

ABSTRACT

TITLE: Depression among Chronic Kidney Disease patients on conservative treatment and on Maintenance Haemodialysis.

Background and objective of the study: The World Health Organization estimates that by 2020 Depression will become the second leading cause of global burden among all diseases. Depression in patients with another medical or psychiatric illness, or “compound depression,” is typically of greater intensity and more difficult to treat than depression occurring in patients without other underlying disorders. Depression is the primary psychiatric problem of chronic kidney disease (CKD) or End-Stage Renal Disease (ESRD) patients. The main objective of this study was to find out the Prevalence of Depression among Chronic Kidney Disease patients on conservative treatment and on Maintenance Haemodialysis in TUTH.

Methodology: The study was designed as a descriptive cross-sectional comparative study. The study was conducted in Department of Nephrology, Haemodialysis unit in TUTH. Sample size was 60 patients with Chronic Kidney Disease and the sample were taken using non probability method, convenient sampling method.

Result: Out of total 60 respondents, majority 36.6% were above 60 years, followed by 16.6% of age group 40-44 years, 10% of age 25-29 years, 35-39 years and 55-59 years, 6.6% of age 45-49 years and 3.4% were of age less than 25, 30-34 years, 50-54 years respectively. The mean age of the patients was 49.1 years with standard deviation of 14.06 and majority that is 60% were male and only 40% were female. This study showed 30% depression among the chronic kidney disease patients. According to the ICD-10 classification of depression, 20% were diagnosed moderate depression followed by 6.7% with mild depression, 3.3% with severe depression and 70% with no depression respectively. There are variations among the patients with conservative treatment and patients with hemodialysis. This study showed, among the patients with conservative management, 27% were diagnosed depression and among hemodialysis 33.3% were diagnosed depression and 66.7% respectively. Also among the patients with conservative management, 17% were diagnosed moderate depression followed by 6.7% mild depression,

3.3% severe depression and 73% no depression. Similarly in those with hemodialysis, 23% were diagnosed moderate depression, followed by 6.7% mild depression, 3.3% severe depression and 67% no depression respectively.

- **Conclusion:** Depression is a common psychopathological condition among renal dialysis patients, yet its detection and management are usually not recognised as being part of the routine care among these patients. Timely diagnosis and treatment of depression among CKD patients may improve their physical as well as mental health.