

# Trends, causes and outcomes of Acute Kidney Injury (AKI) among children attending University of Nigeria Teaching Hospital, Ituku-Ozalla Enugu

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## Abstract

**Background:** Acute Kidney Injury (AKI) in children is increasingly being recognized as a major problem in resource poor countries like Nigeria. In our own setting where resources for renal replacement therapy are limited, it becomes expedient to identify the cases early, ascertain the common causes and challenges in management. This will inform early interventions and strategies for prevention.

**Objectives:** This study sought to describe the trends, causes and outcomes in the management of AKI among children attending pediatric nephrology unit of the University of Nigeria Teaching Hospital.

**Methods:** A retrospective cross-sectional study whereby case folder of children with discharge diagnosis of AKI seen in the pediatric nephrology unit of the University of Nigeria Teaching Hospital in Southeast Nigeria.

**Results:** 51 case folders fulfilled the inclusion criteria. The age range was 0.8-16 with a mean of  $5.3 \pm 4.6$ . There was male predominance with M:F ratio of 2.2:1. The commonest presenting feature was fever (78.4%). Majority (82.9%) came in with greater than and equal to stage 2 AKI (KDIGO), with mean creatinine value of  $494.6 \pm 367.44$   $\mu\text{mmol}$ . Sepsis and malaria were common associated diagnoses. Eight patients (11.8%) were dialyzed and mortality was 3.9%.

**Conclusion:** Febrile illnesses such as malaria and sepsis are the commonest cause of AKI in this study and this occurs between the ages of 1 and 9 years. Few of these children with AKI benefited from dialysis. Mortality is low and outcome in this study seems good.

**Keywords:** Children; AKI; renal replacement therapy; prevention.

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## Introduction

Acute kidney injury has been identified as a global public health problem with the highest burden disproportionately fallen on low and middle income countries and associated with high morbidity and mortality.<sup>1</sup> Previous studies<sup>2,3</sup> reported a higher proportion of community acquired AKI than hospital acquired AKI from resource poor countries. In the past, the true burden of Paediatric

AKI was largely unknown due to lack of standardized and uniform definition across studies. 4-6 definitions tried to harmonize and simplify the classification which makes it easier to estimate the burden in various settings. In children and neonates both prospective and retrospective studies revealed a prevalence of about 27%.<sup>6</sup> Acute Kidney Injury is associated with mortality irrespective of the precipitating cause. In low income countries a lot of challenges have been noted in the management of these patients and this may vary from region to region.

For instance, despite achieving an epidemic status, AKI remains poorly diagnosed and managed in Low and Middle Income Countries (LMICsL).<sup>7</sup> A study of 223 Paediatric nephrologists had revealed peritoneal dialysis as the only frequently used dialysis modality in developing countries.<sup>7</sup> Ezesorbor et al<sup>6</sup> reported the lack of consumables, skilled manpower and high cost of dialysis as common challenges seen in children with AKI. They also noted non-availability of peritoneal dialysis in 50% of Nigeria Hospitals as a challenge militating management of children with AKI.<sup>6</sup> Similarly, Bello et al<sup>8</sup> had noted associated high costs in the maintenance of dialysis in Nigeria. In their reportage, more than 90% of the population live below the poverty level, subsequently, patients with kidney disease pay out-of-pocket to continue with hemodialysis.<sup>8</sup>

In addition, in Nigeria, Ademola et al<sup>9</sup> AKI as a common disease among children in a tertiary care hospital in sub-Saharan Africa often associated with high mortality risk. The high mortality risk could be worse in settings without dialysis. Ademola et al<sup>10</sup> has documented a high mortality 16.3% in their reportage, and high mortality risk could be worse in settings without dialysis.

Children with acute renal failure due to acute kidney injury, needing renal replacement therapy (RRT) may die probably due to lack of dialysis facilities.<sup>11-13</sup> Also potentially, there are several obstacles and challenges in the early diagnosis and ancillary management of these children with AKI. Lack of laboratory and basic treatment facilities, skilled medical and para-medical personnel and medical infrastructure are factors militating early diagnosis and prompt management of children with AKI.<sup>14,15</sup> Studies from the International Society of Peritoneal Dialysis (ISPD) conference in 2014 showed substantial varia-

tions in availability of therapy and diagnostic capabilities in the management of AKI in children.<sup>16</sup> The unavailability of hemodialysis (HD) or peritoneal dialysis (PD) for AKI with paucity of qualified nurses or physicians has been documented in some studies.<sup>14-16</sup>

The burden of AKI in children from south East Nigeria remains a topical issue and inadequately explored. This study sought to examine the challenges associated with the management of AKI in a tertiary institution in south-east Nigeria with the ultimate aim to provide interventions and propose strategies to mitigate the problem.

## Methods & Materials

The study site was the University of Nigeria Teaching Hospital Ituku Ozalla, Enugu in Southeast Nigeria. The facility was a 500-bed tertiary health facility with a catchment area that spans over 4 states in the sub region. It has a 30 bed pediatric ward, 25 bed pediatric emergency unit and a 20 bed neonatal unit. This was a retrospective hospital based cross sectional study whereby the case notes of all pediatric patients with a discharge diagnosis of AKI over a six year period were enrolled into the study. Case notes with inadequate data to stage the AKI were excluded while those with AKI according to KDIGO creatinine classification and age  $\leq 18$  years were included.

All patients with calculated eGFR  $< 35$  ml/min were classified as stage 3 AKI. For the estimation of the urine flow rate the urine was collected in a calibrated container. Each void was measured in milliliters and recorded in the urine flow chart. After a completed 24 hours, the total volume voided is divided by the weight in kg and by 24 hours and documented in mls/kg/hour. In critically ill children, a urethral catheter was passed and the urine collected in a urine bag. The total volume voided in a 24 hour period was also measured and calculated in a similar way.

For the estimation of eGFR; Schwartz formula was used which was calculated in ml/min/1.73m<sup>2</sup> as height in centimeter  $\times$  constant divided by serum creatinine in mg/dl. Age is a factor that determines the constant applied in the calculation. For infants younger than 1 year, the constant was 0.4, for a child and female adolescents, the constant was 0.55 while male adolescents was 0.7.

Known cases of chronic kidney disease or other chronic illness were also excluded. Clinical and bio-demographic data was extracted from the case notes, cleaned, coded and computer entered using the SPSS v20 software.

## Data analysis

Descriptive statistics and frequencies were reported as means and proportions for continuous and categorical variables respectively. Non parametric data were summarized as minimum, maximum and median.

## Results

Within the study period January 2013 and June 2018, 51

children met the inclusion criteria, of the 10,619 children admitted within the period. The majority (62.7%) of patients were between 1-9 years of age. 4.8 per 1000 children were admitted into the Paediatric wards and mortality was about (2/51) 3.9%. The remaining 96% were discharged home to be followed up in the nephrology clinic.

Basic characteristics of study population are shown in Table 1.

**Table 1:** Socio-demographic characteristics of respondents

<b>Variable</b>	<b>Frequency (n=51)</b>	<b>Percent (%)</b>
<b>Age of respondents (years)</b>		
Minimum	0.8	
Maximum	16	
Median	4.0	
<b>Age of respondents in groups</b>		
<1 year	10	19.6
1-9 years	32	62.7
10-16 years	9	17.6
<b>Gender</b>		
Male	35	68.6
Female	16	31.4
<b>Weight (kg)</b>		
Minimum	3.1	
Maximum	62.0	
Median	17.0	
<b>Height (cm)</b>		
Mean ( $\pm$ SD)	106.3 $\pm$ 32.3	
<b>Systolic blood pressure</b>		
Mean ( $\pm$ SD)	106.0 $\pm$ 24.0	
<b>Diastolic blood pressure</b>		
Mean ( $\pm$ SD)	67.0 $\pm$ 19.0	
<b>Duration of hospitalization (days)</b>		
Minimum	2	
Maximum	34	
Median	11	

Major presenting complaints and associated diagnosis are shown in Table 2 followed by reduced urine output and body swelling (56.4%) Sepsis is the commonest cause of AKI 17(33.3%) followed by Complicated malaria 9 (17.6%)

Fever was the commonest (78.4%) presenting complaint,

**Table 2: Presenting complaints**

<b>Variable</b>	<b>Frequency (n=51)</b>	<b>Percent (%)</b>
<b>Presenting complaints</b>		
Fever	40	78.4
Decreased urine output	29	56.4
Body swelling	28	54.9
Vomiting	16	31.4
Diarrhoea	13	25.5
Respiratory distress	10	19.6
Coke coloured urine	9	17.6
Paleness of the body	8	15.7
Cough	7	13.7
Convulsion	6	11.8
Seizures	6	11.8
Altered level of consciousness	4	7.8
Abdominal pain	3	5.9
Weakness	3	5.9
Palor	3	5.9
Melena stool	1	2.0
Yellowness of eyes	1	2.0
<b>Co-morbidities</b>		
Sepsis	17	33.3
Seizures	2	3.9
Sickle cell disease	1	2.0
Hyperpigmented papular rashes	1	2.0
Acyanotic heart disease	1	2.0
Respiratory tract infection	1	1.0
Others (not specified)	6	11.8
<b>Possible cause of AKI</b>		
Sepsis	17	33.3
Complicated malaria	9	17.6

Hemolytic uremic syndrome	4	7.8
AGN	3	5.9
Gastroenteritis	3	5.9
Nephrotoxicity	2	3.9
Urinary tract infection	2	3.9
Obstructive uropathy	1	2.0
Pyelonephritis	1	2.0
AKI secondary to hypovolemia	1	2.0
Herbal concoction	1	2.0
Sickle cell disease	1	2.0
Others (not specified)	4	7.8

Majority (70.6% ) of the patients were managed conservatively while only 27.4% had access to any form of renal replacement therapy. Of these 23.5% had hemodialysis while 3.9% had peritoneal dialysis. Furosemide was the commonest drug administered as part of the conservative management.

**Table 3a:** AKI stage, treatment provided and outcome

Variable	Frequency (n=51)	Percent (%)
<b>Kidney stage of AKI</b>		
Stage 1	7	13.7
Stage 2	4	7.8
Stage 3	35	68.6
Not specified	5	9.0
<b>Treatment provided</b>		
Conservative management	36	70.6
Hemodialysis	6	11.8
Peritoneal dialysis	2	3.9
Renal biopsy	1	2.0
Not specified	6	11.8
<b>Treatment outcome</b>		
Satisfactory	39	76.5
Death	2	3.9
Residual symptoms	3	5.9
Not indicated	7	13.7

**Table 3b:** Medications given during and after presentation

Variable	Frequency (n=51)	Percent (%)
<b>Drugs given during treatment</b>		
Frusemide	29	56.9
Dopamine & frusemide	3	5.9
Slow K	3	5.9
Dopamine	1	2.0
Lasix	1	2.0
Others (not specified)	6	11.8
<b>Drugs given before presentation</b>		
Antibiotics	16	31.4
ACE inhibitors	3	5.9
Anti-malaria	2	3.9
Diazepam	1	2.0
Others (not specified)	5	5.9
Unknown	1	2.0
Not indicated	9	17.6

**Table 4:** Size of kidneys and Electrolyte/Urea/creatinine of respondent

Variable	Frequency (n=51)
<b>Right kidney (width)</b>	
Mean ( $\pm$ SD)	8.8 $\pm$ 2.4
<b>Right kidney (length)</b>	
Mean ( $\pm$ SD)	4.9 $\pm$ 2.3
<b>Left kidney (width)</b>	
Mean ( $\pm$ SD)	8.7 $\pm$ 2.4
<b>Left kidney (length)</b>	
Mean ( $\pm$ SD)	5.3 $\pm$ 2.2
<b>Calcium</b>	
Mean ( $\pm$ SD)	1.2 $\pm$ 0.4
<b>Phosphorus</b>	
Mean ( $\pm$ SD)	4.5 $\pm$ 2.1

<b>Chloride</b>	
Mean ( $\pm$ SD)	101.3 $\pm$ 20.7
<b>Urea</b>	
Minimum	2.2
Maximum	100.0
Median	31.4
<b>Creatinine</b>	
Minimum	52.0
Maximum	1520.2
Median	479.0
<b>Urine flow rate</b>	
Minimum	0.1
Maximum	11.4
Median	0.5
<b>e GFR at presentation</b>	
Minimum	2.8
Maximum	178.5
Median	10.5
<b>e GFR at discharge</b>	
Minimum	5.6
Maximum	96.3
Median	40.0

## Discussion

This study was aimed at determining the trends, causes and outcome of AKI among children attending a tertiary hospital in Enugu. Most cases were associated with febrile illnesses most likely malaria and sepsis. It is documented that certain patient-context-specific factors can modify the risk and aetiology of AKI.<sup>17</sup> Apart from the illness recorded at extreme of ages 18-22, AKI is commonly associated with sepsis. Ezeonwu et al<sup>22</sup> also noted complicated malaria among the commonest causes of AKI in southern Nigeria. Muithya et al<sup>23</sup>, Evans et al<sup>24</sup>, Anigilaje et al<sup>25</sup> and Mehta et al<sup>118</sup> all documented malaria and sepsis as common etiological correlates among children with AKI. Furthermore, children with AKI in this study presented late and this could be explained by wrong diagnosis, poor referral practice and late identification of cases.<sup>26,27</sup> Early recognition and intervention is associated

with better outcome. For instance, Vijay et al<sup>28</sup> noted that timely recognition of patients at risk or with possible acute kidney injury (AKI) is essential for early intervention to minimize further damage and improve outcome. Initial management of patients with suspected and persistent AKI should include thorough clinical assessment of all patients with AKI to identify reversible factors, including fluid volume status, potential nephrotoxins, and an assessment of the underlying health of the kidney.<sup>27</sup>

The majority of the children with AKI in this study were managed conservatively while a few had access to any form of renal replacement therapy with a very small number of them having the privilege to benefit from peritoneal and hemodialysis. Studies have shown that delays in patients seeking treatment and inability of patients to pay for dialysis poses a great challenge in the man-



agement of children with AKI. However, the mortality in our case would have been worse without dialysis. Children with AKI with end stage disease may die because dialysis is simply not available, accessible or even affordable. Besides, Olowu et al<sup>19</sup> in a systematic review noted that out of 3,340 subjects with AKI admitted to hospital in 13 countries in Africa, dialysis was indicated in about 66% of the them, nevertheless only about 50% of them received dialysis when needed.

The majority of the children with AKI in this study were between 1-9 years of age. The possible aetiology and insults to the kidneys normally occur at this age group. This has been corroborated by other researchers. Esezobor et al<sup>6</sup> also noted similar age range among children with AKI while Obichukwu et al<sup>21</sup> noted that AKI in critically ill children also commonly occurs in children less than five years of age.

The mortality from AKI in this study was 3.9%. Mortality rates are usually high in critically ill children with AKI, ranging between 9% and 67%.<sup>28</sup>

Recent reviews emphasize that disparities in the definition of AKI have resulted in large variations in reported incidence and outcomes. Acute kidney injury has been linked with greater mortality in children. For instance, Chawla et al<sup>16</sup> found that AKI events were associated with a mortality rate more than double that of myocardial infarctions. Similarly in a retrospective study, Alkandari et al<sup>29</sup> noted that children admitted to the intensive care unit who developed AKI were 4–8 times more likely to die than those who did not.<sup>29</sup>

## Conclusion

Febrile illnesses such as malaria and sepsis are the commonest cause of AKI in this study and this occurs between the ages of 1 and 9 years. Few of these children with AKI benefited from dialysis. Mortality is low and outcome in this study seems good Recommendations We recommend a high index of suspicion for AKI when reviewing febrile cases. Renal function tests to for early identification of AKI in all febrile cases that present to health facilities is recommended. To create awareness among other cadres of health workers for early identification of cases. To conduct prospective and longitudinal studies to assess actual burden in our children and long term outcome.

## Declaration

### Consent for publication:

Not applicable

### Availability of data and materials

The data will be shared by the corresponding author.

### Funding

This work was not funded by any organization. We bore all expenses that accrue from this study.

### Conflict of interest

The authors declare no conflict of interest.

### Author contributions

HO, NM, VM, IO, SU, GA, ENO, JMC conceived the study, drafted the manuscript, and gave final approval of the version to be published. HO and ENO collected and interpreted the data and gave final approval of the current version. ENO analyzed the data.

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### Ethical Approval and Consent to participate

Ethical approval on was sought from the Ethics and Research committee of University Of Nigeria.

### Conflict of interest

The authors declare no conflict of interest.

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