

Assessment of Cutaneous Symptoms in Hemodialysis Patients: Prevalence, Clinical Features, and Implications for Customized Therapies

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ABSTRACT

Background: Hemodialysis is carried out in ESRD patients where an attempt is made to filter the blood out of the body. However, 80% or more patients consequently have skin problems related to seriously affected kidneys as well as the treatment through dialysis. The skin manifestations are dry skin xerosis, itching pruritus, changes in color pigmentation black and white patches, and skin infections - bacterial, fungal viral, and brittle nails and hair this is due to changes in blood chemistry. An experienced doctor can diagnose the cause of the problem and advise on the way out. Sometimes, patients can help maintain the skin's health with lotions or medications to avoid scratching.

Purpose: This study aimed to examine hemodialysis patients' cutaneous symptoms to assess their prevalence and clinical features. Patients need hemodialysis; however, it might cause skin problems.

Methods: This cross-sectional study was conducted at Bisha King Abdullah Hospital between February 2021 and April 2021. A total of 40 hemodialysis patients were included in the study.

Results: The study analyzed participants aged 24-35 and 35-45, with a majority of females. It found no significant association between serum calcium levels and skin problems, xerosis, or pruritus. However, KT/V levels were significantly associated with xerosis and pruritus, and blood hemoglobin levels did not.

Conclusion: The present study provides insights into the frequency of cutaneous manifestations among patients undergoing hemodialysis, underscoring the need for customized therapies aimed at addressing these dermatological issues. Future investigations should prioritize the development of improved healthcare solutions for patients with these medical disorders, taking into consideration both the renal and dermatological components.

Keywords: Hemodialysis, Cutaneous Symptoms, Nail Changes, Patient Education.

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