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Study of demographic and socioeconomic characteristics of a cohort of patients with Chronic Kidney Disease (CKD) in North Central Province, Sri Lanka

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Objectives: To describe demographic and socioeconomic characteristics of a cohort of patients with CKD in North Central Province

Methods: This is a descriptive cross sectional study of the patients who attended the renal clinic in Teaching Hospital, Anuradhapura. Study sample (n=384) was selected using systematic sampling technique. Data was collected using a pre-tested structured interviewer administered questionnaire.

Results: Prevalence of chronic kidney disease with uncertain aetiology(CKDu) in the total population with CKD was 70.8%. Among the 29.2% of patients with CKD with known etiology (CKDd), commonest underlying diseases were hypertension (49.1%)and Diabetes (19.6%).Of the CKDupatients, 48.5% had a positive family history. Prevalence among males was higher (1.45:1). Mean age was 57.3 years (SD 9.8). Cultivating using agrochemicals and consuming suchfood (97.1%), being local residents for over 40 years (96.7%) and usage of well water (62.1%), were common. Spending on bottled water for day today purposes was a problem in 73.2%. Alcoholism, smoking and betel chewing were also common issues.

Conclusions: Nearly three fourths of this study sample hasCKDu. It appears to affect people in their sixth decade, residing locally for over four decades, drinking water from own wells, cultivating and consuming food using agrochemicals. These may be pointers towards aetiology of CKDu. Significant burden of expenditure for water for day today purposes on this low income group has to be addressed immediately.

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Association between executive functions, quality of life and physical activity in a sample of community dwelling elderly people in Galle Municipality area: Preliminary results

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Objectives: Cognitive function is becoming more important for independent living of the elderly with weakening extended family support system. The executive functions (EFs) such as working memory and inhibition are thus important. This study was conducted to assess the association between EFs, level of physical activity and quality of life (QOL) in a sample of elderly people.

Methods: Study was conducted with 30 community dwelling elderly people in Galle Municipality area in Galle District. The EFs were assessed via computerized verbal working memory (VWM) and stop signal (SS) inhibitory tasks. The IPAQ (International physical activity questionnaire) was used to assess level of physical activity while QOL was assessed via WHOQOL-BREF (WHO quality of life-BREF). Correlation was assessed through spearmen correlation coefficient (r) and significant level was kept at $p<0.05$.

Results: The sample comprised of 80% females and 20% males with mean age of 66.23 years (±5.99). Mean scores of WHOQOL-BREF and IPAQ were 66.99 (±12.34) and 5400.43 MET-minutes/week (±1917.95) respectively. Mean scores of VWM span level and SS task commission errors were 14.19 (±7.62) and 1.47 (±0.89) respectively. Both VWM and SS tasks were significantly correlated with physical activity level (r =0.37,p=0.044 and r=0.39,p=0.030) and with environmental (r=0.40, p=0.027) and physical health domains (r=0.38, p=0.035) of QOL respectively.

Conclusions: EFs of elderly were significantly correlated with their level of physical activities and physical and environmental health domains of QOL while social relationships, psychological health, general health and overall QOL were not correlated. This may be due to the small sample size.