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## A Prospective Observational Study on Knowledge and Practices of Patients with Risk Factors of Chronic Kidney Disease

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### ABSTRACT

**Aim of the study:** The aim of this study is to assess the knowledge, practices and create awareness among chronic kidney disease patients with risk factors

**Background:** Chronic kidney disease is a long-term condition which needs early detection that helps in improving quality of life thereby reducing morbidity and mortality. Patients get well aware of the knowledge and practices that need to be incorporated in their day to day lifestyle helping them to combat the disease at an earlier stage itself.

**Methods:** A Prospective observational study was carried out to determine the level of knowledge and practices in CKD patients. About 420 patients were enrolled for the study but 40 patients were dropped out as they were not ready to give their consent for the study. The knowledge and practices were measured using Dichotomous scale and Likert type scale respectively which was used to test the appropriate results.

**Results:** A questionnaire was created and 384 patients were surveyed. 59.5% of the 384 participants had an excellent understanding of CKD. However, 40.5% of those polled were ignorant of it. However, 42.5% of the respondents had a well-balanced diet, 95.2% had good medication adherence, and 54% of the individuals sought medical care as soon as they noticed any indicators of CKD. According to our findings,

the participants' failure to follow good practices and lack of awareness of CKD identification at an early stage was primarily attributable to misunderstandings about what CKD genuinely entails.

**Conclusion:** Our study achieved the aim of assessing the patient's knowledge and practices towards prevention and early detection of CKD. Although, the results showed only half of the participants possess knowledge about the disease while the rest either had no knowledge or wrong assumptions about it. However, majority of the participants adopted healthy practices towards the CKD. Hence, there should be a continuing need for education and awareness regarding the disease.

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