



Managing uremic pruritus improves the quality of life in chronic kidney disease patients: Study

Uremic pruritus is a burdensome and debilitating problem in chronic kidney disease patients. Despite a prevalence rate of approximately 46%, and a clear association with poorer psychosocial and physical outcomes, this condition is often underrecognized and undertreated. Management involves the assessment of contributing and reversible factors. Some of the interventions include appropriate skincare such as topical application of capsaicin 0.025%, pramoxine 1% or menthol/camphor/phenol 0.3%, phototherapy, and high-flux hemodialysis for 12 weeks. Pharmacologic management includes antihistamine and mast cell stabilizers such as hydroxyzine, gabapentin, or pregabalin, and others such as nalfurafine and thalidomide.

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Reference: Rao SR, Vallath N, Siddini V, Jamale T, Bajpai D, Sancheti NN, Rangaswamy D. Symptom Management among Patients with Chronic Kidney Disease. Indian J Palliat Care. 2021 May;27(Suppl 1):S14-S29. doi: 10.4103/ijpc.ijpc_69_21. PMID: 34188374.

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