

CLINICAL AND BIOCHEMICAL MARKERS OF UREMIC PRURITUS: A CROSS SECTION STUDY OF HEMODIALYSIS PATIENTS.

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Pruritus or itching is a common problem in Uremia. Prevalence of Pruritus in Uremic patients is variable and in some studies it is up to 90%. It may not be life threatening but no doubt is the most bothersome symptom in dialysis patients. However, the etiology and pathogenesis is not clear. A number of clinical and biochemical parameters are implicated as a possible cause of itching in renal failure

Our objective was to define the clinical and biochemical characteristics associated with Pruritus in renal failure patients presenting to the tertiary care hospital of Karachi Pakistan. It was a cross section study of chronic dialysis patients over a period of 3 months. A questionnaire was used to assess the severity of itching. Patients were divided into two categories. One with out Pruritus and other with moderate to severe Pruritus.

Total 57 hemodialysis dependent patients were included in the study. There were 25 (44 %) male, 32 (56%) female. Mean age was 54±11 years. Moderate to severe Pruritus was noted in 18 (32%), and 39 (68%) patients reported no Pruritus. The correlation coefficient (r) value was calculated between Pruritus and all other variables separately. Following is the r value is written in brackets. Serum PTH (0.19), S. Calcium (0.05), S. Phosphate (0.08), S. Urea (0.16), Dialysis duration (0.11), Diabetes (.09)

Serum PTH, Calcium, Phosphorus, Urea, Dialysis duration, and presence of diabetes do not correlate with the symptom of Pruritus in hemodialysis patients referred to the tertiary care hospitals of Karachi Pakistan. Our study supports several studies done in other countries. On the other hand there are studies favoring the relationship between Pruritus and these variables. We conclude that there is a need of more intense research especially at microbiological level to resolve this important tissue.