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Assess the risk factors of renal calculi among patients admitted in tertiary care hospital at Nellore

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Abstract

Renal calculi is a common and a major cause of morbidity. Risk factors do not have a direct cause of the disease, but some way or the other it is associated with it. The present cross sectional descriptive research conducted for identifying the risk factors for renal calculi patients admitted to Narayana Medical College Hospital. 30 renal calculi patients were selected by using non probability convenience sampling technique. The results of the study revealed that out of 30 renal calculi patients 27(90%) are taking sea food and green leafy vegetables, 24(80%) patients are taking beetroot and sweet potato, 16(53.3%) are had UTI. The Study Findings highlights that there is need to educate the renal calculi patients regarding dietary management.

Keywords: Assess, Risk factors, Renal Calculi Patients.

1. Introduction

The renal calculus is defined as stone formation within the renal pelvis or parenchyma or the renal calculi is defined as it is a formation of crystalline aggregates in the urinary tract. Kidney stones are most prevalent in patients between the ages of 30 and 45 with men affected three times more than women, overall incidence declines after the age of 50. According to the US national institutes of health one person in ten develops kidney stones during life time and renal stones disease accounts for 1-10 of every 1000 hospital admission. Risk factors do not have a direct cause of the disease, but some way or the other it is associated with it. Many literatures and studies proves that there is no exact cause of urinary calculi but there are a number of genetic body reaction to certain metabolic and chemical conditions and life style risks that contribute to renal calculi formation. The common risk factors are age, sex, climate, season, stress, fluid intake, occupation, diet, genetic and metabolic changes. Diabetic and Hypertension were the other risk factors closely associated with renal calculi.

1.1 Title of the Study

A study to assess the risk factors of renal calculi among patients admitted in Tertiary care Hospital, at Nellore.

1.2 Objective

To assess the risk factors of renal calculi among patients.

2. Methodology

Quantitative Approach and Cross sectional descriptive design was adopted for the present study. Study conducted in Narayana Medical College Hospital. 30 renal calculi patients were selected by using non probability convenience sampling technique. The purpose of the study explained to participants in their understandable language and obtained the approval from samples. Checklist used for collecting information from participants.

2.1 Method of Data Collection

The tool for data collection consists of 2 parts:

2.1.1 Part I: deals with socio demographic data such as age, gender, religion, education, habits, family pattern, income, marital status, type of family, type of work, history of renal calculi, previous history of renal calculi, intake calcium diet, and drinking water at 2.5-3.5 lit/day.

2.1.2 Part II: Observational checklist used to assess the risk factors of renal calculi among patients. It consists of 15 items related to risk factors of renal calculi.

2.2. Plan for Data Analysis

S. no	Data analysis	Method	Remarks
1	Descriptive statistics.	Frequency, percentage distribution. Mean and standard deviation.	Distribution of socio demographic variables. To assess the risk factors of renal calculi.

3. Results and Discussion

The data was organized, tabulated, analyzed and interpreted by using descriptive statistics based on the objectives of the study. The findings were presented in the following sections. The analysis of the data was mainly classified as

3.1 Section I: Frequency and percentage distribution of demographic variables among renal calculi patients.

3.2 Section II: Frequency and Percentage distribution based on risk factors of renal calculi patients.

3.3 Frequency and percentage distribution of demographic variables among renal calculi patients.

Majority of renal calculi patients are 9(30%) are in between 31-41 years, most of them are 21(70%) are males, majority 15(50%) patients are illiterates, 18 (60%) patients are coolie, most of the patients 18(60%) are living in rural area, majority of patients 15(50%) patients are not having any habits, 27(90%) patients are taking mixed diet, with regard to type of work 18(60%) patients are doing heavy work with regard to history of renal calculi, 21(70%) patients are having history of renal calculi, majority of patients are admitted with the complaint of flank pain. Most of the m 18(60%) are drinking water 2.5-3.5lt per day

3.4 Section II: Frequency and Percentage Distribution Based On Risk Factors of Renal Calculi Patients

Sl no	Risk factors of renal calculi	Frequency (F)	Percentage (%)
1	Drink caffeinated beverage	12	40
2	Taking sea food and green leafy vegetables	27	90
3	Excessive of citric juice	6	13.3
4	Taking pickles in frequently	8	26.6
5	Taking more beetroot and sweet potato	24	80
6	Taking chock lets frequently	4	13.3
7	Taking water at 1-2 hours	11	36.6
8	More sweating	11	36.6
9	Gastritis	4	13.3
10	Hypertension	6	20
11	Diabetics	3	10
12	Cardiac problems	5	16.6
13	UTI	16	53.3
14	History of gastrointestinal surgeries	20	33.3
15	Taking any antacids frequently without physician order.	1	03.3

4. Conclusion

The Study Findings concluded that majority of the renal calculi patients have the risk factors of taking seafood and green leafy vegetables regularly and more frequent intake of beetroot and sweet potato.

5. Nursing implications

5.1 Nursing practice

Nurses have been responsibility to educate about the prevention of renal calculi.

The nurses should develop proper skill in recognizing and it is also highest the need to develop protocol and nursing standard in caring patient with renal calculi.

5.2 Nursing Research

More research can be conducted on risk factors of renal calculi and implementation of strategies to control renal calculi.

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