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Clinical Scenario Of Childhood Nephrotic Syndrome Associated With Common Infections And Major Complications

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Objectives : Children who are diagnosed with Nephrotic Syndrome (NS) are more prone to infections due to their weakened immune systems. This disease usually occurs between the ages of 1 and 12 years, and in most cases, the underlying cause is unknown. Only a small percentage of patients have an underlying systemic illness. Infections often lead to relapses, which require hospitalization and increase the risk of morbidity and mortality. Our study aims to determine the most common infections and complications associated with nephrotic syndrome in children.

Methods : This prospective observational study was conducted at MLB Medical College, Jhansi (Bundelkhand region), India, between 2019 to 2022. The study focused on patients aged 1 to 18 years diagnosed with nephrotic syndrome with common infections and major complications. The study included 152 participants who were assessed according to the International Study of Kidney Disease in Children (ISKDC) criteria. The study assessed common infections and major complications, and data was analysed by SPSS.

Results : In 152 cases, 55.92% were found to be in the age group of 1 to 5 years. Males and females accounted for 54.61% and 45.39% respectively. A hundred eleven (76.97%) patients were hospitalized for treatment. Also, 93 (61.18%) cases were diagnosed newly, while 59 (38.82%) were relapse cases. Most common infections reported were Upper Respiratory Tract infections (54.6%), diarrhoea (22.36%), and urinary tract infections (13.81%). The incidence rate of infective nephrotic complications was 34.21%. The major complications reported were pneumonia (44.23%), SBP (17.3%), and tuberculosis (13.47%). Other complications identified were cellulitis (11.53%), meningitis (9.61%), thromboembolism (1.92%), and osteoporosis (1.92%).

Conclusions : Results of the study have revealed that children who suffer from NS are prone to developing infectious complications frequently. However, it has been discovered that if these complications are detected early and managed effectively, it can help to significantly reduce the morbidity and mortality rates.