

Propensity matching을 이용한 투석전 교육 시행군과 비시행군의 생존률 및 이환률 비교

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조은진, 김용철, 황진호, 한승석, 김동기, 주권욱, 김연수, 안규리, 한진석, 김성권, 오국환

Propensity Matched Mortality and Morbidity Comparison of Pre-dialysis Education Recipients and Non-recipients

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Background: The Mortality and morbidity of renal failure patients remains high despite many advances in pre-dialysis care. Previous studies showed a positive impact on patient survival and outcomes for those receiving pre-dialysis education. However there have been limited data on contemporary comparisons in matched pre-dialysis education recipients and non-recipients.

Methods: We performed a retrospective single center study, enrolling 1,241 consecutive pre-dialysis chronic kidney disease patients, between July 2007 and Feb 2008, and followed them up to 30 months. By using propensity score matching, we matched 149 recipient-nonrecipient pairs from 1,241 patients. The incidences of renal replacement therapy, mortality, cardiovascular event and infection were compared between pre-dialysis education recipients and non-recipients.

Results: Renal replacement therapy was initiated in 62 and 64 patients in the recipients and non-recipients, respectively. ($p > 0.05$) The pre-dialysis education reduced unplanned urgent dialysis (8.7% vs 24.2%, $p < 0.001$), shortened hospital days. (5.7 ± 9.0 days vs 10.0 ± 18.7 days, $p = 0.011$) Pre-dialysis education recipients had a better metabolic status at the timing of initiating renal replacement therapy. Although no significant survival advantage of pre-dialysis education was exhibited, the recipients of pre-dialysis education had lower incidence of cardiovascular disease. (1.3% vs 6.0%, $p = 0.032$) and a tendency to a lower infection rate. (4.0% vs 9.4%, $p = 0.064$)

Conclusion: Pre-dialysis education was associated with better clinical outcomes in terms of urgent dialysis, cardiovascular events and infection.

Key Words: 투석전교육, 투석, 만성 신질환

Pre-dialysis education, Dialysis, Chronic kidney disease