

AN ASSESSMENT OF CHOLESTEROL GOAL ATTAINMENT IN PATIENTS WITH CHRONIC KIDNEY DISEASE

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Patients with chronic kidney disease (CKD) are at significant risk for developing cardiovascular disease (CVD). The risk factors are similar between patients with CKD and CVD. The purpose of this study was to examine factors associated with the achievement of LDL-C treatment goals among patients with CKD.

A cross-sectional evaluation of patients with an estimated glomerular filtration rate of 15 to 59 mL/min documented on two occasions separated by at least 90 days between January 1, 2002 and December 31, 2005 was conducted. Patients with prior CVD, on dialysis, or post-kidney transplant were excluded. Administrative databases were used to identify the proportion of patients who completed a fasting lipid profile (FLP) within the previous 12 months, the proportion who met LDL-C treatment goal <100 mg/dL, and to determine the therapeutic category for lipid-lowering medications prescribed. Comparisons were made between those who did and did not achieve the LDL-C goal.

A total of 4,541 patients were evaluated. The average age was 71 ± 11 years, 44.1% were male, and 86.8% had CKD stage 3. The majority of patients (69.5%) had a FLP within the previous year. A total of 42.2% achieved LDL-C < 100 mg/dL. A total of 40.8% were on lipid-lowering therapy, the majority (96.1%) receiving statins. Patients were more like to achieve the LDL-C goal if they were older (70.3 vs. 68.7 years, $p<0.01$), male (52.4% vs. 40.1%, $p<0.01$), had a higher chronic disease score (6.0 vs. 4.8, $p<0.01$), had diabetes (40% vs. 17.9%, $p<0.01$), and were prescribed statins (70.5% vs. 34.6%, $p<0.01$).

The data obtained from this investigation identify opportunities for improving lipid management among patients with CKD. Future prospective studies should focus on evaluations of patient outcomes and safety of lipid-lowering interventions in the CKD population. Given the prevalence of CKD, evaluation of the impact of disease management programs on patient outcomes is also warranted.