

Abstract No. : A185

Theme : Nursing, Psychosocial Issues and Socio-economics

Analysis Of Depression And Its Effect On Outcome In Adult Indian Peritoneal Dialysis (PD) Patients

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Depression is common among PD patients with reported incidence in western studies varying from 33.3% to 51.2%. Depression has been variously linked with adverse patient outcome, increased rate of peritonitis and malnutrition. Present study looks at incidence, contributing factors and effect of depression on outcome in adult Indian PD patients. In December 2003, all patients on PD for ≥ 3 months were administered Beck Depression Inventory (BDI). Depression was classified on BDI scores as mild-moderate (score 12-30) and severe (score ≥ 31). Patients demographic, medical and co-morbidity profile was recorded and course till December 2005 was followed prospectively. 52 patients were interviewed (mean PD duration 16.2 ± 12.7 months). 34 (65.4%) had BDI scores ≥ 12 , while 19.1% (n=10) had scores ≥ 31 . Only 4 severely depressed patients agreed for psychiatric evaluation and only 2 subsequently had regular psychiatry follow-up. Of all baseline parameters depressed patients had significantly higher mean age (62.9 Vs 55.1 years) and incidence of coronary artery disease (CAD) (61.8% Vs 33.3%), while they had lower current employment (41.2% Vs 77.8%), serum albumin (3.0 ± 0.5 Vs $+3.6 \pm 0.4$ gm/dl) and hemoglobin (9.2 ± 1.6 Vs 10.4 ± 1.3 gm/dl). There were 34 episodes of infections in 22 patients (18 in depressed Vs 4 in non-depressed, $p=0.03$). There were 10 patient drop-outs (8 in depressed Vs 2 in non-depressed, 2-year technique survival 76.5% Vs 88.9%, $p=NS$) of which, 7 expired (5 in depressed, 2 in non-depressed). In depressed group, 2 catheters were removed due to non-resolving peritonitis and 1 patient was transferred to hemodialysis due to social reasons. We document high incidence of depression (65.4%) among Indian PD patients. Increased age, unemployment, presence of CAD, hypoalbuminemia and anemia are associated with depression. There was a higher incidence of infectious complications in these patients. Further studies looking at effect of early detection and treatment of depression on PD outcome are warranted.