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한국 고령 투석환자의 생존율 분석

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Survival in Korean Elderly Patients Initiating Dialysis

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Background: Although the proportion of elderly subjects among incident end-stage renal disease (ESRD) patients has been increasing in Korea, there has been a lack of information on their outcome. Furthermore, there are some controversies about the appropriateness of dialysis initiation in elderly patients due to the dismal survival rate. This study aimed to assess the survival rate and to delineate factors influencing on mortality among elderly Korean patients initiating dialysis.

Methods: We included 8,784 patients (4,755 men) aged 65 years or older who initiated dialysis from January 1, 2006 to December 31, 2008 and followed up (median 34.1 months, range of 3-73 months). The data were obtained using the database of the Health Insurance Review & Assessment Service (HIRA). The survival rate and the factors associated with mortality were analyzed.

Results: The unadjusted 30-month survival rates decreased with the increment of age; 67.9% among patients aged 65-69 years, 61.4% among patients aged 70-74 years, 54.9% among patients aged 75-79 years, 50.6% among patients aged 80-84 years, and 33.7% among patients aged 85 years or older. In addition, the survival rate was significantly higher in female compared to male and in patients on hemodialysis compared to patients on peritoneal dialysis in the intention-to-treat analysis. Cox proportional hazard model revealed that age, gender, the healthcare security system, and comorbidities such as myocardial infarction, congestive heart failure, cerebrovascular disease, dementia, connective tissue disease, liver disease, and any malignancy were independent predictors for mortality.

Conclusions: The survival rate in Korean elderly patients initiating dialysis was significantly associated with age, gender, and various comorbidities. Therefore, we suggest that the effort to balance the potential benefit and the risk of dialysis initiation individually in elderly patients is necessary.

Key Words: 고령, 투석, 말기신부전
Elderly patients, Dialysis, End-stage renal disease