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**Prevalence of Chronic Kidney Disease-associated Pruritus (CKD-aP) in Non-Dialysis Dependent Chronic Kidney Disease (NDD-CKD) Patients.**

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**Objectives :** To determine pruritus prevalence, characteristics of pruritus according to its duration, intensity and location of pruritus, its impact on quality of life and the rate of skin infection in patients with non-dialysis dependent chronic kidney disease (NDD-CKD).

**Methods :** A prospective cross-sectional prevalence study in multiple private practice nephrology clinics. 300 adult participants (18 years or older) diagnosed with NDD-CKD were enrolled. This study has been reviewed by an Institutional Review Board (IRB) and granted as an IRB exemption study. A pruritus-related questionnaire was used. Questions include stage of CKD, reported blood tests, 5-D itch scale, degree of skin infection, any current treatment for pruritus, and effectiveness of current remedies.

**Results :** The prevalence of pruritus in NDD-CKD patients is 34%. However, 93% of them have not reported their pruritus to their physicians. Study patients with stage 5 CKD reported a 20% greater prevalence of severe pruritus as compared with subjects with stage 2 CKD. The proportion of patients with a mild level of pruritus was 73%, with up to 12.5% of patients experiencing severe to extreme pruritic symptoms. Patients found that over the counter medications are effective to treat their pruritus. The pruritus was most intense over the course of the night and into the early morning hours for most patients; however, there is no statistical correlation observed between the grade of pruritus severity, sleep quality, and social functions. Pruritus in NDD-CKD patients most commonly affects the back but may also involve the arms, head, and abdomen, and patients reported a low skin infection rate.

**Conclusions :** NDD-CKD pruritus is a high prevalent condition, nocturnal uncomfortable and under recognized. Severe nocturnal pruritus occurs in a fifth of these patients. Further research is needed to elucidate the circadian dysfunction and pathophysiology of nocturnal pruritus, which will aid management strategies.

Table1-1.jpg

Table1. The percentage of patients by nocturnal pruritus (itching) intensity

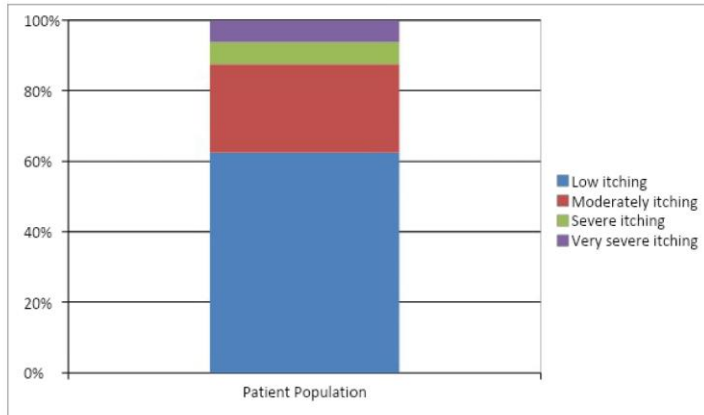


Table1-1.jpg

Activity(ies)/emotion affected by pruritic skin	0 (Never )	1-3 (occasionally)	4-6 (Always)
Sleep	75%	12.5%	12.5%
Leisure/social activity	81.2%	12.5%	6.25%
Housework/Errands	87.5%	6.25%	6.25%
Work /school	100%	0%	0%
Anger	100%	0%	0%
Disgust	100%	0%	0%