

Abstract Type : Poster

Abstract Submission No. : PO-1718

The Risk Factors of Chronic Kidney Disease in Communities (Case of Indonesia)

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Case Study: Prevention of kidney disease has significance because the incidence of this disease is increasing every year in Indonesia. The results of Riskesdas 2018 showed that the percentage of chronic kidney disease was still high at 3.8 percent with an increase of 1.8 percent from 2013. Indonesian Renal Registry (IRR) 2017 data shows that the number of active patients undergoing hemodialysis is 77,892 people. While new patients are 30,843 people. The economic impact of kidney disease caused is so great that it needs to be prevented by early detection.

This study aims to analyze the data in the form of a survey for exposure to kidney disease risk factors as well as knowing the level of prevalence and distribution of each risk factor. Using secondary data obtained from the Indonesia Family Life Survey (IFLS). The data is then analyzed using (1). Bivariate analysis with chi-square test was used to test the hypothesis of significant relationship between risk factors for kidney disease. (2) Multivariate analysis to determine the effect of together the independent variables on the dependent variable, and the independent variables that have the greatest influence on the dependent variable using logistic regression tests.

Based on the bivariate and multivariate analysis, the results were proven as risk factors for kidney disease of tests of the influence of hypertension, heart disease, and cholesterol obtained p-value <0.05 which means that all variables have a direct variable on kidney disease.

In conclusion, Hypertension was the risk factor on kidney by 1,97 times, heart disease by 3,69 times, and cholesterol was more at risk of attacked kidney by 2,94 times. It is important for the community to maintain a healthy body with a healthy life and do medical check up routinely.