Prevalence of chronic kidney disease and hypertension as a risk factor in Basra province - Iraq

Ali Manal Kamil1*, Shrouk Abdulrazak Hassan2, Rajaa A. Mahmoud3

1 Southern Technical University, health and medical technical college – Iraq
2 Southern Technical University, health and medical technical college, community health techniques department / Iraq
3 Iraq, Directorate of Health, Basra, Iraq

*Corresponding author:
Ali Manal Kamil
alimanalkamil@gmail.com

Abstract
High blood pressure is associated with chronic kidney disease, which makes it dangerous for cardiovascular disease. It increases directly with the severity of chronic kidney disease. The study aimed to estimate the prevalence of hypertension, chronic kidney disease and find the relationship between them. A cross-sectional study, included a review of (273) cases of chronic kidney disease in the dialysis center of Al Basra and Al Sadir Teaching Hospitals in Basrah province, During October 2019-February 2020. The collected data were analyzed by using Office Excel and SPSS-23. Variables were analyzed by frequencies, proportions, and percentages. Chronic kidney disease prevalence was found to be (6.8%) in Basra province. The study sample (n=273 patients) consisted of (60.80%) males, and (39.20%) females. The mean age for males was found to be (50.95) years old, with a standard deviation of (15.82) while the females, mean of age was found to be (49.63) years old, with a standard deviation of (13.54). More than half (52.38%) of chronic kidney disease patients were found to be living in rural areas. While (47.61%) of chronic kidney disease patients were found to be living in Urban. (75.72%) of patients had hypertension disease before they had chronic kidney. Hypertension had a significant positive association with chronic kidney disease. In conclusion, Hypertension had a significant positive association with chronic kidney disease, as a risk factor for chronic kidney disease.

Keywords: Chronic kidney disease, hypertension, Risk factor, Prevalence

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Introduction:
Chronic kidney disease is a major medical problem in the world, and a global burden, especially in developing countries and emerging economies [1]. Over the world and its prevalence is gradually increasing. It becomes more important because of the high mortality and morbidity rate mainly based on cardiovascular events, and need for dialysis or kidney transplantation that is costly [2]. Hypertension is associated with chronic kidney disease, which makes it dangerous for cardiovascular disease [3]. It increases directly with severity of chronic kidney disease [4]. Both hypertension and chronic kidney diseases are serious interrelated global public health problems. Nearly 30% and 15% of US adults have hypertension and chronic kidney disease, respectively. Because hypertension may cause or result from chronic kidney disease, hypertension prevalence is higher and control more difficult with worse kidney function [5].

Hypertension is one of the leading causes of CKD due to the deleterious effects that increased blood pressure has on kidney vasculature. Long-term, uncontrolled, high blood pressure leads to high intraglomerular pressure, impairing
glomerular filtration. Damage to the glomeruli lead to an increase in protein filtration, resulting in abnormally increased amounts of protein in the urine. The prevalence of hypertension ranges from 60% to 90% depending on the cause and stage of chronic kidney disease and includes mechanisms for high blood pressure, volume overload, sympathetic overactivity, salt retention, endothelial dysfunction, and alterations in hormonal systems that regulate blood pressure (BP). Hypertension remains a leading attributed cause of end-stage kidney disease in the United States [6].

Similar to the increase in the prevalence of hypertension worldwide, the prevalence of CKD-associated hypertension has been reported to be increasing [7]. As discussed previously, the relationship between chronic kidney disease and Hypertension is cyclic, as chronic kidney disease can contribute to or cause Hypertension. Elevated blood pressure leads to damage of blood vessels within the kidney, as well as throughout the body. This damage impairs the kidney’s ability to filter fluid and waste from the blood, leading to an increase of fluid volume in the blood, thuscausing an increase in blood pressure [6]. Epidemiological and clinical studies indicated that the association between hypertension disease and chronic kidney disease was strong [8].

Patients and methods
A cross-sectional study, included a review of (273) cases of chronic kidney disease in the dialysis center of Al Basra and Al-Sadr Teaching Hospitals in Basra, During 15th October 2019 to 15th February 2020. The collected data were analyzed by using Office Excel and SPSS-23. Variables were analyzed by frequencies, proportions, and percentages.

Statistical analysis
Statistical analysis for the data was done by using excel and SPSS- (Statistical Packages for Social Sciences - version 23). Variables were analyzed by frequencies, proportion and percentage. Results During 2020, the prevalence of chronic kidney disease on hemodialysis was (6.8%) and (75%) was hypertension disease in Basra province. The total population in Basra was 4.615.483 million persons [9].

Result
Distribution results of patients with chronic kidney disease on hemodialysis according to age group and gender:
The present study found that among the sampled population, 166 (60.80%) were males, and 107 (39.20%) were females. The mean age for males was found to be (50.95) years old, with a standard deviation of (15.82) while the females, mean of age was found to be (49.63) years old, with a standard deviation of (13.54) (Table 1).

Table (1): Distribution results of patients with CKD on hemodialysis according to age group and gender

<table>
<thead>
<tr>
<th>Age group</th>
<th>Males N</th>
<th>%</th>
<th>Females N</th>
<th>%</th>
<th>Total N</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-25</td>
<td>16</td>
<td>5.86</td>
<td>7</td>
<td>2.56</td>
<td>23</td>
<td>8.4</td>
</tr>
<tr>
<td>26-35</td>
<td>8</td>
<td>2.93</td>
<td>12</td>
<td>4.39</td>
<td>20</td>
<td>7.3</td>
</tr>
<tr>
<td>36-45</td>
<td>32</td>
<td>11.72</td>
<td>17</td>
<td>6.22</td>
<td>49</td>
<td>17.9</td>
</tr>
<tr>
<td>46-55</td>
<td>41</td>
<td>15.01</td>
<td>35</td>
<td>12.82</td>
<td>76</td>
<td>27.8</td>
</tr>
<tr>
<td>56-65</td>
<td>30</td>
<td>10.98</td>
<td>25</td>
<td>9.15</td>
<td>55</td>
<td>20.1</td>
</tr>
<tr>
<td>66-75</td>
<td>39</td>
<td>14.28</td>
<td>10</td>
<td>3.66</td>
<td>49</td>
<td>17.9</td>
</tr>
<tr>
<td>76-85</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>0.36</td>
<td>1</td>
<td>0.4</td>
</tr>
<tr>
<td>Total</td>
<td>166</td>
<td>60.78</td>
<td>107</td>
<td>39.16</td>
<td>273</td>
<td></td>
</tr>
</tbody>
</table>
Distribution results of patients with chronic kidney disease according to (Urban & Rural areas in Basrah)
The present study found that among the sampled population, 143 (52.380%) were from rural areas, 130 (47.619%) were from Urban (Table 2).

Table (2): Percentages of CKD patient’s distribution according to (Urban & Rural areas in Basrah).

<table>
<thead>
<tr>
<th>District</th>
<th>N</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Urban</td>
<td>130</td>
<td>47.619</td>
</tr>
<tr>
<td>Rural areas</td>
<td>143</td>
<td>52.380</td>
</tr>
<tr>
<td>Total</td>
<td>273</td>
<td>99.999</td>
</tr>
</tbody>
</table>

Fig (1): Percentages of CKD patient’s distribution according to the geographical Health districts in Basrah.

Distribution results of chronic kidney disease patients according to the previous history of hypertension disease and gender:
According to the previous history of the disease among the sampled population, the present study found that (75.72%) of Chronic kidney disease patients had hypertension, (43.58%) males had before chronic kidney disease, (1.4%) males had after chronic kidney disease, while 25.64 females had before chronic kidney disease, and 5.1% females had after chronic kidney disease (Table 4).

Table (4): Percentages of CKD patients according to the previous history of hypertension and gender.

<table>
<thead>
<tr>
<th>Hypertension disease</th>
<th>Male</th>
<th>Female</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>N</td>
<td>%</td>
<td>N</td>
</tr>
<tr>
<td>before CKD</td>
<td>119</td>
<td>43.58</td>
<td>70</td>
</tr>
<tr>
<td>after CKD</td>
<td>4</td>
<td>1.4</td>
<td>14</td>
</tr>
<tr>
<td>Total</td>
<td>123</td>
<td>44.98</td>
<td>84</td>
</tr>
</tbody>
</table>
In the results of the One-Way ANOVA test found Sig=0.000, there is a significant relationship between patients with hypertension and chronic kidney disease, at (P-value<0.05).

Discussion
The present study found that the prevalence of hypertension in Basrah is (75%), which less than (95%) is found in Beirut, Lebanon [10], and higher than (23.6%) found in Diyala [11], (22%), found in India [12], (50.8%) found in Gaza [13], (31%) found in Jordan [14]. (32.3%) found in Sub Saharan Africa [19]. (49.1%) found in Qatar [15]. The present study found that the prevalence of chronic kidney disease in Basrah province is (6.8%), less than (9.07%) that found in West Malaysia [2], (17.3%) found in northwest Germany [16], (10.6%) found in Egypt, and higher than (3%) that found in Jordan, (4%) found in Gaza Strip [4]. (1.7%) found in China, (3.1%) found in Canada, (5.8%) found in Australia, (6.7%) found in the United States, (2.3%) found in Germany, (2.4%) found in Finland, (4.0%) in Spain and (5.2%) found in England [17]. The present study found that the sequences of males were greater than females that are agreed with the study conducted in the Southern provinces of Iraq [18]. And the sequences of males were less than females that is disagree with the study conducted in Turkey [19].

The present study found that the hypertension had a significant positive association with CKD, so high hypertension is a risk factor for chronic kidney disease. In conclusion, Hypertension had a significant positive association with CKD, so high hypertension is a risk factor for CKD.

Recommendations:
An early medical examination for kidney disease and hypertension is necessary to provide early treatment. We recommend patients with hypertension follow a healthy diet, strict salt restriction, avoid physical inactivity, and weight gain.

References