

# PREVENTION OF THE PROGRESSION OF POLICYSTIC KIDNEY DISEASE

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Global Approach to Renal Care Innovation-  
Balancing Compassion and Health Technologies



# INTRODUCTION

1. Polycystic kidney disease is the most common inherited renal disease worldwide and around 6-10% of the patients who start on renal replacement therapy they do it because of the evolution of this disease.
2. Patients with this disease usually start on renal replacement therapy in their fifties. There are some factors that can accelerate its progression, such as: Hypertension, poor intake of water, high fat and salt diet, caffeine...
3. Polycystic kidney disease is asymptomatic in teenagers.



# *INTRODUCTION*

4. Although young patients do not experience physical symptoms the knowledge of the future development of PQRAD usually leads to negative psychological implications (including family).
5. There are not many studies about children or teenager patients that analyze early markers.
6. Control of hypertension and other cardiovascular risk factors, healthy lifestyle, could be the key of early management.





## **OBJECTIVE**

The aim of the study was to identify the degree of involvement of our teenager patients in relation to their kidney disease in our health area.

## **METHOD**

- ✓ Cross-section study, 3 months.
- ✓ All patients under 22 years of age were included in the study who have been diagnosed with polycystic kidney disease.
- ✓ We collected data from dietary survey and healthy habits.
- ✓ We analyzed the results with statistical package for Windows.



# RESULTS

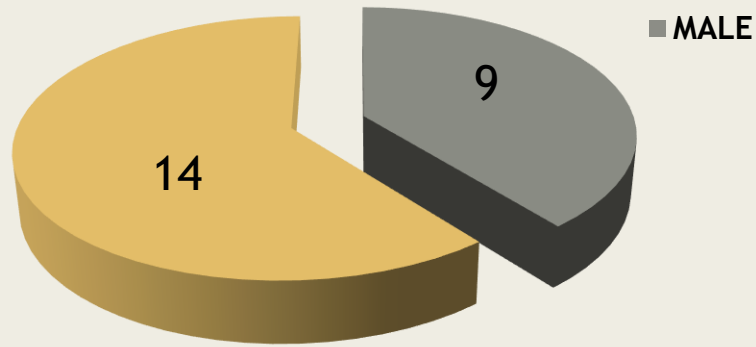


FIGURE 1: SEX DISTRIBUTION

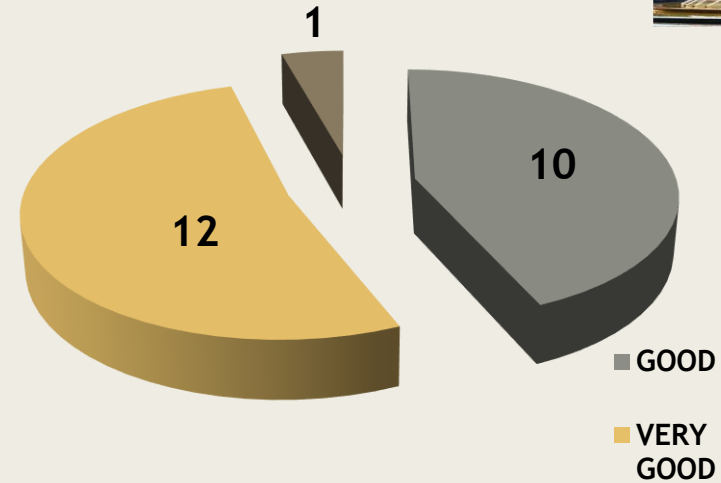


FIGURE 2: HEALTH CONDITION

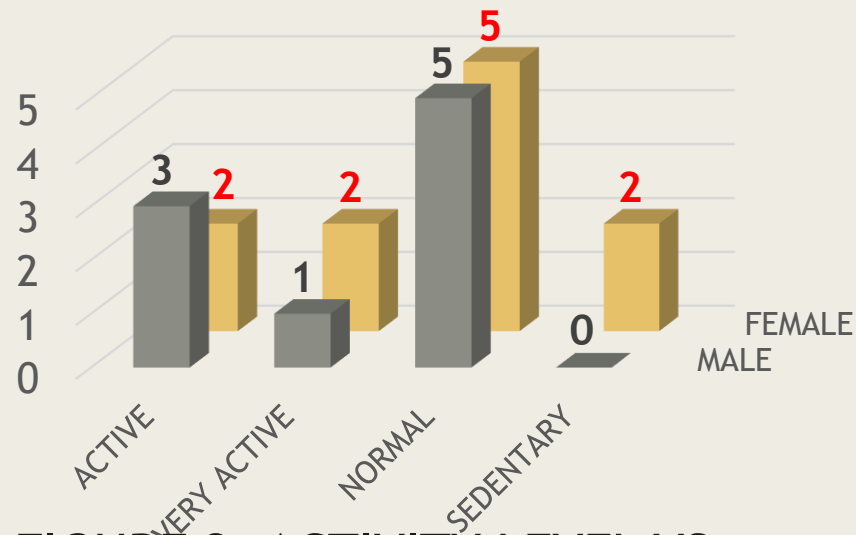


FIGURE 3: ACTIVITY LEVEL VS SEX

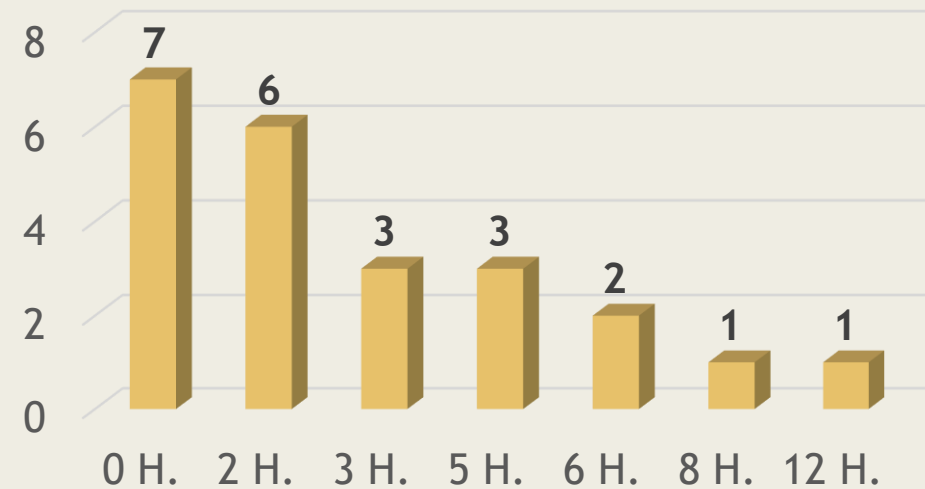


FIGURE 4: SPORT HOURS PER WEEK

# RESULTS

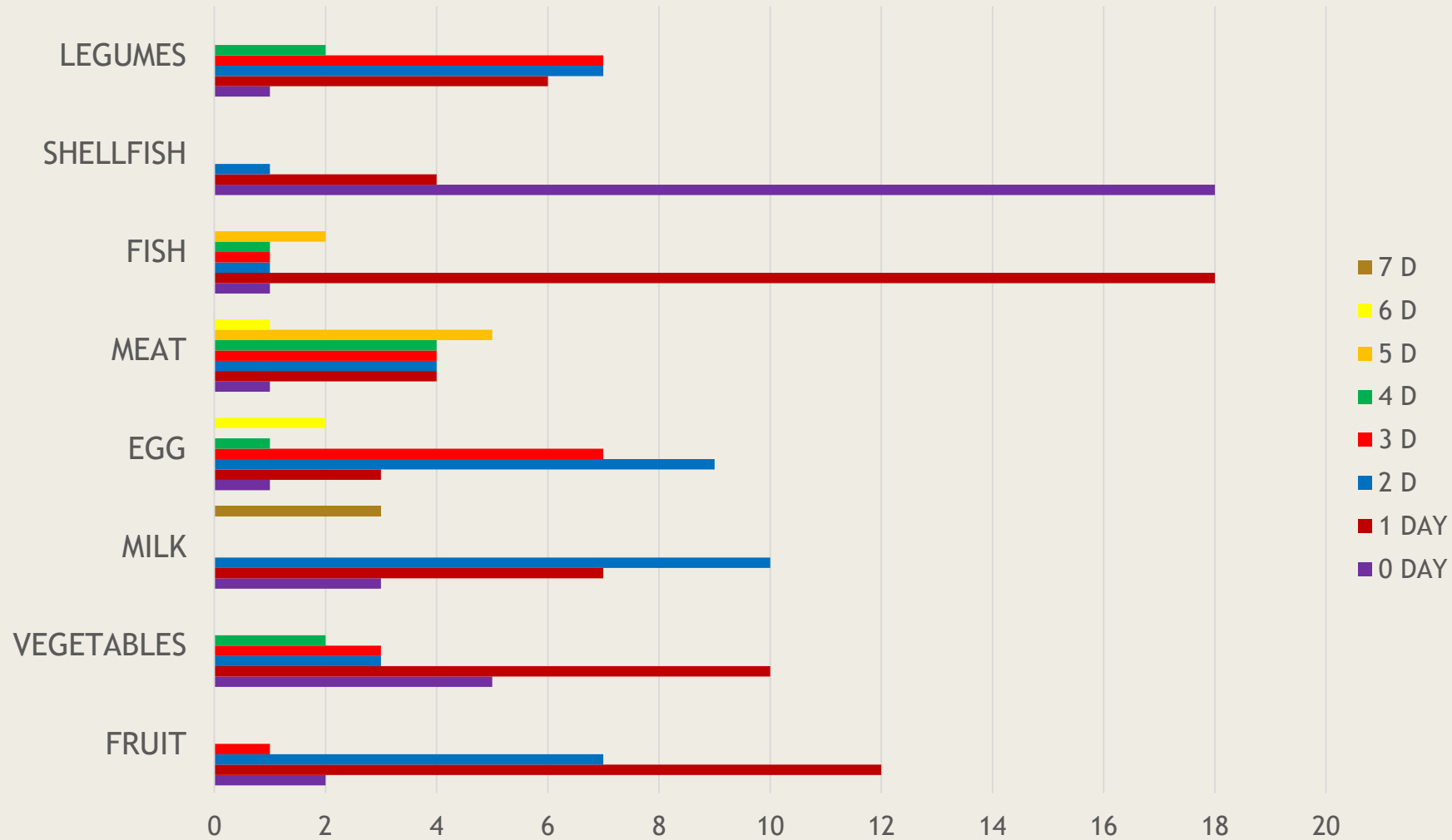


FIGURE 4: HEALTHY FOOD DISTRIBUTION PER WEEK 1.

# RESULTS

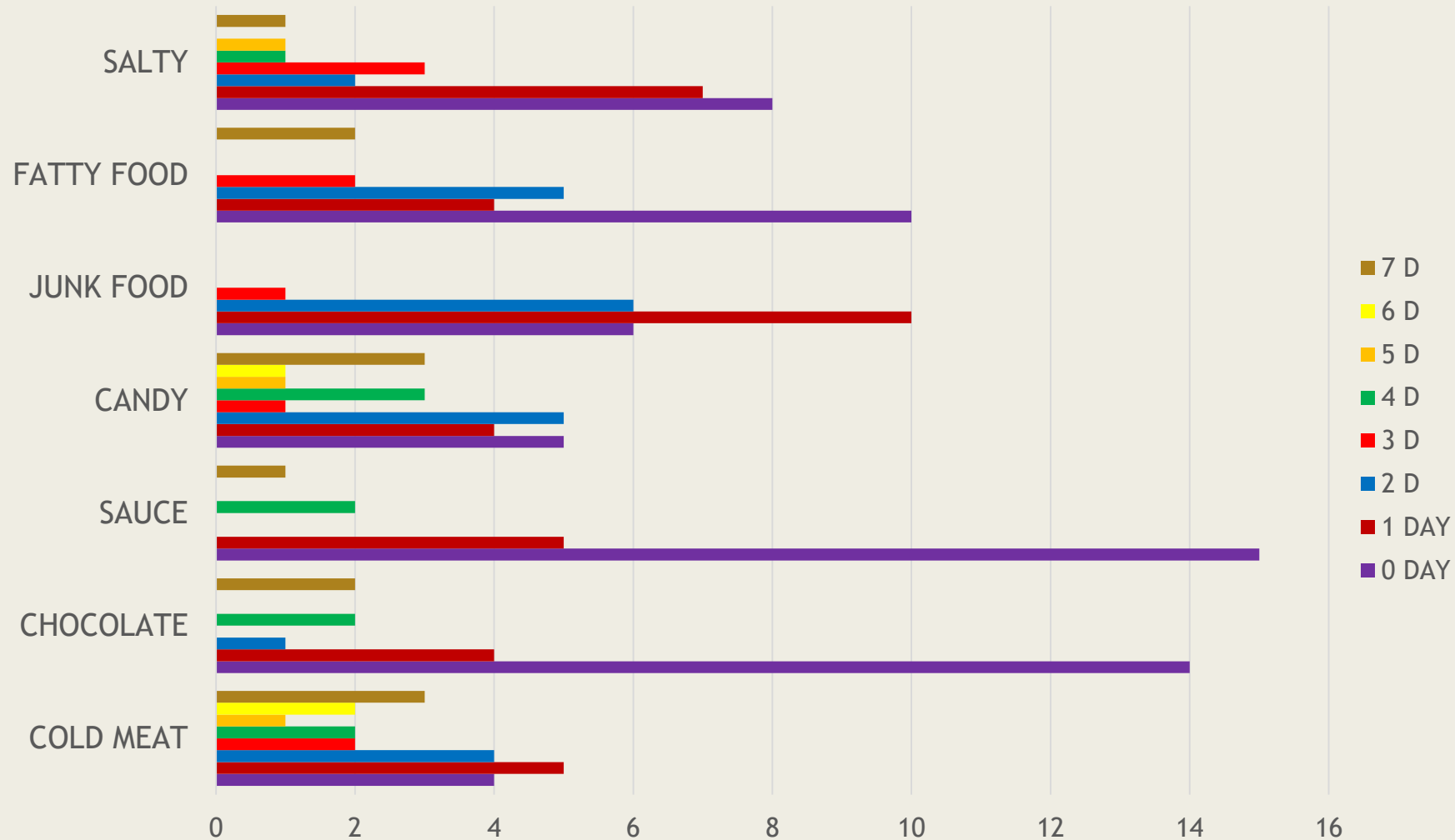


FIGURE 5: HEALTHY FOOD DISTRIBUTION PER WEEK 2.

# RESULTS



FIGURE 6: BODY MASS VS SEX

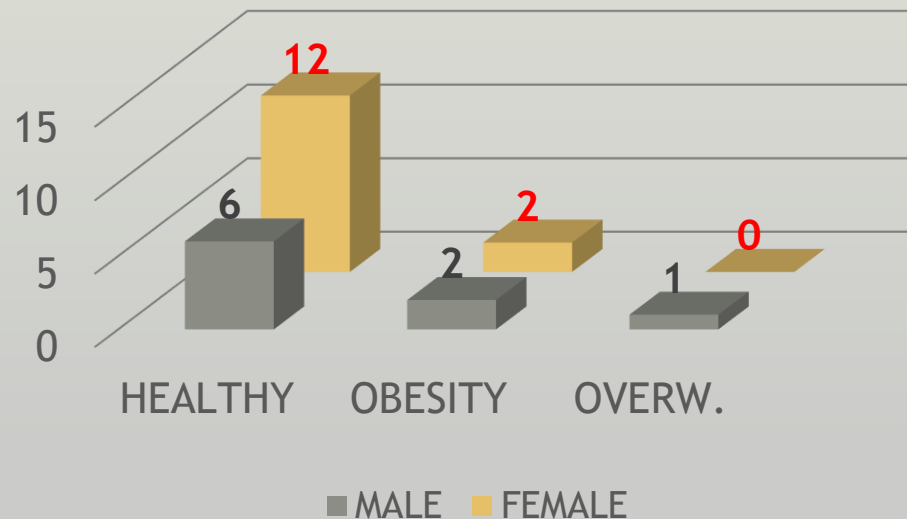


TABLE 1: DISTRIBUTION ADHERENCE

	YES	NO	N 23
WATER	8,7%	91,3%	100%
COFFEE	47,8%	52,2%	100%
TEA	82,6%	17,4%	100%

TABLE 2: KNOWLEDGE IN NUTRITION

	YES	NO	N 23
INTERESTED	87,0%	13,0%	100%
KNOWLEDGE	65,2%	34,8%	100%



# DISCUSSION

- There is a little difference between activity level and practice of sports. The average time to practice sports is good, more than OMS recommendations. In adults, only half of the cases practice 150 min. or more.
- Although the results of activity and sports are adequate, we see that the choice of sports is wrong in almost all cases.
- The intake of salt and fat in diet is high since there is a large amount of junk food, salty, sauce...
- Another important point in the prevention of hypertension is the consumption of water. In our study water intake is insufficient in most cases.



# DISCUSSION

- The consumption of coffee and tea is also high, if we consider that people start drinking it at their sixteen's (percentile fifty is 16 years old).
- As for the healthy diet with vegetables, meat and fish we find that the compliance is poor, around 25-20 % eat according to the recommendations. The data is similar to the same group Spanish people.
- Most patients recognized that they are interested in nutrition, which give us the opportunity to work together and increase their quality of life.





# CONCLUSIONS

According to the results obtained in our sample, we can affirm that compliance with the recommendations is low despite the fact that they report to be aware about recommendations and are concerned about their health.