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SOCIOECONOMIC STATUS AND PREVALENCE OF CARDIOVASCULAR RISK FACTORS AMONG PATIENTS WITH END STAGE RENAL FAILURE (ESRF) AT TEACHING HOSPITAL, KARAPITIYA: A PRELIMINARY SURVEY

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Background: Patients with ESRF are susceptible to vascular events leading to increased mortality and morbidity. Apart from conventional vascular risk factors, they have a socio-economic background that predisposes them to cardiovascular events.

Aim: The aim of this study was to describe the socioeconomic status and to find out the proportions of patients with conventional cardiovascular risk factors in a group of patients with ESRF.

Methods: A group of (n= 65) patients with ESRF attending for regular haemodialysis at Teaching Hospital, Karapitiya were interviewed and their medical records were examined after the consent. It was a preliminary survey conducted after the ethical clearance. Information on socioeconomic status and the presence of conventional cardiovascular risk factors were collected. Social class of the patients was determined using the criteria defined for Sri Lankans.

Results: Mean (SD) age of the group was 46 (12) years. Forty eight (73.9%) patients were from the 'poor' social class and only 3(4.61%) were from the 'upper middle' class. Forty seven (72.3%) had education below GCE ordinary level and only 4 (6.2%) had received university education. Fifty five, (84.6%) patients had monthly family income below Rs.25,000. Proportion of patients with ischaemic heart disease, hypertension, diabetes mellitus, peripheral vascular disease and hypercholesterolaemia were 15.4%, 90.8%, 33.9%, 7.7%, 29.2% respectively. Twenty two (22/45, 48.9%) men were smokers. Thirty one (31/45, 68.89%) men had taken alcohol at some stage in life.

Conclusions: The proportion of patients with poor socio-economic status is high. High prevalence of known CV risk factors, was observed.

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