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Behaviour patterns of chronic kidney patients in North Central province of Sri Lanka

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North Central Province (NCP) is a major part of the dry zone of Sri Lanka. An increasing trend in admission of patients with renal diseases to hospitals is shown in Anuradhapura, Polonnaruwa, Monaragala and Badulla administrative districts. In NCP itself, over 5,000 patients are on treatment for Chronic Kidney Diseases (CKD) with unknown etiology. Hence a survey was conducted to collect information related to socio-economic factors and behaviour patterns of the patients who attending the renal clinics in Anuradhapura and Madawachchiya hospitals. The total number of patients questioned was 240 and they were found to be suffering from early stage of the disease.

According to the results 89% of the patients who participated in the survey are farmers and their helpers. The age group of patients is the other most significant finding. That is 61% of the total patients are in the age between 30 and 60 years. This shows that unidentified factors related to CKD are not suddenly affected the individuals. They are functioning or accumulating in the human body for a long period of time. The survey showed that exposure to agrochemicals including chemical fertilizers, insecticides, herbicides and fungicides is common for 55% of the CKD patients. Of the patients 69% do not consume alcohol but most of them have stopped consuming alcohol after the CKD symptoms appeared.

It also showed that the prevalence of the disease is more common in males (69%) than in females and 93%t of the patients use groundwater for the drinking and household purposes.

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