

10th European Nephrology Conference

October 24-26, 2016 Rome, Italy

Establishing a clinical phenotype for cachexia in chronic kidney disease

Joanne Reid

Queen's University Belfast, UK

Cachexia contributes to increased morbidity and premature mortality in persons with chronic illnesses including cancer, cardiac failure and chronic kidney disease. It is a multifactorial syndrome which currently lacks a clear definition in a renal population. This presentation will present a study outline which aims to determine the clinical phenotype of cachexia specific to individuals with CKD and is scheduled to start in autumn, 2016. This is a longitudinal study which will run over 2 years. All adult hemodialysis patients who attend the Northern Ireland Regional Nephrology Unit (NIRNU), who have a confirmed diagnosis of stage 5 CKD (estimated GFR<15 mL/min/1.73 m²) will be eligible for inclusion into this study to determine if they experience (and to what degree) the known characteristics associated with cachexia. Patients will be monitored for 1 year (or time till death if <1 year). The NIRNU provides care to approximately 250 stage 5 CKD hemodialysis patients per annum. The recruitment window for this study is approximately 7 months, with a potential patient population of 145. Potential patients will be identified via inpatient wards and outpatient units at NIRNU. We are proposing to study all patients. Data collection measures (bloods plus validated tools to determine QoL, fatigue and anorexia; lean muscle mass and muscle strength) will be collected at routine hemodialysis appointments. The patients recruited will be followed for 1 year to ascertain the percentage that develops known characteristics of cachexia and to what degree they experience these characteristics.

Biography

Joanne Reid's predominate area of research is aligned with the MRC framework and focuses on cachexia. The quality of her research and its knowledge translation is evidenced by research outputs. She has received a Royal College of Nursing, Nurse of the Year Research Award for her competitively funded work on cachexia which has informed national guidelines, for example Royal College of Nursing end of life guidelines. She is an Associate Editor of BMC Palliative Care, and has been an invited guest Editor for Healthcare.

j.reid@qub.ac.uk

Notes: