AWARENESS ABOUT CHRONIC KIDNEY DISEASE (CKD) IN A COASTAL AREA OF TAMIL NADU, SOUTH INDIA.

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ABSTRACT

Introduction:
Non Communicable Diseases have gained much attention over the last century; especially being the major cause of morbidity and mortality all over the world. CKDs have also gained importance as their prevalence has been on the rise in the recent past and the heavy burden it imposes on the socio economic aspect of the individual is alarming. Knowledge pertinent to the various causes, symptoms and signs of CKDs is essential for it’s prevention, early diagnosis and treatment without delay.

Objective:
To study the awareness of CKD in a coastal area of Kottakuppam, Vanur Taluk of Villupuram district, Tamil Nadu.

Materials and Methods:
A community based cross sectional study was conducted among 1200 respondents, 18 years and above, residing in a coastal area of Villupuram district, over a period of 6 months (Feb-July, 2012) using a pre-structured and validated questionnaire. The questionnaire included information on the socio-demographic characteristics, awareness of CKD risk factors and it’s symptoms. Data was entered and analyzed using SPSS 16.0 version.

Results:
Majority of the respondents were females 814(67.8%) with maximum 306(25.50%) of study participants belonging to the age group of 28-38yrs. Most of the participants belonged to upper lower class 382(31.8%). followed by lower middle class 310(25.8%). Only 264 (22%) of individuals had ever heard about CKD in the past. Awareness regarding atleast one of the CKD
risk factor was 270(22.5%). The awareness regarding signs of CKD was facial puffiness 12(1%) , hematuria 75(6.2%) , nocturia 79(6.6%) , nausea and vomiting 44(3.7%). Awareness regarding the effect of HTN on CKD 250 (20.8%) , effect of painkillers 187(15.6%) , effect of kidney stones 220(18.3%) , effect of UTI 54(4.5%).

**Conclusion:**
The awareness regarding signs and symptoms of CKD among the respondents was found to be inadequate. Hence, programmes and policies must be carried out in order to create awareness among the respondents in order to prevent CKDs and to identify its symptoms at the earliest.

**KEY WORDS:** Chronic Kidney Disease, Awareness, Rural area