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A Study on the Impact of Patient Counselling on Knowledge, Attitude and Practice in Ckd Patients at Tertiary Care Hospitals

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ABSTRACT

Background of the study: Chronic kidney disease (CKD) is a global public health concern that is associated with poor outcomes, high costs, and an increasing incidence and prevalence. CKD is an irreversible condition and the management mainly focusing on reducing the progression and treating further complication. Counseling can be an effective means of achieving both pharmacological and non-pharmacological benefits, such as improved knowledge of CKD and medication, and lifestyle modification, including exercise, diet, and weight loss. **Aim:** To study the impact of patient counseling on knowledge, attitude and practice in CKD patients. **Methodology:** A prospective observational study was conducted at Karuna Medical College and Rajiv Gandhi Co-operative Multispecialty Hospital from October 2023 to May 2024. The study included 60 CKD patients based on inclusion and exclusion criteria. Validated KAP questionnaire was used to assess the patient's baseline KAP score and then patient counseling was provided. The test was done again after the next follow-up. The data will be analysed and compared for assessing the improvement in knowledge, attitude and practice before and after counselling. **Result:** Following counselling, significant improvements were observed in patients knowledge, attitude, and practice scores. **Conclusion:** Our study suggests that pharmacist mediated counseling plays a vital role in improving patients' knowledge, attitude, and practice towards the disease management.

Keywords: *CKD (Chronic Kidney Disease), ESRF (End-Stage Renal Failure), KAP (Knowledge, Attitude, Practice), HTN (Hypertension), DM (Diabetes mellitus)*

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