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Presentation and outcome of acute renal failure in diabetic patients

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50 cases of acute renal failure aged 21-80 years were prospectively studied in the Department of Nephrology, BIRDEM from November 2009 to September 2010 to know the clinical course and outcome in them. All patients were diabetic, out of them 22 were male and 28 were female. Acute diarrhea and vomiting was found to be the commonest cause of ARF (54%). Other causes being drug induced (34%), septicemia (6%), RPGN (4%) and obstructive uropathy (2%) in order of frequency. Pre-renal cause therefore constituted 80% etiology. Anuria (38%) and oliguria (20%) were the commonest mode of presentation. Gastrointestinal symptoms were present in 54% of cases and about 10% patients had neurological symptoms in the form of drowsiness. Hypertension was also a common accompaniment (24%). Blood biochemistry was the main parameter of diagnosis and management which included blood urea, creatinine and electrolyte estimation. Mean urea and creatinine level on admission being 133.44 ± 80.88 mg/dl and 5.2 ± 2.65 mg/dl, respectively. Hyperkalemia was present in 46% cases and acidosis was a constant finding in all cases. Routine urine examination, plain X-ray abdomen, ultrasonography were all useful investigations in some cases for diagnosis. Hemodialysis (done in 52%) along with conservative therapy was the main and effective mode of treatment in our study. Rest of the patients were managed with only conservative therapy which was mainly fluid and electrolyte balance. Out of 50 patients 2 (4%) died. 7 patients suffered irreversible cortical necrosis and was on hemodialysis. 32 (64%) patients gained complete or near complete recovery while remaining 9 (18%) recovered with some residual damage without any renal replacement therapy.

Biography

Uttam Kumar Dey has completed his MBBS from Dhaka Medical College in 2003. He has been serving diabetic patients in BIRDEM Hospital since 2005. He has received Fellowship from American College of Clinical Endocrinology in 2016. He is a Life Member of BSM, ISSM, AACCE and has several publications to his credit.

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