ISSN- O: 2458 - 868X, ISSN–P: 2458 – 8687
Index Copernicus Value: 49. 23

International Journal of Medical Science and Innovative Research (IJMSIR)
IJMSIR : A Medical Publication Hub
Available Online at: www.ijmsir.com
Volume – 3, Issue –3, May - 2018, Page No. : 71 - 74

A Prospective 1 year study to see Clinical profile of Cardiorenal syndrome type 1 comparing distribution of Mortality according to stages of AKI in ACS and ADHF group in a tertiary Health centre.

Dr. Shivam Yadav, MD Medicine, SR medicine, ABGH

Dr. Dinesh Jain, Professor Department of Medicine Dayanand Medical College and Hospital, Ludhiana..

Dr. Vikas Makkar, Professor, Department of Nephrology, Dayanand Medical College and Hospital, Ludhiana

Correspondence Author: Dr. Shivam Yadav, MD Medicine, SR medicine, ABGH

Type of Publication: Original Research Paper

Conflicts of Interest: Nil

Introduction

Cardiorenal syndrome (CRS) type 1 is characterized as the development of acute kidney injury (AKI) and dysfunction in the patient with acute cardiac illness, most commonly acute decompensated heart failure (ADHF).

Type 1 CRS (acute CRS) occurs in approximately 25% to 33% of patients admitted with ADHF, depending on the criteria used, and represents an important consequence of hospitalization with a myriad of implications for diagnosis, prognosis, and management[(1,2)].

AKI is an independent risk factor for 1-year mortality in ADHF patients, including patients with ST-segment elevation myocardial infarction who develop signs and symptoms of HF or have a reduced left ventricular ejection fraction[(3)]. , AKI induced by primary cardiac dysfunction implies inadequate renal perfusion until proven otherwise[(4)]. This should prompt clinicians to consider the diagnosis of a low cardiac output state and/or marked increase in venous pressure leading to kidney congestion.

To our knowledge, no study has investigated the epidemiology of CRS type 1 in India. We conducted the present study to determine the clinical profile of Cardiorenal syndrome type 1, its clinical predictors, and its prognostic impact on in-hospital mortality in Dayanand Medical College and Hospital, Heart Centre, Ludhiana (Punjab)

Methods

This was an observational study showing clinical profile of cardiorenal syndrome type 1 for 1 year.It was approved by institutional ethical committee.The Patients were initially cateogarised into two groups viz,Group ACS which included patients suffering from Acute coronary syndrome and Group ADHF(Acute decompensated heart failure) including patients with coronary artery disease, valvular heart disease, cardiogenic shock, atrial fibrillation and dilated cardiomyopathy. Patients on renal replacement therapy, sepsis, malignancy, end stage liver disease, chronic heart failure and contrast induced nephropathy were excluded from the study.

A detailed history including demographic data, length of hospital stay, history of presenting symptoms and premorbid conditions was taken on a predesigned proforma.

Total 350 patients were enrolled during observation period for which comparison amongst 2 groups was made. Serum creatinine, Glomerular filteration rate levels were recorded at the time of admission and subsequently at 48 hours. The data was analysed using statistical tests and statistical tools whenever and wherever required.

Result:

Out of the 350 enrolled patients,180 (51.4%) were in ACS group while 170 (48.6%) were in ADHF group.

Table 1 showed that out of total 11 (6.11%) subjects showing mortality in ACS group, 9 patients were in stage 1,One each in stage 2 and stage 3. The p value is significant.

Table 1: Distribution of subjects according to presence of mortality in ACS group as per stages of AKI

Mortality	As per AKI stage in ACS group						Total	
	Stage 1		Stage 2		Stage 3			
	No.	%	No.	%	No.	%	No.	%
Absent	162	94.74	6	85.71	1	50.00	169	93.89
Present	9	5.26	1	14.29	1	50.00	11	6.11
Total	171	100.00	7	100.00	2	100.00	180	100.00
P value = 0.021*								

*indicates significant p value

Data in table 2 showed that total 11 (6.47%) patients showed mortality in ADHF group, out of which 10 are in stage 1.Only 1 patient is in stage 2 while none of the patient is in stage 3 in ADHF group.The p value is insignificant.

Table 2: Distribution of mortality in ADHF group as per stages of AKI

Mortality	As per AKI stage in ADHF group						Total	
	Stage 1		Stage 2		Stage 3			
	No.	%	No.	%	No.	%	No.	%
Absent	153	93.87	6	85.71	0	0.00	159	93.53
Present	10	6.13	1	14.29	0	0.00	11	6.47
Total	163	100.00	7	100.00	0	0.00	170	100.00
P value = 0.391								

Discussion

A large number of studies used the term 'worsening renal function' to describe changes in renal function occurring after ACS or ADHF, the incidence ranging between 29 and 72% for patients with ADHF[5,6,11] and between 11 and 19.5% for patients with ACS.[7-10] These wide ranges may be attributable to differences in the definitions used to determine worsening renal function and/or ethnic or geographical differences in the selected populations.

Many studies have evaluated the association of various predictors with the occurrence of AKI in ACS and ADHF patients, and age, ejection fraction, diabetes, hypertension, and chronic kidney disease have been reported as independent predictors of AKI.[6,9,12,13]

Most of these studies are secondary or post hoc analyses from large registry databases or clinical drug therapy trials and include a large number of patients.

Observational data from many studies have shown that AKI is associated with an increased risk for a poor outcome. Although a large number of studies focused on the long-term prognosis of AKI patients,[9,10,13], only a few studies reported on in-hospital mortality.[5,8] In our study, we observed that AKI had a marked impact on in hospital Mortality.

The present study adds to the growing evidence that CRS is common among patients hospitalized for acute HF and that it is associated with worse prognosis, as reflected in longer hospital stay and higher mortality.[16,11,17,18] Nevertheless, it has yet to be fully clarified whether worsening renal function in itself contributes to increased mortality or whether it is merely a marker of more severe cardiac and/or renal dysfunction.[14,15]

Therefore, early intervention in patients of Stage 1 Acute kidney injury might help in decreasing morbidity and mortality,and hence burden of cardiorenal syndrome.

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