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Effectiveness of Vitamin D Supplementation on Proteinuria in Patients with Chronic Kidney Disease : a Systematic Review

Ariesta Irbah Khairiah

Department of Clinical departement, Universitas Islam Indonesia, Indonesia

Objectives: Evaluate the effectiveness of VD supplementation on proteinuria in patients with chronic kidney disease

Methods: The systematic review was conducted according to the PRISMA guideline and through several online databases, including PubMed, Cochrane and Science Direct using keywords related to the clinical query. There are five randomized controlled trial that published at last 10 years of publication and studied vitamin D supplementation in CKD patients.

Results: Total of 5 studies eligible for assessment were considered valid, important and applicable. Four eligible studies showed that administration of VD supplementation (calcitriol) had additional benefit in lowering proteinuria and albuminuria in CKD patients ($p < 0.05$). One study showed that additional calcitriol supplement only did not have more effects on proteinuria, but had significant effect in combination with ergocalciferol.

Conclusions: Vitamin D supplementation is beneficial for lowering proteinuria in CKD patients. However, further studies with larger scale and better designs are needed to ensure the finding and minimize the bias.