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A kidney health study on Mornington Peninsula population

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A kidney health check was organised on World Kidney Day in 2015 and 2016 at Beleura Hospital, a private hospital in Mornington, Melbourne. The kidney day was conducted over a day in each year. The participants include health workers, hospital staff, mobile patients and members of the public. All participants consented prior to being involved in the study. The 8 hour event was run by doctors, nurses and volunteers. Measurements of blood pressure, height and weight were taken from each participant. A Q risk questionnaire was completed. The issues of being overweight and obesity were common in this population. 36% were overweight and 35% were obese (noted in 2015). In 2016, 38% of the participants were overweight and 26% were obese. In the group of participants, a mere 8% in 2015 were smokers and only 6% of the participants in 2016 were smokers. The risk of developing chronic kidney disease over the next 5 years was higher in the diabetic group (noted in 2015). This was also evident in the 2016 study. The risk of needing to undergo dialysis or a kidney transplant in the next 5 years was noted to be marginally higher in the diabetic participants (noted in both years). The risk of having chronic kidney disease within the next 5 years was found

to be higher in the participants with cardiovascular disease (noted in 2015 and 2016) Participants with hypertension were noted to have a higher risk of developing chronic kidney disease in the next 5 year (noted in 2015 and 2016). The risk of developing chronic kidney disease in the next 5 years was higher in the overweight and obese group as compared to normal weight group (noted in both 2015 and 2016). In the 2016 study, there was a steep increase in the risk of developing chronic kidney disease in 5 years in the obese group as compared to the overweight participants. In summary, the risk of developing chronic kidney disease in the next 5 years was high in the participants with diabetes mellitus, hypertension, a history of cardiovascular disease and those who were overweight or obese. A kidney health check was conducted in two private hospitals (Peninsula Private Hospital and Beleura Hospital) in 2017. 243 participants enrolled in this study. The study population were mobile inpatients, members from the public and health workers (nurses, doctors, allied health workers and hospital staff). The majority was aged 65 to 75 years old (aged population).

Biography

Alinda Chiu is an Australian based consultant nephrologist and physician working in the private sector at Peninsula Private Hospital (Frankston), Beleura Private Hospital and The Bays Hospital (both in Mornington) and the public sector at Frankston Public Hospital. She studied and trained in the UK becoming a Member of the Royal College of Physicians UK in 2000 and becoming a Fellow of Royal Australian College of Physicians 2010. She, together with her dedicated nurses and staff, engages in charitable works by running World Kidney Event Days in 2015, 2016 and 2017. The aim of these events is to raise awareness of kidney health to the public. Information gathered during these events is used for research into the prevention or delay onset of Chronic Kidney Disease. In addition to these events she organised an international standard educational seminar for nurses on 1st March 2017 at Peninsula Private Hospital. Other charitable activities include the sponsorship of children in Sri Lanka and Malaysia.

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