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Knowledge, attitudes and practices of physicians in davao city toward prevention of recurrent urinary stones

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Statement of the Problem: Urinary stones are the most common disease of the urinary tract and have a high rate of recurrence. After an initial stone formation, the recurrence rate is as high as 50% at 5 year and 80-90% at 10 years. The prevention of recurrence still remains to be a serious problem for our medical community. Our main objective was to determine the level of knowledge, attitudes, and practice patterns of Surgeons, Internists, and Family Medicine physicians in Davao City regarding the prevention of recurrent urinary stone formation.

Methodology & Theoretical Orientation: The Study was a prospective descriptive research design. A questionnaire based on a validated study on current best practice guidelines for the management of recurrent kidney stones was used and distributed via online Google form. The questions covered 3 domains: knowledge, attitudes, and practice patterns. Demographic data were also collected.

Findings: A total of 180 respondents answered the questionnaire in the allotted timeframe. The study showed that despite respondents' sufficient knowledge about urinary stone prevention some did not apply this knowledge effectively in clinical practice.

Conclusion & Significance: Unfortunately, having good knowledge about prevention of urinary stones was not enough to change the behaviour of some respondents in preventing future stone formation. More education and training should definitely be given or addressed to Family Medicine physicians so that they can be at par with standards of Internists and Surgeons. Practice patterns towards prevention of recurrent kidney stones did differ significantly with the Internal Medicine and Surgery specialization in concordance with the guidelines practices in comparison to the Family Medicine specialization. We believe that our study represents a good chance to understand and evaluate the current stone recurrence prevention practices in Davao City.

Table 1 Practices patterns about fluid intake of the respondents

Practices	What do you recommend about fluid intake to patients with kidney stone disease?				P-value
	Drink enough fluids, at least 8 glasses a day (2L)	Drink 6 glasses a day (1.5L)	Drink 4 glasses a day (1L)	Drink 2 glasses a day (0.5L)	
Demographic Profile	100%	00%	00%	00%	
Age					0.07
21-40	410%	81%	410%	00%	
41-60	40%	0%	0%	0%	
61-70	0%	0%	0%	0%	
Sex					0.003
Male	400%	0%	0%	0%	
Female	0%	0%	0%	0%	
Specialization					0.000
Surgeons	0%	0%	0%	0%	
Internists	0%	0%	0%	0%	
Family Medicine	0%	0%	0%	0%	

Table 2 Practices patterns about protein intake of the respondents

Practices	Recommendations about protein intake to patients who suffer from kidney stone disease?			P-value
	Restrict animal protein	Restrict protein	Restrict vegetable protein	
Demographic Profile	000%	000%	00%	
Age				0.00
21-40	000%	00%	00%	
41-60	00%	0%	0%	
61-70	0%	0%	0%	
Sex				0.00
Male	00%	0%	0%	
Female	0%	0%	0%	
Specialization				0.00
Surgeons	0%	0%	0%	
Internists	0%	0%	0%	
Family Medicine	0%	0%	0%	

Table 3 Practices after initial presentation of calcium oxalate stone of the respondents

Practices	After the initial presentation of a calcium oxalate stone, I would prescribe to help with prevention of stone recurrence					P-value
	Chlorothalidone	Change lifestyle	Hydrochlorothiazide	Azithromycin	Furosemide	
Demographic Profile	0%	100%	0%	0%	0%	
Age						0.000
21-40	0%	100%	0%	0%	0%	
41-60	0%	0%	0%	0%	0%	
61-70	0%	0%	0%	0%	0%	
Sex						0.000
Female	0%	0%	0%	0%	0%	
Male	0%	100%	0%	0%	0%	
Specialization						0.000
Internal Medicine	0%	0%	0%	0%	0%	
Surgeons	0%	0%	0%	0%	0%	
Family Medicine	0%	0%	0%	0%	0%	

Recent Publications:

1. Bos and Abara et al. Knowledge, attitudes and Practice patterns among health care providers in the prevention of recurrent kidney stone in Northern Ontario. 2013
2. Binsaleh and Habous et al. Knowledge, attitudes, and practice patterns of recurrent urinary stones prevention in Saudi Arabia. August 2015
3. American Urological Association Medical Management of Kidney Stones Guidelines Available at: [http://www.auanet.org/guidelines/medical-management-of-kidney-stones-\(2014\)](http://www.auanet.org/guidelines/medical-management-of-kidney-stones-(2014)). Accessed May 22, 2018.
4. Anjapfau, MD and Felix Knauf, MD. Update on Nephrolithiasis: Core Curriculum 2016. Am J Kidney Dis. 2016.
5. Goka and Copelovitch et al. Prevention of Recurrent Urinary Stones. 2019 Wolters Kluwer Health, Inc

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Biography

Kevin Larkin A Callos is a Filipino physician and has completed his training in Adult-Nephrology fellowship program at Southern Philippines Medical Center Davao City, Philippines. He currently resides in Davao City, Philippines. He is interested in the field of critical care nephrology and plans to pursue a training course. Urinary stones have been an interest during his practice as he encountered a lot of patients with urinary stones and had poor work-ups, dietary advices, medical managements and follow-ups. This study is also being presented for e-poster at the Philippine College of Physicians 53rd annual congress this May 7-10, 2023.

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Clinical profile and outcomes of hemoperfusion in patients with sepsis and severe & critical covid 19 infection admitted at Notre Dame Hospital - March 2020-2022

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The World Health Organization declared COVID-19 as a Global Pandemic last 2020, often associated with respiratory failure. Sepsis is a dysregulated host response to infection that leads to acute organ dysfunction. Hemoperfusion is an extracorporeal blood purification method commonly used in sepsis, which proposed to improve outcomes by removing inflammatory mediators via highly biocompatible sorbents and microporous resins. Inflammatory cytokines with COVID-19 patients are high, therefore, hemoperfusion may improve patients' condition. The study is to determine the demographic profile and outcomes of Hemoperfusion on Sepsis and COVID-19 Patients. Methods: An observational cross-sectional study design wherein Descriptive statistics and Inferential mode of analysis were used. Results: 66 patients were studied. A mean age of 63, predominantly males were found. The most common co-morbidity was Hypertension. Among demographic profiles, there were no significant association with COVID-19 and Sepsis. Remarkably, there is a significant association between Sepsis and COVID-19 with regards to initiating Hemoperfusion and their outcome. Improvement and Mortality after Hemoperfusion were both at 50% respectively. Critically Ill COVID-19 patients had the highest mortality rates, while higher survival rate was noted for COVID-19 Severe and Non-COVID Septic patients. There was significant Improvement after Hemoperfusion with regards to Creatinine, Ferritin, CRP and IL-6 levels in Severe COVID 19 and Sepsis patients. Ferritin, D-Dimer, LDH markers, the need for mechanical ventilation were found to have no significance to the entire population of the study. Conclusion: Hemoperfusion has a noteworthy outcome on Septic and COVID-19 Severe patients, aiding in clinical improvement. Majority of the inflammatory markers were noted to improve. Hemoperfusion had no significant correlation for age, gender, co-morbidities, and need for mechanical ventilation.

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1. Bos and Abara et al. Knowledge, attitudes and Practice patterns among health care providers in the prevention of recurrent kidney stone in Northern Ontario. 2013
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4. Anjapfau, MD and Felix Knauf, MD. Update on Nephrolithiasis: Core Curriculum 2016. Am J Kidney Dis. 2016.
5. Goka and Copelovitch et al. Prevention of Recurrent Urinary Stones. 2019 Wolters Kluwer Health, Inc

Biography

Lynette Marielle M Ritos completed her residency training and research at Notre Dame de Chartres Hospital. She is set to embark her fellowship journey to specialize in Nephrology. Research has been a passion since her undergraduate course in Nursing with previous works presented internationally, and she continues to hope for future works of publication and presentation.

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Accepted Abstracts



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A Cross sectional Study of PRO BNP level in saudi dialysis population and its outcome

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Introduction: Mean amino-terminal pro-brain natriuretic peptide (NT-probnp) level has not been studied well in Saudi hemodialysis population and the effect of high flux hemodialysis membrane in comparison to Peritoneal dialysis patients. This study conducted in Prince Sultan Military Medical City gives us a cross sectional view about the significance of NT-pro BNP level in both hemodialysis and peritoneal dialysis subjects.

Method: 50 hemodialysis patients and 50 patients from Peritoneal dialysis group were selected to study the NT probnp levels from February 2022 to January 2023. We categorized the patients in both groups with age above 70 yrs and below respectively. Patients either on peritoneal dialysis or hemodialysis who were having history of ischemic heart disease or valvular heart disease were excluded from the study. Patients who were doing either automated peritoneal dialysis(APD) or Continuous Ambulatory Peritoneal Dialysis(CAPD) were included in the study. We included patients dialyzing through FX80/Fx100 dialyzer in hemodialysis population. Data analysis was done by Statistical analysis software (SAS) version 9.2.

Results: Among peritoneal dialysis patients average population greater than 70 years comprised of 5 (10%) females and 7 males (14%) with mean age 77.1. Patients less than 70yrs comprised of 12 females (24%) and 21 males (42%) with mean age 41.2. We found NT-probnp 26000 pg/ml in Male patients above 70 years and >12500pg/ml in Females respectively Similarly those with age less than 70 years had an average NT-probnp of >17000pg/ml and 25000 pg/ml in male and female subjects respectively. In Hemodialysis population above 70 years we had 16 males (32%) and 10 females(20%) with mean age 73.5. However we had 10 (20%) males and 14 (28%) in less than 70 years age group with mean age 50.8. We observed the NT-probnp levels >5000pg/ml and > 640 pg/ml in Male and female subjects doing dialysis greater than 70 years age respectively. Similarly we found NT-probnp levels >11000 pg/ml and 8500pg/ml on average in male and females hemodialysis patients less than 70years age group. We found that on average NT-probnp levels were significantly higher in peritoneal dialysis patients in comparison to hemodialysis patients.

Conclusion: We hereby conclude that NT-probnp levels in peritoneal dialysis patients over 70 years without any ischemic heart disease, volume overload is high and low in hemodialysis patients due to membrane adsorption effect.

Recent Publications:

1. Awais M, Abdal M, Gilligan P, "A rare case of Acute Generalised Exanthematous pustulosis presentation to an emergency department following Levetricetam administration". Poster Presentation at Beaumont Hospital Translational Research Awards 2021 held on 12th October 2021.
2. Awais M, Khokhar O Salman, Akhtar MF, Chattah FS, Bokhari SR, Recurrent mesenteric cyst in ESRD patient on maintenance hemodialysis. Journal of American Society of Nephrology (JASN) Kidney week October 2020. PUB 220
3. Akhtar F, Rehman S, Hameed N, Bokhari MR, Saleem K M, Sardar Z, Malik AM, Awais M, Bokhari SR " Impact of Neuro linguistic Programming and Coaching on Employee Learning" Pakistan Journal of Medical & Health Sciences (P J M H S) Vol 13, No 4, OCT-DEC 2019 974. https://pjmhsonline.com/2019/oct_dec/
4. Bokhari SR, Inayat F, Jawa A, Virk H, Awais M, Hussain N, Hassan GH, Ahmad HI, Chaudhary HS, Adil A, Haider A, Figueredo VM, Rangaswami j, Assir M Z K, "Cardiovascular Autonomic Neuropathy and its Association with Cardiovascular and All-cause mortality in Patients with End-stage Renal Disease" DOI:10.7759/cureus.3243
5. Awais M, Finn S, Gill I, Brain Injury 2023 A retrospective view of 100 patients with acquired brain injury and spinal cord injury in pediatric unit of National rehabilitation Hospital, IBIA 2023.

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