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Cognitive Frailty in Chronic Kidney Disease in Korea : Analysis of the Survey of Living Conditions and welfare needs of korean older personus

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Objectives : This study investigated the characteristics of older adults with chronic kidney disease (CKD) who exhibit cognitive frailty, using data from the Survey of Living Conditions and Welfare Needs of Korean Older Persons.

Methods : Cognitive frailty was determined through standardized cognitive function tests via K-MMSE and established Korean frailty criteria. Cognitively frail and non-cognitively frail groups were compared using independent t-tests and chi-square tests. Statistical significance was defined as $p < 0.05$.

Results : A total of 31 participants were classified as cognitively frail CKD patients, while 61 participants were classified as non-cognitively frail. When comparing the two groups, significant differences emerged in age, living alone status, current employment, fall experience, perceived health status, depression, Activities of Daily Living (ADL), Instrumental Activities of Daily Living (IADL), and nutritional risks. Overall, cognitively frail older adults were more likely to be older, live alone, be unemployed, experience falls, rate their health as poor, report higher levels of depression, and show greater functional decline and nutritional risk.

Conclusions : These findings highlight the need for comprehensive strategies to address cognitive frailty in older CKD patients in Korea, including interventions targeting social support, mental health, functional ability, and nutritional status. The cognitive frailty prevalence in this population is 33.7%, surpassing rates reported in other chronic conditions. This vulnerability may be linked to vascular dysfunction, chronic inflammation, and metabolic imbalances. Tailored interventions—encompassing medical management, nutritional support, and cognitive training—are crucial to mitigate cognitive and physical decline in this high-risk group.