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Spring 6-23-2022

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Uremic Pruritus: Prevalence, Factors Associated, Its Influence on Health-Related Quality of Life and Sleep in Individuals on Maintenance Hemodialysis at A Tertiary Care Hospital

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ABSTRACT

Background: Uremic pruritus impacts on hemodialysis patients' quality of life & sleep. Most cases go unreported and untreated unless they are severe due to lack of awareness & late identification. This study aims to determine the prevalence of uremic pruritus and the factors associated with it, and its influence on health-related quality of life (HRQOL) and sleep in maintenance hemodialysis individuals.

Methodology: In this time bound observational study of 3 months, 120 participants completed 12-item Pruritus Severity Scale, SKINDEX10, and ITCHMOS questionnaires to assess uremic pruritus severity, HRQOL and its impact on sleep. Their demographic, dialysis & lab parameters were analyzed.

Results: Uremic pruritus prevalence was 55.83%. 40.83%, 10.83% & 4.17% were classified as mild, moderate & were severe cases, respectively. Affected majority were aged ≥ 50 years. SKINDEX-10 showed significantly worse HRQOL in uremic pruritus patients, with respect to symptoms ($p < 0.0001$), emotions ($p < 0.0001$) and functionality ($p = 0.012$). ITCH-MOS score showed a significant correlation with the severity of pruritus ($p = < 0.001$).

Conclusion: Majority of uremic pruritus patients experience mild severity. The HRQOL & sleep quality declines as the pruritus severity escalates.

Elderly patients on maintenance hemodialysis have a higher risk of developing uremic pruritus.

Key words: Factors associated, Hemodialysis, Impact on quality of life, Prevalence, Uremic Pruritus.

Summary at a Glance: A cross-sectional study conducted to determine the prevalence of uremic pruritus among maintenance hemodialysis patients, as well as the factors associated with it and its impact on HRQOL and sleep.

1. INTRODUCTION

Pruritus is a frequent & irritating manifestation in ESRD patients. ^[1] Uremic pruritus is known as itchiness that lasts for a minimum of three months following the emergence of ESRD.^[2]

Bothersome pruritus varies from 22- to 57 % but the overall reported prevalence is between 50- 90% in patients on hemodialysis.^[3] The prevalence is lower in children and similar between hemodialysis and peritoneal dialysis patients though it is controversial.^[4]

Epidemiology has not been well documented in Western as well as Indian literature.^[5] Uremic pruritus' pathophysiology is poorly known. Hypotheses implicating immunologic and opioid systems have been proposed.^[6]

Pruritus control remains one of the most difficult clinical manifestations for nephrologists to manage despite improvements in hemodialysis patient treatment. ^[7]

The current study intends to look into:

1. Prevalence of uremic pruritus in maintenance hemodialysis patients
2. Relationship with demographic and metabolic parameters and
3. Its impact on sleep and HR-QOL (health-related quality of life)