



## CLINICAL PROFILE OF ACUTE GASTROENTERITIS PATIENTS HAVING ACUTE KIDNEY INJURY AND OUTCOME

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**ABSTRACT** **Background:** In India, acute kidney injury (AKI) due to diarrhea is not uncommon in adults and elderly people. Therefore, understanding of the clinical spectrum of the disease is needed to devise methods to improve the final outcome due to this problem. **Materials and Methods:** We studied 160 patients of acute gastroenteritis admitted to medical wards who met the inclusion and exclusion criteria after obtaining the informed consent out of which 60 patients who had AKI were taken as cases and 100 patients who did not have AKI were taken as controls. The clinical and laboratory data were collected at admission and then on daily basis. All patients were followed up during the hospital stay and outcome of the patient was recorded. **Results:** Majority of patients were of the age group of 45-64 years (53%) followed by >65 year age group (26.7%). In our study the majority of patients were females (63.3%). Majority of the patients presented with loose stools (100%), vomiting (78.4%). Fever was present in 15% of patients and other symptoms like pain abdomen, dysuria was seen in 28.3% of patients. Majority of the patients (86.7%) had tachycardia and hypotension on presentation and 78.3% had oliguria. The common comorbid conditions noted in the present study are hypertension(56.7%) and diabetes mellitus 40%. Hemodialysis was required in 8.3% of patients in the present study. The rest 91.7% were managed conservatively and had complete recovery. At admission most of the patients were in the injury group (80%) as per RIFLE Criteria for AKI, 13.3% were in the failure and 6.7% in the risk group. On follow up after one month 28% were in the risk group and on further follow up of these patients at three and six months, 28% and 8.5% were in the risk group respectively which is statistically significant. 95% of patients recovered their renal function and only 5% (3 patients) progressed to chronic kidney disease. Mortality rate in our study was 0% in both control and cases group. **Conclusion:** AKI following acute gastroenteritis is not uncommon in developing country like ours. General improvement in standard of living, early use of oral rehydration therapy and fluid therapy to correct dehydration, and creating awareness in primary care physicians about the high incidence of AKI following gastroenteritis will solve this problem. Early detection and referral of these patients will bring down mortality in these patients. Hemodialysis plays an important role in improving the prognosis.

**KEYWORDS :** Acute kidney injury, Gastroenteritis, Hemodialysis

### INTRODUCTION

Acute kidney injury (AKI), previously known as acute renal failure is characterized by sudden impairment of kidney function resulting in the retention of nitrogenous and other waste products normally cleared by the kidneys. AKI is not a single disease but, rather, a designation for a heterogeneous group of conditions that share common diagnostic features, especially increase in the blood urea nitrogen (BUN) concentration and / or an increase in the plasma or serum creatinine concentration, often associated with a reduction in urinary volume. AKI can range in severity from asymptomatic and transient changes in laboratory parameters of glomerular filtration rate to overwhelming and rapidly fatal derangements in effective circulating volume regulation and electrolyte and acid-base composition of the plasma. AKI (Acute Kidney Injury) is reversible when recognized and managed early.<sup>8</sup> Delay in diagnosis of ARF may lead to increased morbidity and mortality.<sup>7</sup> Acute kidney injury can be divided into three categories: Prerenal causes (kidney hypo perfusion leading to lower GFR), intrinsic kidney disease, and post renal causes (obstructive uropathy). Prerenal causes are the most common etiology of acute kidney insults and injury, accounting for 40-80% of cases.<sup>10</sup>

Decreased renal perfusion can occur in several ways, such as a decrease in intravascular volume, a change in vascular resistance, or low cardiac output. Causes of volume depletion include hemorrhage, GI losses, dehydration, excessive diuresis, extravascular space sequestration, pancreatitis, burns, trauma, and peritonitis.<sup>16</sup> AKI is generally detected by an increase in the serum creatinine and/or a decrease in urine output. The magnitude of the increase in creatinine and/or decrease in urine output that is required to establish a diagnosis of AKI has been the focus of multiple expert consensus groups. The purpose of establishing a precise definition of AKI is to allow better interpretation of epidemiologic and clinical studies and to identify potential therapies. In addition, it is now recognized that even small increases in serum creatinine (>0.3 mg/dl) can have important prognostic implications and are clinically relevant.<sup>26</sup>

definition of AKI called the RIFLE criteria. In this AKI is stratified into five stages, based on severity and duration of renal injury: Risk, Injury, Failure, Loss, and End stage disease. RIFLE defined AKI is associated with significantly reduced survival (with increasing stage leading to greater risk of death).<sup>17</sup> More recently, AKIN (an international network of AKI experts) modified RIFLE to incorporate small changes in serum creatinine occurring within a 48h period and to remove changes in GFR as diagnostic criteria.<sup>18</sup>

AKI, classified by either of these criteria, may identify slightly different patients: RIFLE may not detect approximately 10% of AKIN identified cases and AKIN may miss approximately 25% RIFLE cases.<sup>19</sup>

KDIGO (Kidney disease improving global outcomes) have recently produced a definition that incorporates the key elements of both, and this criteria now form the basis of, and have been validated in, hundreds of epidemiological studies and several clinical trials.<sup>19</sup>

AKI complicates 5 to 7% of acute care hospital admissions and up to 30% of admissions to the intensive care unit, particularly in the setting of diarrheal illnesses, infectious diseases like malaria and leptospirosis, and natural disasters such as earthquakes.<sup>1</sup> The development of AKI is associated with a significantly increased risk of in hospital and long term mortality, longer length of stay, and increased costs. Prerenal azotemia, with the exception of cardiorenal and hepatorenal syndromes and postrenal azotemia carry a better prognosis than most cases of intrinsic AKI. The kidneys may recover even after severe, dialysis requiring AKI. Survivors of an episode of AKI requiring temporary dialysis, however, are at extremely high risk for progressive CKD and upto 10% may develop ESRD. Patients with AKI are more likely to die prematurely after they leave the hospital even if their kidney function has recovered.<sup>1</sup>

AKI is one of the most common clinical conditions encountered by physicians and nephrologists throughout the world. Due to the climatic

conditions, overcrowding and poor socioeconomic factors, AKI in India differs from the world. There is no clear-cut data on the incidence, causes, and recovery from the disease. Most common causes of AKI in India are acute diarrheal disease, malaria, leptospirosis, snakebite, insect stings, intravascular hemolysis due to septicemia, chemical poisoning such as copper sulfate, vasmol, and pregnancy. Overall, these causes constitute 40% ARF in India.<sup>25</sup>

All patients who present with AKI must be carefully evaluated both for reversible causes, such as hypotension, volume depletion, or obstruction, and for the presence of complications such as hyperkalemia, metabolic acidosis, and volume overload. The initial evaluation of the patient with AKI is directed at determining the cause, removing any active insults, minimizing new injury, and identifying the complications that may require immediate attention.

The major complications of AKI include volume overload, hyperkalemia, metabolic acidosis, hypocalcaemia, and hyperphosphatemia. With severe forms, mental status changes may be present. Hyperuricemia and hypermagnesemia may also occur. The initial assessment therefore should include the careful evaluation of volume status and measurement of serum electrolytes, particularly potassium and bicarbonate, and serum phosphate, calcium, and albumin. Also check serum uric acid, magnesium, and a complete blood count. As these patients are often unstable and critically ill, we recommend careful attention to serial measurement of these values as well as meticulous measurement of fluid balance.<sup>27</sup>

Measures to correct underlying causes of acute kidney injury (AKI) should begin at the earliest indication of renal dysfunction. Serum creatinine does not rise to abnormal levels until a large proportion of the renal mass is damaged, because the relationship between the glomerular filtration rate (GFR) and the serum creatinine level is not linear, especially early in disease. Indeed, the rise of serum creatinine may not be evident before 50% of the GFR is lost.<sup>45</sup>

It cannot be overstated that the current treatment for AKI is mainly supportive in nature; no therapeutic modalities to date have shown efficacy in treating the condition. Therapeutic agents (eg, dopamine, nesiritide, fenoldopam, mannitol) are not indicated in the management of AKI and may be harmful for the patient.<sup>46</sup>

Maintenance of volume homeostasis and correction of biochemical abnormalities remain the primary goals of treatment and may include the following measures:

- Correction of fluid overload with furosemide
- Correction of severe acidosis with bicarbonate administration, which can be important as a bridge to dialysis
- Correction of hyperkalemia
- Correction of hematologic abnormalities (eg, anemia, uremic platelet dysfunction) with measures such as transfusions and administration of desmopressin or estrogens<sup>28</sup>

Acute gastroenteritis is one of the common cause of prerenal acute kidney injury. The clinical manifestations of acute gastroenteritis can include diarrhea, vomiting, fever, anorexia, and abdominal cramps. Vomiting followed by diarrhea may be the initial presentation or vice versa.<sup>20,21,22</sup>

Acute gastroenteritis leads to volume depletion and pre renal azotemia which refers to rise in Scr or BUN concentration due to inadequate renal plasma flow and intra glomerular hydrostatic pressure to support normal glomerular filtration. Prolonged periods of pre renal azotemia may lead to ischemic injury often termed acute tubular necrosis (ATN). Diarrhea sometimes is defined as a stool weight of more than 200-300 g/ 24hr, quantification of stool weight is necessary only in some patients with chronic diarrhea. In most cases, the physician's working definition of diarrhea is increased stool frequency (more than three bowel movements per day) or liquidity of feces.<sup>23</sup>

The following definitions have been suggested according to the duration of symptoms:

- Acute – 14 days or fewer in duration
- Persistent diarrhea – more than 14 but fewer than 30 days in duration
- Chronic – more than 30 days in duration

Diarrhea, acute in onset and persisting for <2 weeks is most commonly caused by infectious agents, bacterial toxins (either preformed or produced in the gut), or medications. Community outbreaks (including nursing homes, schools, and cruise ships) suggest a viral etiology or a common food source. Similar recent illnesses in family members suggest an infectious origin. Ingestion of improperly stored or prepared food implicates food poisoning. Pregnant women have an increased risk of developing listeriosis. Day care attendance or exposure to unpurified water (camping, swimming) may result in infection with *Giardia* or *Cryptosporidium*. Recent travel to any endemic area suggests travelers' diarrhea. Antibiotic administration within the preceding several weeks increases the likelihood of *clostridium difficile* colitis.<sup>23</sup>

The nature of the diarrhea helps distinguish among different infectious causes.

1) Non inflammatory diarrhea- watery, nonbloody diarrhea associated with periumbilical cramps, bloating, nausea, or vomiting suggests a small bowel source caused by either a toxin producing bacterium (*ETEC*, *staphylococcus aureus*, *bacillus cereus*, *clostridium perfringens*) or other agents (viruses, *Gardia*) that disrupt normal absorption and secretory process in the small intestine. Prominent vomiting suggests viral enteritis or *S aureus* food poisoning. Because tissue invasion does not occur, fecal leucocytes are not present. The isolation rate of bacterial pathogens from stool cultures in patients with acute non inflammatory diarrhea is under 3%.<sup>23</sup>

2) Inflammatory diarrhea- the presence of fever and bloody diarrhea (dysentery) indicates colonic tissue damage caused by invasion (*shigellosis*, *salmonellosis*, *campylobacter* or *yersinia* infection, *amebiasis*) or a toxin (*C difficile*, *shiga-toxin-producing E coli*). Because these organisms involve predominantly colon, the diarrhea is small in volume (< 1 l/d) and associated with left lower quadrant cramps, urgency, and tenesmus. Fecal leucocytes usually are present in infections with invasive organisms.

The isolation rate of bacterial pathogens from stool cultures in patients with acute non inflammatory diarrhea is under 3%. In case of inflammatory diarrhea the rate of positive bacterial cultures is 60%-75%.<sup>23</sup>

Viral gastrointestinal infections remain a significant cause of morbidity and mortality worldwide.<sup>24</sup> Viral infections usually are characterized by low grade fever and watery diarrhea without blood.<sup>21</sup> The important viruses which give viral gastroenteritis are- Rotavirus, Noroviruses, Enteric adenoviruses, Caliciviruses, Astroviruses, Enteroviruses. Among them Rotavirus remains the leading cause and the burden is most severe in the very young and developing countries.<sup>24</sup> Stool for polymerase chain reaction is the method of choice for diagnosing rotavirus. It can also be used for the diagnosis of other viruses.<sup>24</sup>

Characteristics of the history that suggest a viral etiology of acute gastroenteritis include: an intermediate incubation period (24 to 60 hours), a short infection duration (12 to 60 hours), and a high frequency of vomiting.<sup>29</sup> However, these epidemiologic criteria for differentiating between outbreaks caused by norovirus and bacterial pathogens may not be as useful for individual patient assessment<sup>30</sup>. As an example, one observational study showed few differences in the clinical presentation between adults with acute gastroenteritis due to viral and bacterial pathogens<sup>31</sup>. The duration of the diarrhea may differ among viral and bacterial acute gastroenteritis. Norovirus infection usually lasts a median of two days, rotavirus infection three to eight days, and *Campylobacter* and *Salmonella* two to seven days<sup>32</sup>. Viral gastroenteritis does not typically cause bloody diarrhea

Common findings on physical examination of patients with acute viral gastroenteritis include mild diffuse abdominal tenderness on palpation; the abdomen is soft, but there may be voluntary guarding. Fever (38.3 to 38.9°C [101 to 102°F]) occurs in approximately one-half of patients<sup>33</sup>.

While relatively uncommon, it is important to identify signs of moderate to severe dehydration, including dry mucous membranes, decreased skin turgor, tachycardia, hypotension, or altered mental status. These were present in fewer than 10 percent of patients presenting to the emergency department with acute gastroenteritis in one study<sup>31</sup>.

The management of patients with acute diarrhea begins with general measures such as fluid repletion and nutrition maintenance, with adjustments in diet if necessary<sup>35</sup>. Patients who have bothersome symptoms may benefit from symptomatic pharmacologic therapy<sup>37</sup>. Antibiotic therapy is not indicated in most cases since the illness is usually self-limited. Nevertheless, empiric and specific antibiotic therapy may be appropriate in certain situations, mainly in patients with severe disease, with symptoms and signs suggestive of invasive bacterial infection, or at high risk for complications<sup>36</sup>.

Acute viral gastroenteritis is usually self-limited and is treated with supportive measures (fluid repletion and unrestricted nutrition). No specific antiviral agents are available.

For adults presenting with acute viral gastroenteritis without signs of volume depletion, adequate volume can be maintained with sport drinks and broths<sup>34</sup>. For adults presenting with mild to moderate hypovolemia, oral rehydration solutions may be superior to sports drinks in maintaining electrolyte balance along with hydration. Patients with severe dehydration require intravenous fluids.

Antiemetics and antimotility agents are used sometimes for excessive vomiting or excessive fluid loss from diarrhea, respectively. In known viral gastroenteritis epidemics, antibiotics are not indicated<sup>36</sup>. Empiric antibiotics may have a limited role in the management of acute gastroenteritis, when it is unclear if the etiology is viral or bacterial<sup>38</sup>.

**MATERIALS AND METHODS :**

This was a prospective, observational study carried out in the Department of Emergency Medicine in our tertiary care hospital. All the patients who presented with acute gastroenteritis in medical emergency were taken into the study with following inclusion and exclusion criteria:

**Inclusion criteria:**

- 1) All patients above 18 years of age presenting with acute gastroenteritis for more than 24 hours.
- 2) Patients with progressive elevation in serum creatinine > 0.3 mg/dl or more within 48 hours or increase in serum creatinine to 1.5 times baseline or more within last 7 days or reduction in urine output to < 0.5 ml/kg/hr for longer than 6 hours.

**Exclusion criteria:**

- 1) Patients with chronic renal insufficiency (medical records, history)
- 2) Patients who are initially considered as AKD but subsequently found to be suffering from long standing renal disease.
- 3) Patients having malignancy, HIV and immunosuppression.

**Method of study**

Data was collected using a proforma meeting the objectives of the study. Detailed history and necessary investigations were undertaken. The purpose of study was explained to the patient and informed consent obtained. Patients are selected for study who satisfy all inclusion and exclusion criteria. Patients with progressive elevation of serum creatinine >0.3 mg/dl or 50% higher than baseline within a 24-48 hours period or reduction in urine output to <0.5 ml/kg/hr for longer than 6 hours. The clinical and lab data was collected at admission and then on daily basis. Data recorded include patient characteristics, primary comorbid medical conditions, dialysis requirement, total duration of hospital stay and final outcome.

**RESULTS & OBSERVATION**

**Statistical methods**

Descriptive statistics was applied for continuous variable as Mean, Standard deviation (mean  $\pm$  <sub>sd</sub>) and for categorical variables as frequency distribution and percentage. Student's unpaired t – test for continuous variables and Chi Square test for categorical variables was used to see the significance difference between the groups. P < 0.05 will be treated as significant.

Total of 160 patients were studied with 60 patients as cases and 100 as controls. For convenience controls were designated as Group A and cases as Group B. The majority of patients were of the age group of 45-64 years (53%) followed by >65 year age group (26.7%). No patient was noted in the age group of 18-24 years(fig1,1a). In our study the majority of patients were females (63.3%). Majority of the patients presented with vomiting (78.4%), loose stools (100%).Fever was present in 15% of patients and other symptoms like pain abdomen,

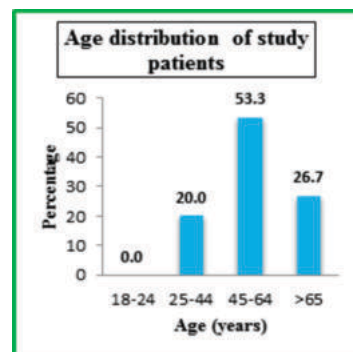
dysuria was seen in 28.3% of patients(fig2,2a) Majority of the patients (86.7%) had tachycardia and hypotension on presentation and 78.3% had oliguria. (Fig3,3a). Majority of the patients on presentation had urea in the range of 40-60 (61.7%) and creatinine in the range of 1.5-2 (73.3%)(fig 4,4a). Urinalysis revealed albuminuria in 13.3% and glycosuria in 16.7% of patients(fig 6,6a) Urine microscopy showed pus cells in the range of 0-5 in 85% of patients, RBC'S <3 in 90% of patients and casts were present in 20% of patients(fig 7,7a). Most of the patients (66.7%) had raised echopattern on presentation (fig 8,8a). Most of the patients had hypertension (56.7%) as comorbid illness. Diabetes mellitus was present in 40% of patients (fig 9,9a). Majority of the patients were managed conservatively (91.7%). Hemodialysis were required in 8.3% of patients (fig 10,10a). Majority of the patients (85%) were discharged within 2-5 days of hospital admission. At discharge most of the patients were having creatinine in the range of 1.5-2 (73.3%), but on following there creatinine after 4 weeks, 12 weeks and 24 weeks majority of patients had recovered there renal functions (fig 11,11a). 95% of patients recovered there renal function and only 5% (3 patients) progressed to chronic kidney disease. There was 0% mortality in our study patients. At admission most of the patients were in the injury group (80%), 13.3% were in the failure and 6.7% in the risk group. On follow up after one month 28% were in the risk group and on further follow up of these patients at three and six months, 28% and 8.5% were in the risk group respectively which is statistically significant(fig 12,12a). There was no mortality in both control and case groups. The mean ages of controls and cases were 58.3 $\pm$ 3.12 and 62.9 $\pm$ 2.3 respectively. Among cases 38(63%) were females and 22(36.7%) were males. There were 56(56%) females and 44(44%) males in the control group. Among controls 46% of patients presented with vomiting within 24hrs and in cases 71.7% of patients presented with vomiting for more than 48hrs. Similarly among controls 63% of patients presented with loose stools with in 24hrs and in cases 88.3% of patients presented with loose stools for more than 48hrs which makes it statistically significant data (fig13,13a). In the control group 39% of patients had tachycardia on presentation and among the cases 86.7% had tachycardia and hypotension on presentation and 78.3% had oliguria (fig14,14a). The average urea at presentation were 34.5 $\pm$ 0.18 and 77.4 $\pm$ 0.61 among controls and cases respectively .Similarly the average creatinine were 0.8 $\pm$ 0.48 and 1.9 $\pm$ 0.78 among controls and cases respectively (fig 15 ,15a). Both these values show statistically significant difference between the two groups. In control group all the patients were managed conservatively and in cases 8.3% underwent hemodialysis fig 16, 16a). Among the controls all the patients (100%) were discharged within 48 hours and in the cases 85% of patients were discharged between 2-5 days.(fig 17,fig 17a)

• **Age distribution of study patients fig 1 & fig 1a**

**Table 1: Age distribution of study patients**

Age (years)	No	%age
18-24	0	0.0
25-44	12	20.0
45-64	32	53.3
>65	16	26.7
Total	60	100.0
Mean $\pm$ SD	62.9 $\pm$ 2.3	

**Fig1**

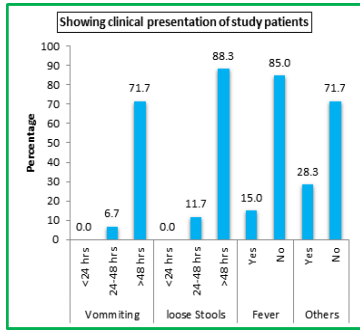


**Fig 1a**

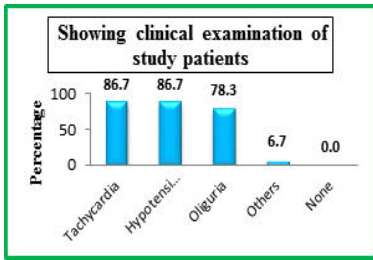
**Table 2: Showing clinical presentation of study patients**

Clinical Presentation		No	%age
Vommiting	<24 hrs	0	0.0
	24-48 hrs	4	6.7
	>48 hrs	43	71.7
Loose Stools	<24 hrs	0	0.0
	24-48 hrs	7	11.7
	>48 hrs	53	88.3
Fever	Yes	9	15.0
	No	51	85.0
Others	Yes	13	21.7
	No	47	78.3

**Fig 2**  
Symptoms of study patients fig 2 & fig 2a



**fig 2a**  
Clinical signs of study patients fig 3 & fig 3a

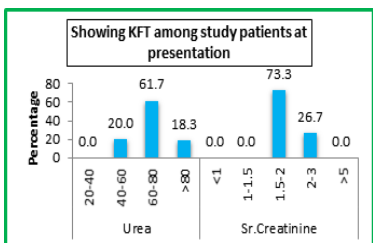


**Fig 3**  
**Fig 3a**

**Table 3: Showing clinical examination of study patients**

Clinical Examination	No	%age
Tachycardia	52.0	86.7
Hypotension	52.0	86.7
Oliguria	47.0	78.3
Others	4.0	6.7

**Kidney function of study group at presentation fig 4 & fig 4a**



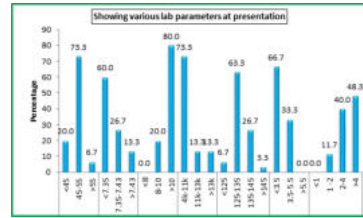
**Fig 4**  
**Fig 4a**

**Table 4: Showing KFT among study patients at presentation**

Clinical Presentation	No	%age
Urea	20-40	0.0
	40-60	12.0
	60-80	37.0
	>80	11.0
Mean±SD	77.4±0.61	

Sr.Creatinine	<1	0.0	0.0
	1-1.5	3.0	5.0
	1.5-2	41.0	68.3
	2-3	16.0	26.7
	>3	0.0	0.0
Mean±SD	1.9±0.78		

**Lab parameters at presentation fig 5 & fig 5a**

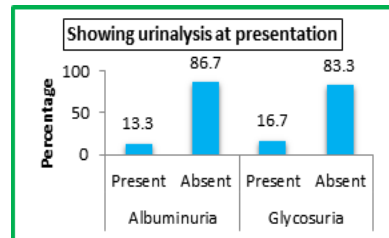


**Fig 5**  
**Fig5a**

**Table 5: Showing various lab parameters at presentation**

Clinical	Presentation	No	%age
Hematocrit	<45	12.0	20.0
	45-55	44.0	73.3
	>55	4.0	6.7
Ph	<7.35	36.0	60.0
	7.35-7.45	16.0	26.7
	>7.45	8.0	13.3
Hb	<8	0.0	0.0
	8-10	12.0	20.0
	>10	48.0	80.0
TLC	4k-11k	44.0	73.3
	11k-13k	8.0	13.3
	>13k	8.0	13.3
Na	<120	2.0	3.3
	120-130	12.0	20.0
	130-140	42.0	70.0
	>140	4.0	6.7
Pottassium	<3.5	40.0	66.7
	3.5-5.5	20.0	33.3
	>5.5	0.0	0.0
Sr.Lactate	<1	0.0	0.0
	1-2	7	11.7
	2-4	24.0	40.0
	>4	29.0	48.3

**Urinalysis at presentation fig 6 & fig 6 a**



**Fig6**  
**fig 6a**

**Table 6: Showing urinalysis at presentation**

Urinalysis	No	%age
Albuminuria	Present	13.3
	Absent	86.7
Glycosuria	Present	16.7
	Absent	83.3

**Urine microscopy at presentation fig 7 & fig 7a**

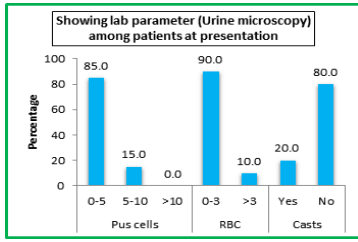


Fig 7  
fig 7a

Table 7: Showing lab parameter (microscopy) among patients at presentation

Microscopy		No.	%age
Pus cells	0-5	51.0	85.0
	5-10	9.0	15.0
	>10	0.0	0.0
RBC	0-3	54.0	90.0
	>3	6.0	10.0
Casts	Yes	12.0	20.0
	No	48.0	80.0

Usg findings at presentation fig 8 & fig 8 a

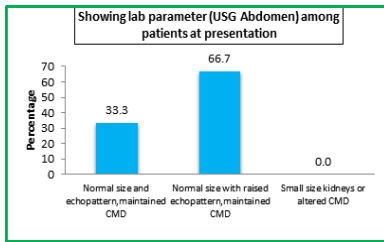


Fig 8  
Fig 8a

Table 8: Showing lab parameter (USG Abdomen) among patients at presentation

USG Abdomen	No.	%age
Normal size and echopattern, maintained CMD	18.0	30.0
Normal size with raised echopattern, maintained CMD	42.0	70.0
Small size kidneys or altered CMD	0.0	0.0
Total	60.0	100.0

Various comorbidities present among patients fig 9 & fig 9a

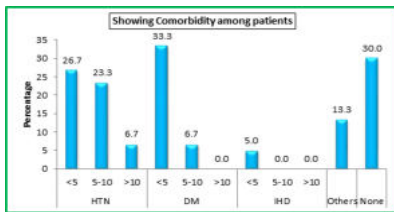


Fig 9  
Fig 9a

Table 9: Showing Comorbidity among patients

Comorbid condition (years)		No.	%age
HTN	<5	16.0	26.7
	5-10	20.0	23.3
	>10	4.0	6.7
DM	<5	20.0	33.3
	5-10	4.0	6.7
	>10	0.0	0.0
IHD	<5	3.0	5.0
	5-10	0.0	0.0
	>10	0.0	0.0

others	8.0	13.3
None	18.0	30.0

Management modalities of patients in hospital fig 10 & fig 10a

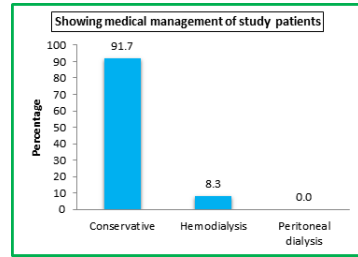


Fig 10  
Fig 10a

Table 10: Showing medical management of study patients

Management	No.	%age
Conservative	55.0	91.7
Hemodialysis	5.0	8.3
Peritoneal dialysis	0.0	0.0
Total	60.0	100.0

Renal function recovery in study patients fig 11 & fig 11a

Fig 11  
Fig 11a

Table 11: Showing recovery of renal function of study patients as per creatinine

Recovery of Renal function		No.	%age
Sr.creatinine at D/C	<1	0.0	0.0
	1-1.5	16.0	26.7
	1.5-2	44.0	73.3
	2-3	0.0	0.0
Sr.Creatinine at one month	<1	7.0	11.7
	1-1.5	53.0	88.3
	1.5-2	0.0	0.0
	2-3	0.0	0.0
Sr.Creatinine at three months	<1	9.0	15.0
	1-1.5	51.0	85.0
	1.5-2	0.0	0.0
	2-3	0.0	0.0
Sr.Creatinine at six months	<1	9.0	15.0
	1-1.5	51.0	85.0
	1.5-2	0.0	0.0
	2-3	0.0	0.0

RIFLE on admission ,one month ,3 month, 6 month fig 12 & fig 12a

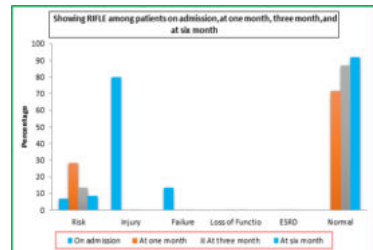


Fig 12  
Fig 12a

Table 12: Showing RIFLE among patients on admission, at one month, three month and at six month

RIFLE	On admission (n=60)		At one month (n=60)		At three month (n=60)		At six month (n=60)		P value
	No.	%age	No.	%age	No.	%age	No.	%age	
Risk	4.0	6.7	17.0	28.3	8.0	13.3	5.0	8.3	<0.001*

Injury	48.0	80.0	0.0	0.0	0.0	0.0	0.0	0.0
Failure	8.0	13.3	0.0	0.0	0.0	0.0	0.0	0.0
Loss of Functio	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
ESRD	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Normal	0.0	0.0	43.0	71.7	52.0	86.7	55.0	91.7
Total	60	100.0	60	100.0	60	100.0	60	100.0

Outcome of patients among cases vs controls fig 13 & fig 13a

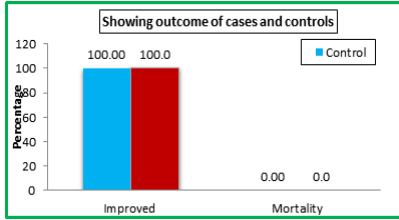


Fig 13 fig 13a

Table 13: Showing outcome of patients among controls and cases

Outcome	Control (n=100)		Cases (n=60)	
	No.	%age	No.	%age
Improved	100.0	100.0	60.0	100.0
Mortality	0.0	0.0	0.0	0.0
Total	100.0	100.0	60.0	100.0

Clinical presentation of control and cases fig 14 & 14a

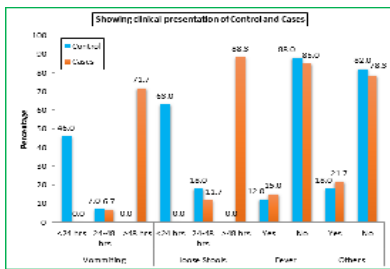


Fig 14 fig 14a

Table 14: Showing clinical presentation of Control and Cases

Clinical Presentation	Control		Cases		P value
	No.	%age	No.	%age	
Vomiting	<24 hrs	46.0	46.0	0.0	<0.001*
	24-48 hrs	7.0	7.0	4.0	
	>48 hrs	0.0	0.0	43.0	
Loose Stools	<24 hrs	63.0	63.0	0.0	<0.001*
	24-48 hrs	18.0	18.0	7.0	
	>48 hrs	0.0	0.0	53.0	
Fever	Yes	12.0	12.0	9.0	-
	No	88.0	88.0	51.0	
Others	Yes	18.0	18.0	13.0	0.064
	No	82.0	82.0	47.0	

Clinical signs among cases and controls fig 15 & fig 15a

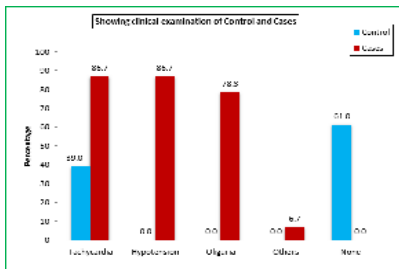


Fig 15 fig15a

Table 15: Showing clinical examination of Control and Cases

Clinical Examination	Control		Cases		P value
	No.	%age	No.	%age	
Tachycardia	39	39.0	52.0	86.7	<0.001*
Hypotension	0	0.0	52.0	86.7	
Oliguria	0	0.0	47.0	78.3	
Others	0	0.0	4.0	6.7	
None	61	61.0	0.0	0.0	

Kidney function at presentation among cases and controls fig 16 & fig 16A

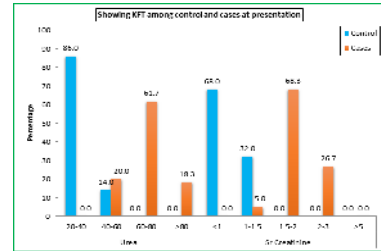


Fig 15 fig15a

Table 16: Showing KFT among control and cases at presentation

Clinical Presentation	Control		Cases		P value
	No.	%age	No.	%age	
Urea	20-40	86.0	86.0	0.0	<0.001*
	40-60	14.0	14.0	12.0	
	60-80	0.0	0.0	37.0	
	>80	0.0	0.0	11.0	
Mean±SD	34.5±0.18		77.4±0.61		
Sr.Creatinine	<1	68.0	68.0	0.0	<0.001*
	1-1.5	32.0	32.0	3.0	
	1.5-2	0.0	0.0	41.0	
	2-3	0.0	0.0	16.0	
	>5	0.0	0.0	0.0	
Mean±SD	0.8±0.48		1.9±0.78		

Medical management among cases and controls fig 17 & fig 17a

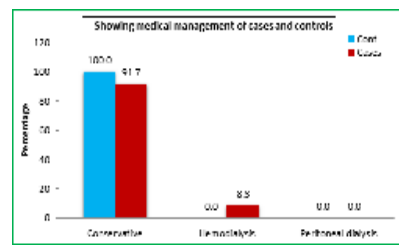


Fig 17 Fig 17a

Table 17: Showing medical management of cases and controls

Management	Control		Cases		Pvalue
	No.	%age	No.	%age	
Conservative	100.0	100.0	55.0	91.7	<0.001*
Hemodialysis	0.0	0.0	5.0	8.3	
Peritoneal dialysis	0.0	0.0	0.0	0.0	
Total	100	100.0	60.0	100.0	

**Discussion :**

Acute diarrheal disease is a leading cause of illness globally. It is estimated that three to five billion cases of gastroenteritis resulting in 1.4 million deaths occur globally on an annual basis 47,48 and those in the developing world being primarily affected. 49 As acute gastroenteritis through volume depletion causes renal failure, failure to correct hypovolemia in time in acute gastroenteritis leads to acute tubular necrosis and renal failure. If hypovolemia persists, it results in tubular injury and irreversible damage leading to the need of renal

replacement therapy.<sup>44</sup> If volume depletion is corrected before development of tubular injury, chances of acute renal failure (ARF) can be minimized. Studies had been done which showed that acute gastroenteritis is the one of the common cause of acute renal dysfunction.<sup>40,44</sup> The spectrum of renal failure in the adult population and the factors predicting poor outcome is not well defined in literature. Identification of risk factors and poor prognostic markers in these patients help in planning strategies to prevent AKI and to prioritize the utilization of sparse and expensive therapeutic modalities, especially in developing countries like ours. There is very little data in the incidence of AKI in India due to the lack of central registry. The etiology, course, and outcome differ in various parts of India.

The present study consisted of 160 patients above 18 years of age. We divided the patients into age groups like (18-24yrs, 25-44yrs, 45-64yrs and >65yrs) according to the standard survey classifications. Most of the patients in the case group (Group B) fall in the age group of 45-64yrs of age, with the mean age of 62.9yrs. Similarly most of the patients in the control group (Group A) fall in the age group of 45-64yrs of age, with mean age of 56.3yrs. There was a female preponderance in both the groups with 56% females in the control group (Group A) and 63.3% in the case group (Group B). Our results are consistent with the study carried out by Mahajan et al and Kumar et al.<sup>50,51</sup> Sex distribution was different in Jayakumar et al<sup>52</sup> study with males being 70.5%. This is probably due to varied etiology of the study, we have considered only one etiology that is gastroenteritis. The clinical features observed in our study was vomiting which was present in 53% of patients in control group and 78.4% in case group. Loose stools which was present in 81% of patients in control group and 100% of patients in case group. It was observed from the study that most patients in control group presented with in 24 hrs of their symptoms. However patients from the case group presented to the hospital for more than 48 hrs of their symptoms. This presentation to the hospital or healthcare facility has clinical significance as the patients who present early to the health care facility have low chances of developing acute kidney injury as compared to patients who present late, more dehydrated and thus high chances of AKI. Same results were observed by Baig MMI et al<sup>44</sup>, PK Chhetri et al<sup>40</sup> Chirag et al.<sup>53</sup> The other clinical features which were observed in our study was fever in 12% of patients in control group and 15% of patients in study group. Pain abdomen in 11% in patients in control group and 9% in case group. Dysuria in 7% of patients in control group and 4% of patients in case group. Tachycardia and hypotension was present in 86% of patients in case group and only tachycardia in 39% of patients in control group. Oliguria was present in 78.3% of patients in case group and none had oliguria in control group. Other clinical features like drowsiness (altered sensorium) were present in 6.7% of patients in case group. The observations in Prakash et al<sup>54</sup> study apart from vomiting, diarrhea were oliguria in 47%, anuria in 27%, CNS manifestations in 27%, bleeding diathesis in 10.3%, edema 12.9% and pulmonary edema in 4.2%. The disparity in clinical features among the two studies may be due to varied etiology considered by Prakash et al.<sup>54</sup> Most of the patients in our study on presentation had urea in the range of 60-80 mg/dl with mean of 77.4 in the case group and 20-40 mg/dl with mean of 37.5 in the control group. Creatinine was in the range of 1.5-2.0 with mean of 1.9mg/dl in the case group and <1mg/dl with mean of 0.8 mg/dl in the control group. These results were consistent with the study carried by the Pereira et al,<sup>55</sup> J.Inbanathan et al.<sup>56</sup> The other complications noted in our patients (case group) were raised hematocrit in 80% of patients, acidosis with pH <7.35 in 60% of patients. Hyponatremia in 70% of patients with severe hyponatremia in 6.7% of patients. Hypokalemia was noted in 66.7% of patients and lactic acidosis in 88.3% of patients at presentation. In our study patients (case group) albuminuria was noted in 13.3% of patients and glycosuria in 16.7% of patients. Our results are consistent with the study carried out by J.Inbanathan et al<sup>56</sup> who studied total of 100 patients and detected albuminuria in 13% of patients and glycosuria in 14.9% of patients. Microscopic examination of urine revealed pyuria in 15% of patients, RBC in 10% of patients and casts in 20% of patients. However on following these patients none had features of intrinsic renal disease like glomerulonephritis and moreover these findings can be normally seen in severe prolonged pre renal AKI and also in viral infections. Moreover most of the casts were acellular (hyaline, granular). In our study patients (group B) 70% of patients had raised renal echo pattern on USG and 30% of patients had normal USG. These results were in consistent with the study conducted by J.Inbanathan et al.<sup>56</sup> Most of the patients in our study (group B)

presented in the injury stage 80% according to RIFLE staging of the acute kidney injury. 13.3% patients presented in failure stage and 6.7% presented in risk stage. These results are consistent with the study conducted by Neha Balkunde et al,<sup>57</sup> where 16.4% patients are in Risk group, 74.3% in Injury and 9.3% in Failure group. Comorbid conditions noted in our patients where Hypertension in 56.7%, diabetes mellitus 40%, Ischemic heart disease 5%, COPD 5%, hypothyroidism 8.3% of patients. These results were consistent with the study done by J.Inbanathan et al.<sup>56</sup> However in Prakash et al<sup>54</sup> study comorbidity was seen in 52% of patients; hypertension (34.7%), diabetes mellitus (28.3%) and coronary artery disease (30.4%). The difference was probably because the study was done in ICU setting only. In our study all the patients from group A were managed conservatively. However in Group B 91.7% of patients were managed conservatively and 8.7% of patient's required renal replacement therapy in the form of hemodialysis. The requirement of hemodialysis in these patients were because of rapidly deteriorating renal function, uremic symptoms, volume overload and rapid worsening of other lab parameters like acidosis, hyperkalemia, anuria. The requirement of hemodialysis in our study was similar to the study conducted by Neha balkunde et al.<sup>57</sup> Contrary to our study dialysis requirement in Jayakumar et al<sup>52</sup> was 30% and in the program to improve care in acute renal disease (PICARD) study was 34%. This was probably due to indications for dialysis considered, difference in study population and probably because PICARD study was undertaken in critically ill patients with varied etiology considered.<sup>58</sup> In our study most of the patients in group A were discharged within 24 hrs and most of the patients in group B were discharged within 5 days with mean duration of hospital stay in group A of 0.8 days and in group B of 3.7 days which is statistically significant ( $p < 0.0001$ ). Our results were consistent with the study carried out by Archana deshpande et al,<sup>57</sup> J. Inbanathan et al.<sup>56</sup> However the median length of hospital stay was 25 days in PICARD study. This was probably because PICARD study was undertaken in critically ill patients and varied etiology considered. In our study there was no mortality (0%). In J.Inbanathan et al<sup>56</sup> study, the mortality was 4%. The most significant factor for mortality was the time interval from the onset of ADD to the diagnosis of ARF. The difference in mortality rate was probably due to increasing percentage of patients needed RRT (30%) in this study and varied indications for dialysis. The other prognostic factors which affect the mortality are multiorgan failure, circulatory failure, and vasopressor support. In our study we followed the group B patients i.e those patients who developed AKI after ADD for a period of six months with serial monitoring of their renal functions at one month, three month and at six months. We used RIFLE staging and GFR (MDRD equation) to study the follow up. After one month most of the patients had recovered their renal functions except 28.3% which were still in the Risk stage of RIFLE staging. Further follow up of these patients at 3 months of their discharge revealed that 13.3% are still in the Risk group and among them 5% (3 patients) had GFR below 60 ml/min/1.73m<sup>2</sup> and were categorised as having CKD. One among these three patients had received hemodialysis during the hospital stay. On further follow up at 6 months only 8.3% of patients were in the Risk group and 5% out of this 8.3% were in CKD. Studies performed by Pereria et al<sup>9</sup> and Chawla et al<sup>10</sup> showed that the older age and the severity of AKI predicted the progression to CKD. The most severe AKI patients evaluated by the RIFLE or AKIN criteria presented lower rate of recovery of renal function at the time of hospital discharge and higher progression to CKD. Thakur et al studied patients with diabetes and risk of progression to CKD after ATN episodes. It was observed that an episode of AKI in diabetic patients compared with diabetic patients without ATN was associated with progression to CKD.

### Conclusion:

As severity and duration of dehydration increases, risk of AKI increases. Also as the stage of renal injury advances, duration of hospital stay increases and clinical outcome become poorer. Out of many causes of AKI, Acute diarrheal diseases are important cause of preventable AKI in India. So, early referral and adequate replacement of fluid and electrolyte can improve outcome in these patients.

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