

# End Stage Renal Failure Mimicking as Acute Renal Failure in Developing Countries

**C Lal, MD(Med), A Gupta, MD(Med), A Khaira, MD(Med), S C Tiwari, DM(Nephrology)**

Department of Nephrology, All India Institute of Medical Sciences, New Delhi 110029, India

Sir

We here are highlighting the scenario of presentation of renal dysfunction in developing countries like India where a large number of patients present clinically as acute renal failure (ARF) but on thorough evaluation found to have advanced stages of chronic kidney disease (CKD stages 4 and 5)<sup>1</sup>. Historically these patients are symptomatic for few days prior to presenting. Preceding slight unwell-ness is ignored either by patient or his family physician. They are often being treated with non-specific medications like analgesics and multivitamins which act as placebo. Iron deficiency anemia is unevaluated for a renal cause. Non-standardized laboratories under diagnose early CKD. Ultrasound imaging too is of poor quality. All the more there are no nationalized health screening programmes. To add to the dismal scenario, at the tertiary care centres they are initially admitted as ARF, with a hope of significant recovery. But later on they turn out to be CKD 5.

This kind of presentation in developing countries has important socio-economic bearing on the patient and his caregivers. They are not well prepared to accept the diagnosis of end stage renal failure (ESRF). This delays the initiation of renal replacement therapy (RRT). Also, RRT is a low-priority area for healthcare planners in developing nations with two-tier healthcare delivery system<sup>2</sup>.

Thus public awareness needs to be created among the masses and in particular those with significant risk features. Primary healthcare physicians are an important yardstick for this initiation as they need to be aware of importance regarding early screening of CKD and hence delaying ESRF.

### REFERENCES

1. K/DOQI Clinical Practice Guidelines for Chronic Kidney Disease: Evaluation, Classification, and Stratification. *Am J Kidney Dis* 2002; 39: S1-S266.
2. V Jha. End-stage renal care in developing countries: the India experience. *Ren Fail.* 2004; 26: 201-8.