

SKIN MANIFESTATIONS OF INTERNAL DISEASE

MANAGEMENT OF PRURITUS AND XEROSIS IN HEMODIALYSIS PATIENTS IN INDONESIA

Thp Manurung⁽¹⁾ - W Indriatmi⁽²⁾ - M Tambunan⁽³⁾

Pgi Cikini Hospital, Dialysis Unit, Jakarta, Indonesia⁽¹⁾ - Department Of Dermatology And Venereology, Faculty Of Medicine, Universitas Indonesia - Dr. Cipto Mangunkusumo General Hospital, Jakarta, Indonesia⁽²⁾ - Renal Unit, Pgi Cikini Hospital, Jakarta, Indonesia⁽³⁾

Background: The relationship between pruritus and xerosis in hemodialysis patients remains unclear. Both have significant effect on quality of life, yet often overlooked and do not receive the treatment they deserve.

Objective: We evaluate the prevalence of pruritus and xerosis in hemodialysis patient, relationship between them, associated factors, and management practice

Materials Methods: The cross-sectional study on 103 patients on hemodialysis is conducted in dialysis unit of PGI Cikini Hospital Jakarta, Indonesia. The degree of xerosis was assessed on using Specified Sum Symptom Score (SRRC) and Overall Dry Skin Score (ODS).

Results: Xerosis was the most common dermatological problems in hemodialysis patients (n=97;94.2%), followed by pruritus (n=50;48.5%). The pruritus occurred mostly at extremities (n=25;24.3%) and the onset is indeterminate (n=22;51.2%). 23 patients with pruritus (46 %) were treated with antihistamine, while others did not receive any treatments. The degree of xerosis assessed by ODS of most patients was 2 (n=61;59.2%), while the median of assessment by SRRC was 4 (Nmin=0, Nmax=14). There is no association between pruritus and degree of xerosis assessed by ODS or SRRC. Xerosis and pruritus in chronic kidney disease are not related to age, diabetes, hypertension, and frequency of dialysis. Only 35 patients (34%) used skin moisturizer daily. The moisturizers used were vaseline based cream (n=24;23.3%), olive oil (n=9;8.7%), and baby oil (n=2;1.9%). The soap used by the patients were scented soap (n=38;36.9%), baby soap (n=29;28.2%), antiseptic soap (n=24;23.3%), and moisturizing soap (n=12;11.7%). SRRC score was associated to moisturizer application (p=0.028) and type of soap being used daily (p=0.001).

Conclusion: Xerosis and pruritus were the most prevalent dermatology problems in hemodialysis patient. Study result indicates there is little awareness on xerosis and pruritus



during management of hemodialysis patients in Indonesia. This study highlights the importance of moisturizer and type of soap on hemodialysis patients.

