A STUDY OF BARTHEL SCORE OF CKD PATIENTS FROM TRIBAL AREA OF CHHATTISGARH, DEVELOPING COUNTRY

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INTRODUCTION AND AIMS: The Barthel index specifically measures the degree of assistance required by an individual on 10 items i.e. Exercise, Education, Encouragement in predicting the functional outcome as complete independent or complete dependent or require assistance.

METHODS: The study was conducted in the Department of Medicine, Pt. J.N.M. Medical College and Dr. B.R.A.M. Hospital, Raipur. 50 patients of Chronic Kidney Disease were included for study admitted in Nephrology Unit, Pt.J.N.M. Medical College Raipur. All patients were subjected to routine investigations & Barthel Index (BI) measured.

RESULTS: 1. Mean age was 41.4 years; the youngest patient was 7 & the eldest was 77 years old. 2. None of the patients was in CKD stage 1, 2% patient was in stage 2, 6% patients were in stage 3, 6 patients were falling in stage 4 and 40 patients were suffering from stage 5 CKD (Staging of CKD was done according to KDOQI clinical practice guidelines). 3. Etiology of CKD was diabetes mellitus, obstructive nephropathy, undetermined 16%, 10%, 38% respectively while lupus nephritis, polycystic kidney disease, sickle cell disease patients was 1 (2%) each. 4. Anemia was common to all patients; 26% patients had mild, 46% patients had moderate and 28% patients had severe anemia (Hb level < 7 gm/dl). 5. The physical support needed by patient from family members for activities of daily living (ADL) posed the extra burden which was evaluated by Barthel Index (BI) to measures the degree of assistance required by an individual on 10 items: 6. 2% patients scored 0 - 20, 14% patients scored >20 - <40, 54% patients scored >40 - <60, 16% patients scored >60 - <80 and 14% patients scored >80 - <100. Mean Barthel index was 57.7. 7. Amongst diabetic kidney disease (DKD) patients mean BI was 56.2 and for non diabetic patients it was 57.9. 8. In males mean BI was 55.4 and in females mean BI was 53.4. 9. For patients on maintenance hemodialysis, mean BI was 55 and for patients not on hemodialysis mean BI was 60.8.

CONCLUSIONS: 1. Male CKD patients had better mean Barthel Index score than females; 2. Non diabetic patients had better mean Barthel Index score than DKD patients. 1. Patients not on dialysis have better Barthel Index score than patients on maintenance hemodialysis.