

SPOT ASSESSMENT OF CKD RISK FACTORS IN A POPULATION OF TRADERS IN CENTRAL BENIN CITY

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Introduction



- The prevalence of chronic kidney disease is on the increase in Nigeria.
- There is no national screening programme for CKD.
- As part of the world kidney day activities of 2012, we proceeded to screen traders in central Benin city for the presence of CKD risk factors.

Methodology

- ❑ Traders in Oba market and environs in central Benin city were invited to the town hall at the Ring Road in Benin city.
- ❑ Health education was given on ways of preventing CKD . Consenting individuals were screened for CKD risk factors
- ❑ Parameters obtained from participants included age, sex, height, weight, random blood sugar, urinalysis and blood pressure.
- ❑ Data was analysed using SPSS16.

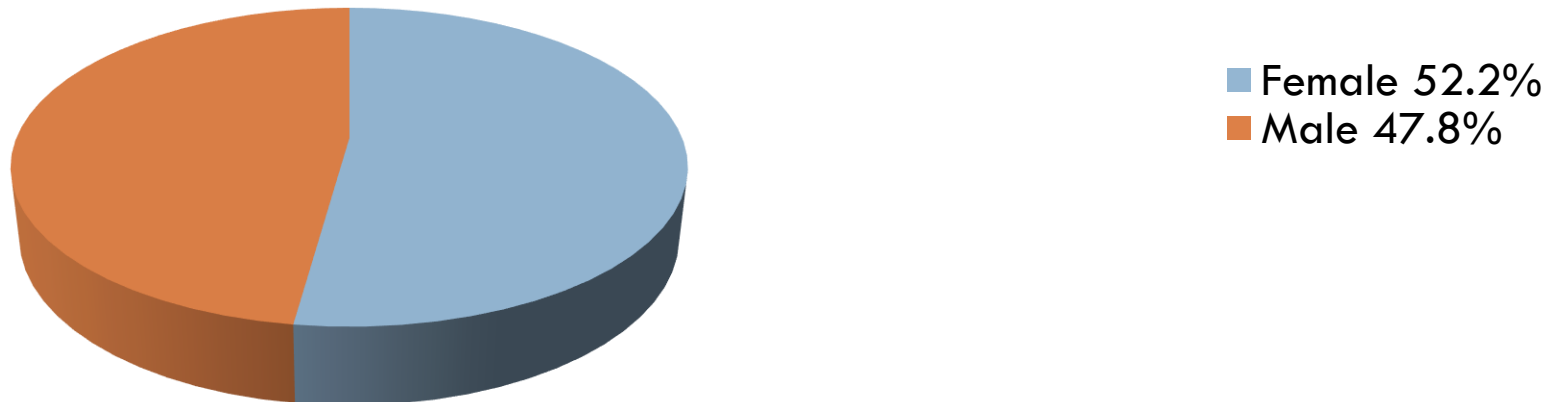


RESULTS AND DISCUSSION

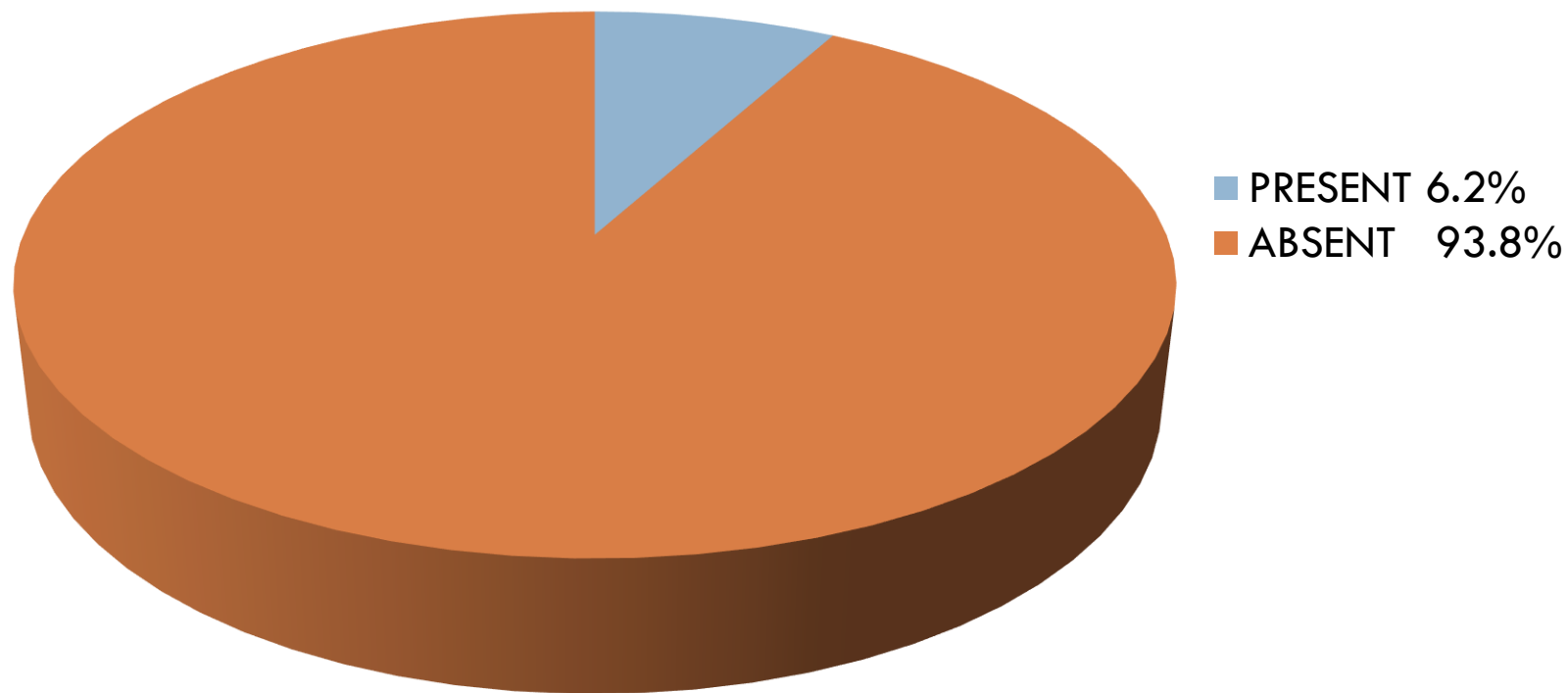
Demographic and Clinical Characteristics

Total Number of Patients	Male	Female	Mean Age (Years)	Mean BMI (kg/m ²)	Mean SBP (mmHg)	Mean DBP (mmHg)
178	85 (47.8%)	93 (52.2%)	42.7 ±13.1	25.81±4.97	132.72±21.53	89.36±14.35

GENDER

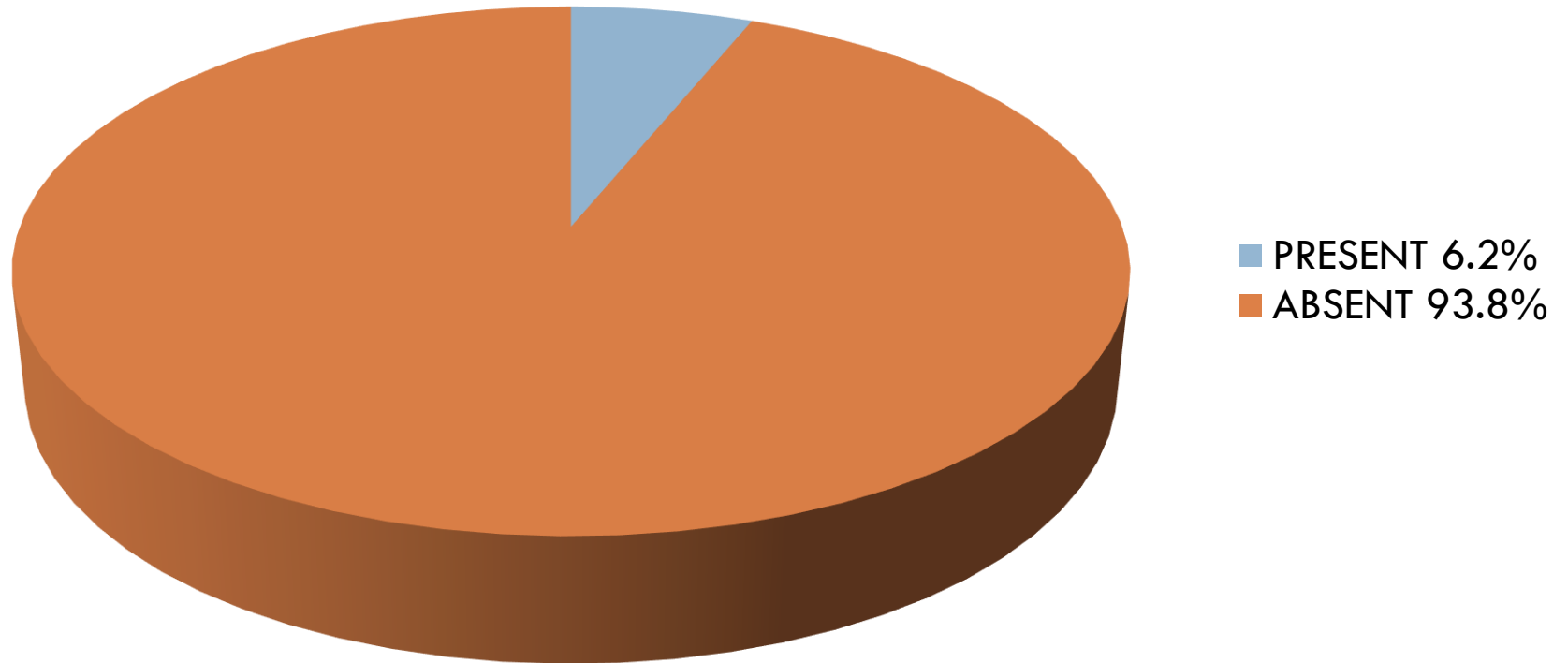


Proteinuria

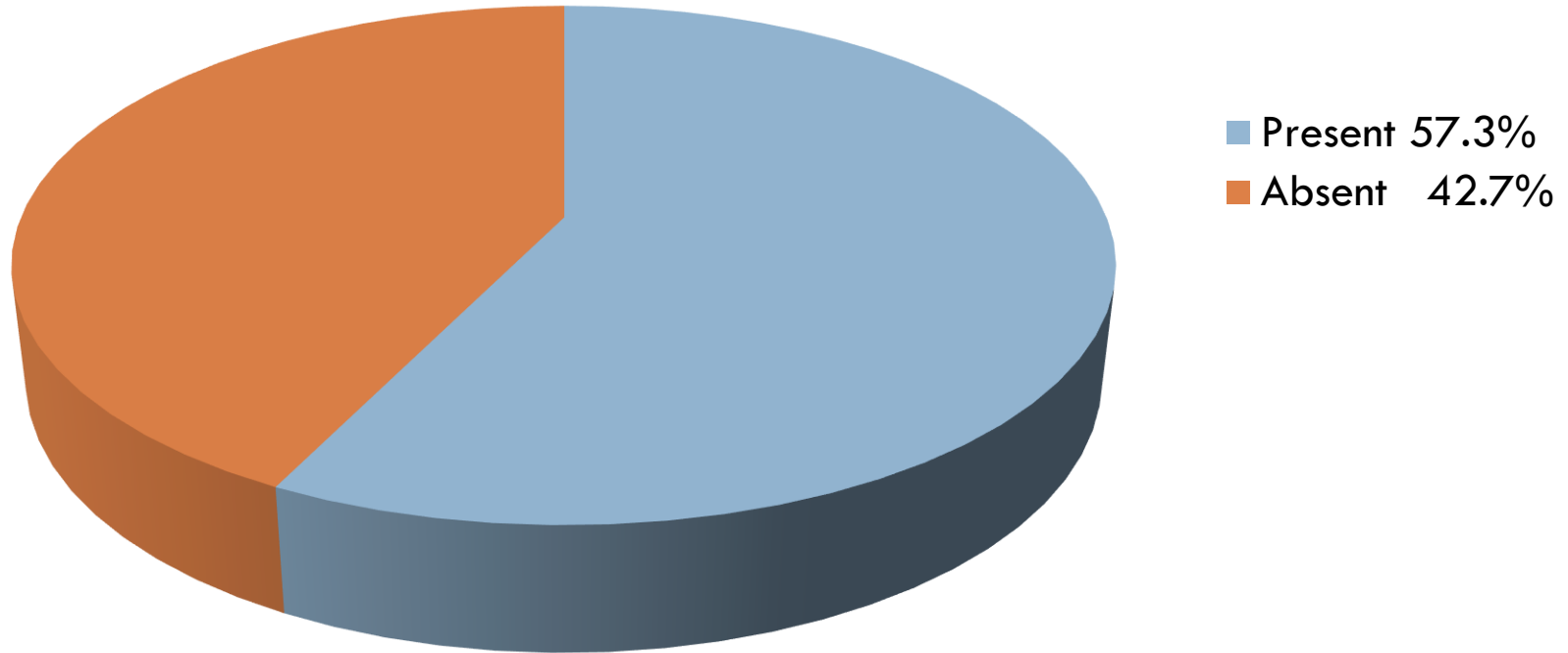


Studies	Our Study	Ulasi et al ¹	Ayodele et al ²
	6.2%	4.3%	3.8%

Elevated RBS

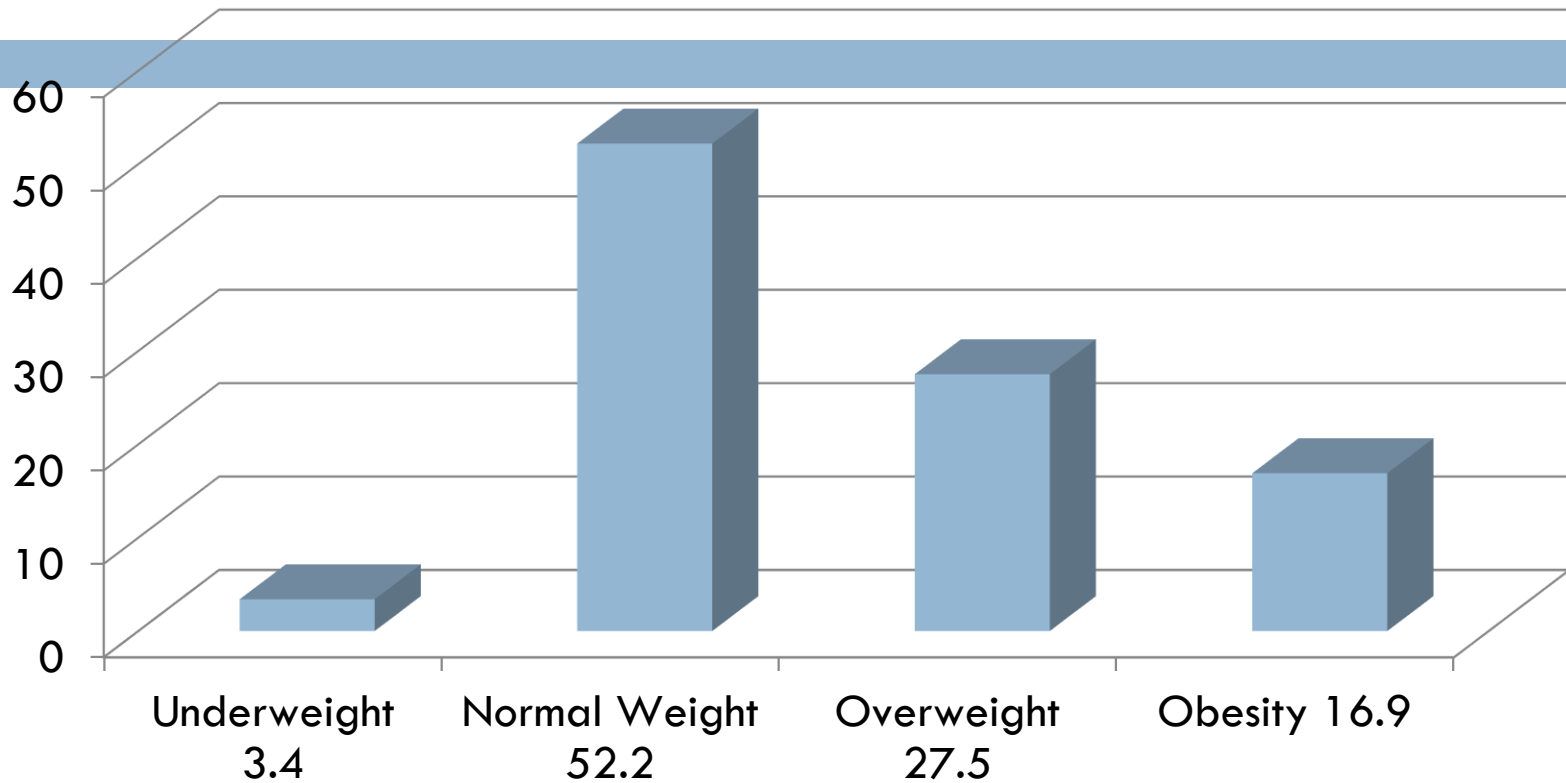


Hypertension



Studies	Our Study	Ulasi et al ¹	Akpa et al ³	Arogundade et al ⁴	Akinkugbe OO ⁵
	57.3%	42.2%	40.82%	37.7%	37.7%

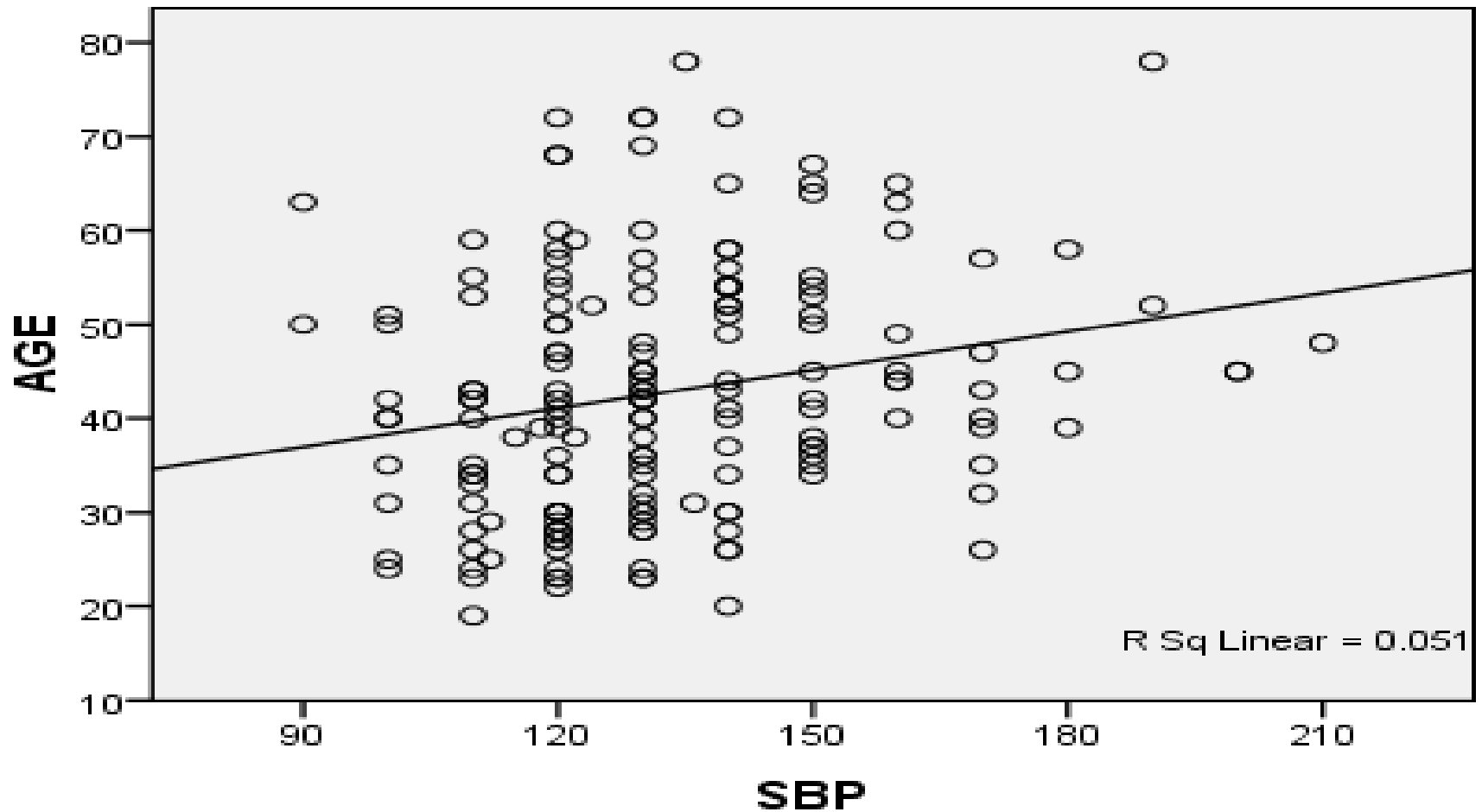
Obesity



Studies	Our study	Akpa et al ³	Ulasi et al ¹
	16.9%	18.46%	22.6%

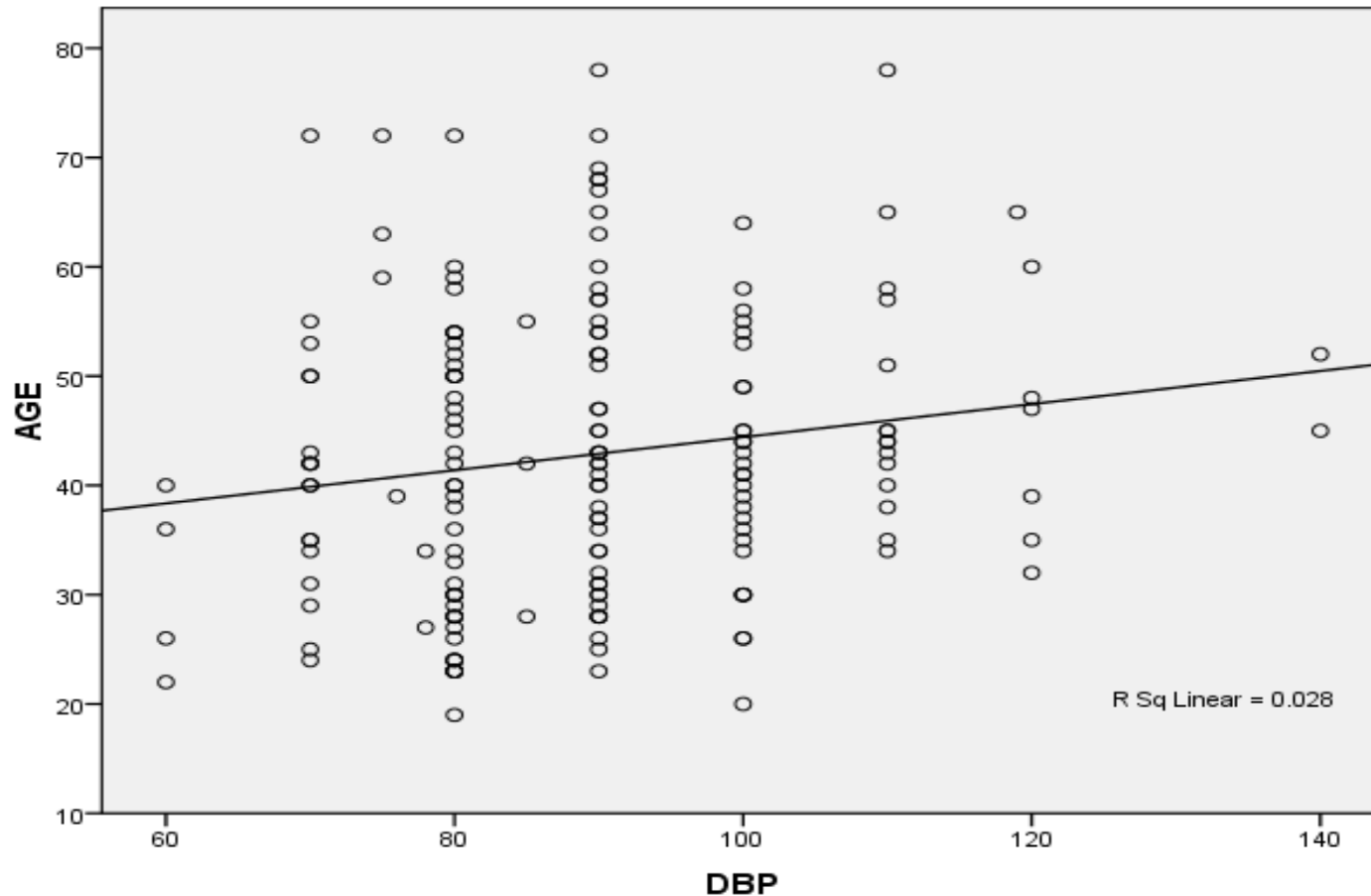
Correlation between Age(years) and Systolic Blood Pressure (mmHg)

$r = 0.225, p = 0.003$



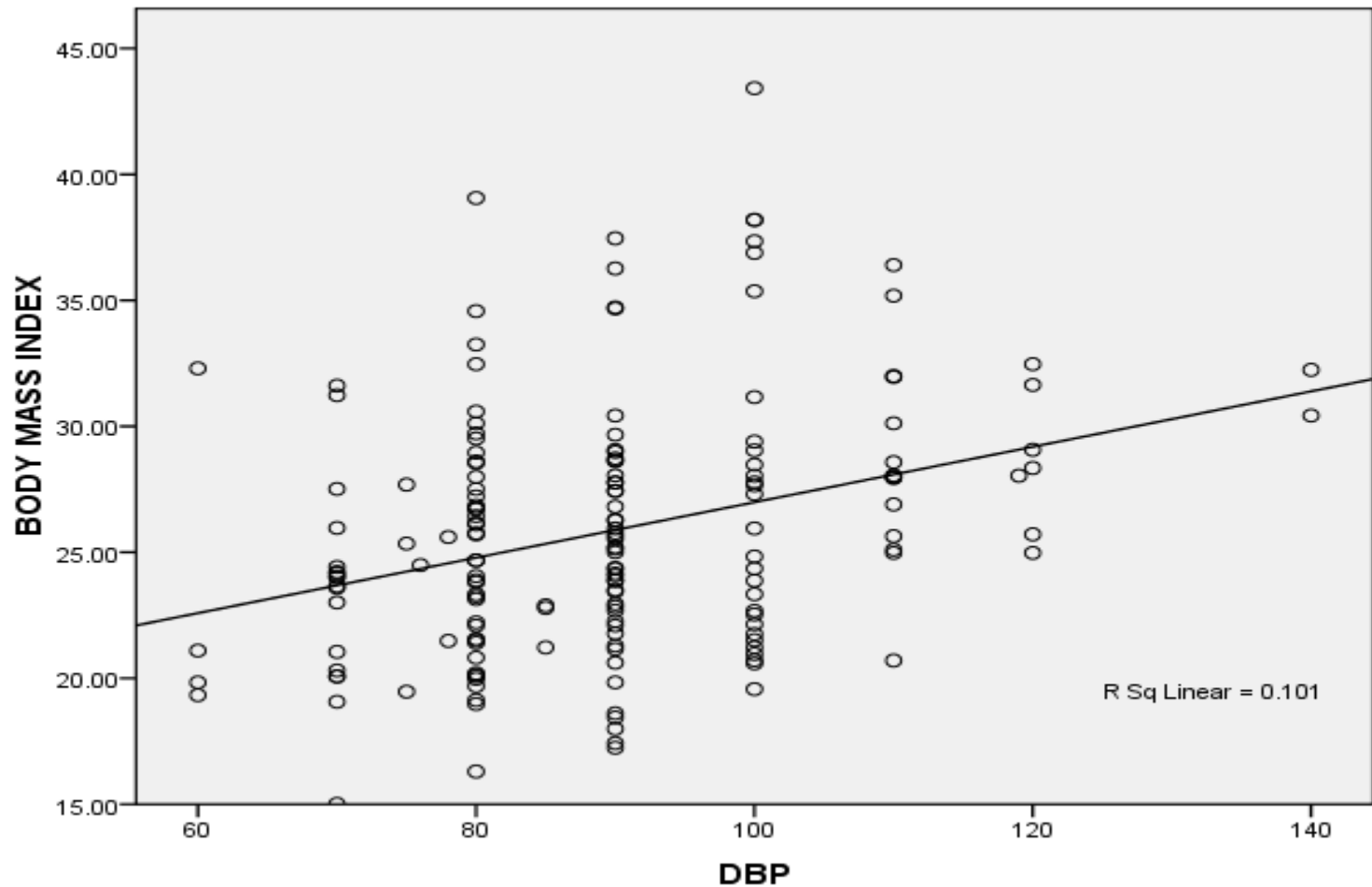
Correlation between Age(years) and Diastolic Blood Pressure (mmHg)

$r=0.167, p=0.025$



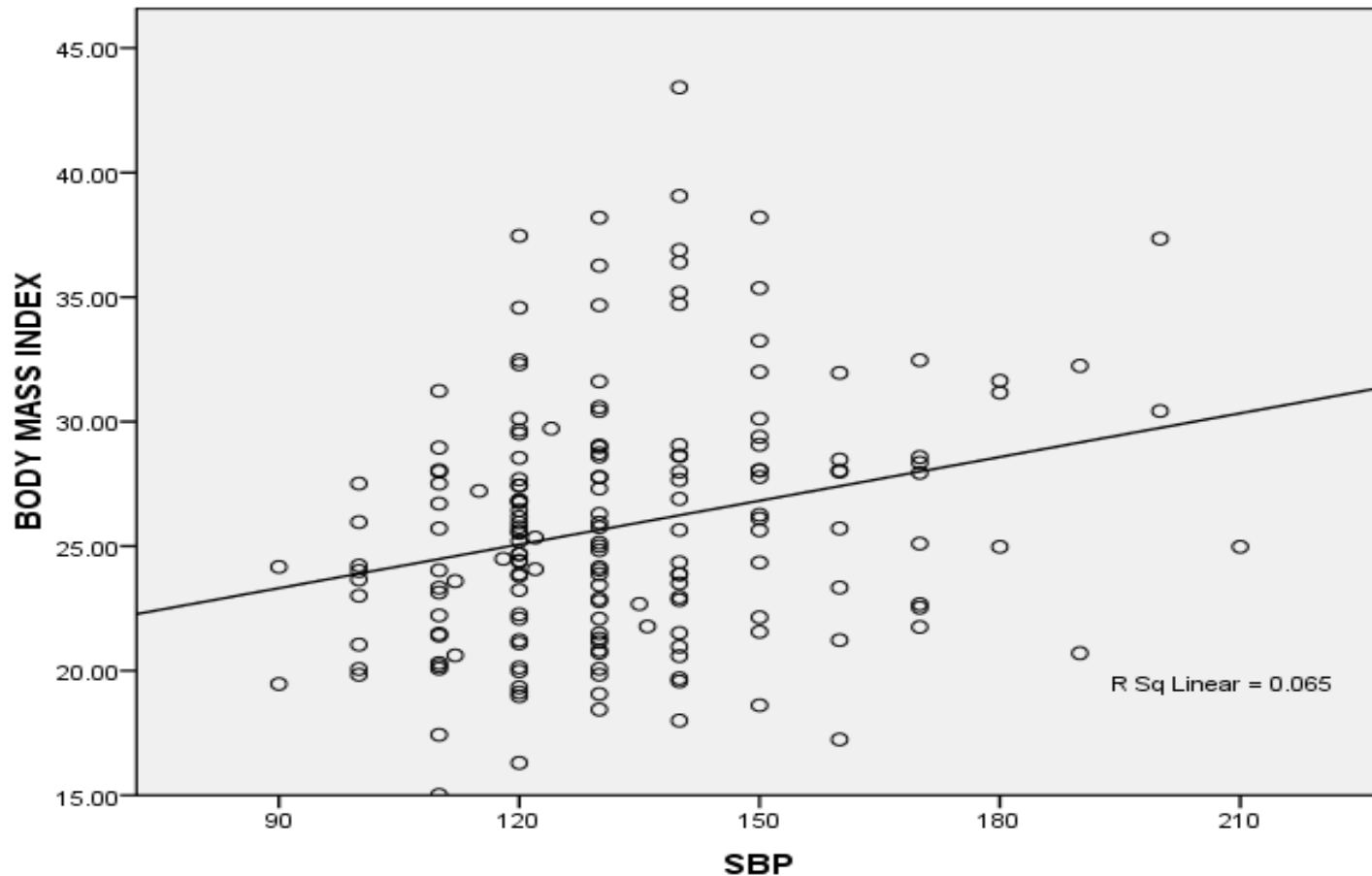
Correlation between BMI(kg/m²) and Diastolic Blood pressure(mmHg)

□ $r=0.318$, $p= <0.001$



Correlation between BMI(kg/m²) and Systolic Blood pressure(mmHg)

□ $r=0.254$, $p=0.001$



Correlation between Age, BMI and BP

Parameters	Rho	p-value
BMI Vs SBP	0.254	0.001
BMI Vs DBP	0.318	<0.001
Age Vs SBP	0.225	0.003
Age Vs DBP	0.167	0.025

CONCLUSION

- The most prevalent risk factor for CKD in the population studied was hypertension.
- We propose a nationwide hypertension survey programme to identify persons with undiagnosed hypertension as well as screening for diabetes and proteinuria.

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