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Clinical characteristics and treatment outcomes of nephrotic syndrome: a retrospective review in Malaysia tertiary hospital

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Objectives: Nephrotic syndrome(NS) is one of the common glomerular disease among paediatric age group with relapsing course that lead to complications and steroid toxicity. The aim of this study was to review the demographic, clinical characteristics, treatment regimens and outcomes of NS in a tertiary center.

Methods: Database of 30 paediatric patients who were newly diagnosed as NS from 2019 till 2021 were analyzed retrospectively. Data of demographic and clinical characteristics, treatment regimens and outcomes were collected and analyzed.

Results: We recruited 30 paediatric patients with the median age of the patient was 5.7 years old (range 2-11). Most of the patients were male(66.7%) and 90% were Malay ethnic. All of them presented with edematous features. 10(33%) associated with respiratory symptoms (cough, runny nose or sore throat) while 9(30%) had reduced urine output. Only one patient had breathless and diagnosed as pleural effusion. All the patients received initial steroid therapy achieved remission in which 28(93%) among them achieved complete remission in 2 weeks. Although there was a good respond toward the initial steroid therapy, 24(80%) had relapse in which 11(45.8%) of them were frequent relapses. Among the frequent relapses, 9(81.8%) underwent Cyclophosphamide therapy in view of steroid toxicity. Following treatment, 7(77.8%) had no relapse while 1 patient had another 2 relapses. 1 patient had further underwent Cyclosporine therapy and had achieved no relapse since completion.

Conclusions: Nephrotic syndrome is one of the main diagnosis that need to think of when patient presented with edematous features. Treatment options are depend on the respond of steroid and compliance of patient. Although most of the paediatric patient respond to initial steroid treatment but there was also high relapse rate among them. Therefore, appropriate monitoring and easily treatment accessibility is important to prevent worsening of the disease.