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Understanding of Chronic Kidney Disease in Patients with Hypertension in a GOPC – A Pilot Study

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Introduction

Chronic kidney disease (CKD) is a common chronic disease with a prevalence of 10.8% in Chinese adults. Although CKD is both a cause and complication of hypertension (HT), it is seldom emphasised in patients' management. Patients' knowledge on CKD might also affect the outcome of clinical management.

Objectives

(1) to assess the understanding of CKD of patients with HT and CKD in GOPC; (2) to evaluate doctors' effort on patient empowerment about CKD ; (3) to assist in deriving education program for patient to better understand and manage their CKD.

Methodology

A cross-sectional questionnaire pilot study was conducted in CSW GOPC between 28th December, 2015 and 2nd January, 2016. Patients with HT and CKD were shortlisted in advance by manual screening. Potential subjects were invited to complete a questionnaire on CKD. Patients completed the questionnaires either in-person, by face-to-face interview or via phone interview. CKD knowledge was rated according to the number of correct answers patient chose.

Result

48 patients (43.8% female), aged 47 - 94, completed the questionnaire. Only 32 (66%) of them heard about CKD before. 20 (41%) of them had poor (6-10 correct answers out of 26) to very poor (0-5 correct answers) knowledge, 17 (35%) had fair (11-15 correct answers) knowledge, and only 11 (22.5%) had good (16-20 correct answers) knowledge about CKD. 38 (79%) of them responded that their doctors never mentioned CKD to them. 9 (18%) thought they did not have CKD, while 30 (62.5%) did not know whether they had CKD. 40 (83%) subjects commented that there was not enough guidance from doctor about their CKD. 37 (77%) wished to know more about CKD. For patients who received education from doctor, there was better self-awareness (66.6% vs 23%) and eagerness to learn more about CKD (100% vs 71.8%) when compared with those without guidance. To conclude, CKD is poorly understood in patients with HT in GOPC. With insufficient focus and education by

doctors, many patients are not aware that they have CKD. Discussion between doctors and patients about CKD should be promoted. A good education program for patients in GOPC can also help answer the demand and enhance the knowledge of patients on CKD.