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Improvement in unhealthy behaviors among patients with chronic kidney disease receiving integrated care was associated with slower progression of CKD.

Teerawat Thanachayanont¹, Methee Chanpitakkul¹, Salyaveth Lekagul¹, Kriang Tungsanga²

¹Department of Internal Medicine, Bhumirajanagarindra Kidney Institute, Thailand

²Department of Internal Medicine, King Chulalongkorn Memorial Hospital, Thailand

Objectives : Lifestyle modification is one of the important aspects in chronic kidney disease (CKD) management. Thus, assessment of unhealthy behaviors prevalence is one of the key monitoring parameters of CKD care program.

Methods : We conducted a prospective cohort ESCORT-2 study to evaluate the effectiveness of integrated care on delaying CKD progression in stage 3 and 4 CKD patients. Unhealthy behavior prevalences [Analgesic, NSAID, and Herb usage] were collected at baseline and every 3 months based on self-reports during 36 months of the study period. Exercise and dietary intake behavior were assessed every 6 months during home visits. The prevalence of unhealthy behaviors was compared among the baseline and annually thereafter. The progression of CKD was assessed with the rate of eGFR decline calculated with the linear regression method.

Results : 914 CKD stages 3 and 4 were enrolled in the study. At baseline, the prevalences of unhealthy behaviors in our cohort i.e. analgesic, herbal, and NSAID usage was 34.9%, 23.3%, and 4.3%, respectively. Meanwhile, lack of regular exercise, moderately to high salt, and high protein intake was, 14.1%, 22.1%, and 27.2%, respectively. Prevalences of analgesic, herbal, and NSAID usages were consistently and significantly reduced by 77%, 78%, and 70%, $P < 0.001$ respectively during the 3-year follow-up period. However, the prevalence of lack of regular exercise and high protein intake were not consistently reduced. Patients with 4 or more unhealthy behaviors were associated with faster eGFR decline than those who had less than 4 unhealthy behaviors (-1.45 vs -0.92 ml/min per 1.73m²; p 0.02).

Conclusions : The integrated care model for CKD management improved unhealthy behavior among CKD patients significantly. This could be one of the key success factors of our integrated care model. Therefore, improvement in unhealthy behavior should be considered as key performance indicators of integrated care model for CKD management.

Figure 1 Unhealthy behavior prevalence .jpg

Figure 1 Trend prevalence of unhealthy behaviors

