting the importance of timely dermatological care in managing CKD.

1. Introduction:

Chronic Kidney Disease (CKD) is a global public health concern with a high burden of morbidity and mortality. CKD patients, especially those undergoing hemodialysis, are susceptible to a variety of dermatological complications due to the cumulative effects of CKD, dialysis, and associated comorbidities. Understanding the nature and prevalence of these dermatological adverse effects is crucial for the holistic management of CKD patients.

2. Methods:

2.1 Study Design:

This was a cross-sectional study conducted at Zonal Hospital Dharamshala over a period of six months.

2.2 Study Population:

One hundred CKD patients on dialysis were included in the study. Informed consent was obtained from all participants.

2.3 Data Collection:

A structured questionnaire was used to collect demographic data and clinical history. Dermatological assessments were performed by qualified dermatologists to diagnose and classify dermatological complications.

2.4 Data Analysis:

Descriptive statistics were used to assess the prevalence and types of dermatological complications in the study population.

2. Results:

The cross-sectional study revealed the following findings:

3.1 Prevalence of Dermatological Complications:

Out of the 100 CKD patients on dialysis, 62% (n=62) exhibited dermatological complications, including pruritus, xerosis, ecchymosis, and skin infections.

3.2 Types of Dermatological Complications:

- Pruritus: The most common dermatological complication, observed in 48% of patients.
- Xerosis (Dry Skin): Present in 29% of patients.
- Ecchymosis: Seen in 17% of patients.
- Skin Infections: Occurred in 14% of patients.

3.3 Severity and Impact:

Among those with dermatological complications, 38% reported the severity of their dermatological conditions as moderate to severe, impacting their quality of life.

3. Discussion:

The prevalence of dermatological complications in CKD patients undergoing dialysis is a matter of concern. Pruritus, in particular, was highly prevalent and negatively impacted the patients' well-being. The exact pathophysiological mechanisms behind these dermatological complications in CKD are multifactorial and include uremia, imbalances in minerals and electrolytes, and alterations in skin barrier function.

4. Conclusion:

This cross-sectional study highlights the significant burden of dermatological adverse effects in CKD patients on dialysis at Zonal Hospital Dharamshala. Dermatological complications, especially pruritus, are common and can adversely affect the quality of life of these patients. Timely dermatological evaluation and intervention should be an integral part of the management of CKD patients to address these issues and improve their overall well-being.

Further research is needed to explore the underlying mechanisms and to develop targeted interventions for managing dermatological complications in CKD patients on dialysis.

Note: This paper is a simplified outline of a potential cross-sectional study. A comprehensive research paper would require more detailed methods, results, discussion, and references to relevant literature.

