Article

Assessment of Kidney Function in Diagnosis of Persistent Renal Illness .

Karrar yassir Hassan* and haider abd jabbar Alammar

Department of Medical Biochemistry , College of Medicine

University of AL- Qadisiyah ,Iraq .

Email : technologistlaboratory@gmail.com

Abstract

Chronic kidney disease (CKD) is a common adult ailment that progresses over time without a known cure and has a high morbidity and mortality rate, especially in individuals with diabetes and hypertension Sustaining healthy kidneys may enhance outcomes.

This may be done by Alternative therapies include food and changes in behavior

as well as pharmacological therapy tailored to specific kidney disorders.A diet rich in vegetables, low in protein, and low in salt may help to sustain renal function and prevent glomerular hyperfiltration. It may also have a positive impact on pH balance and gastrointestinal bacteria equilibrium. Certain pharmacotherapies, such as inhibitors of the non-steroidal mineralocorticoid pathway , can protect the kidney by acting as beneficial against inflammation or fibrosis agents; on the other hand, SGLT2 [SLC5A2] inhibitors and modulators of the renin-angiotensin-aldosterone pathway can protect the kidney by lowering intraglomerular pressure without affecting blood pressure or glucose regulation. Certain glomerular and cystic kidney illnesses may benefit from therapy specific to the disease. Because chronic kidney disease has a great deal of problems, related Death and death rates as well as non-traditional danger signs play a role, Critical therapies for these

patients include preventing acute renal injury, limiting the risk of infection, and treating the cardiovascular risk associated with chronic kidney disease.

Keywords :

permanent renal illness, renal function tests.

Introduction

permanent renal illness is an all-encompassing phrase that includes a range of disorders affecting the kidney's structure and function (1) Depending in part on the pathophysiology, severity, and rate of advancement, different diseases manifest in different ways. standards According to the theoretical strategy presentation, definition, and staging of chronic kidney disease ten years ago (2), 1-4 have recommended that renal illness be acknowledged as a famous disturbance of varying harshness that Certainly merits consideration with conventional interns, as well as a potentially fatal illness that only a tiny percentage of patients need kidney specialists' attention. However, they also call for treatment, early identification, as well as defense using A meticulously planned healthcare system strategy.4-6 Guidelines, while generating controversy, have a significant impact on clinical practice, research, and global health (3).

Chronic kidney disease is diagnosed based on the presence of reduced kidney function (glomerular filtration rate) or kidney damage (albuminuria). Regardless of the clinical diagnosis GFR below sixty (mL)/min per 1.733 m²) for at least 90 days (4). GFR is used to categorize the disease into five phases since it is an important factor in the pathophysiology of problems. The aforementioned stages comprise of the following: (1) more than 90 mL/min per 1·73 m²; (2) 60–89 mL/min per 1·73 m²; (3) 30–59 mL/min per 1·73 m²; (4) 15–29 mL/min per 1·73 m²; and (5). less fifteen milliliter per mint every {1·73} m² (4). Kidney dysfunction has historically been seen as the most catastrophic outcome of permanent renal illness, with symptoms usually arising from decreased kidney

function. For severe(signs) , the only available therapies are dialysis and kidney transplantation (6).renal dysfunction is called as a(GFR) of below than (15) mL/min per (1.73)m² and the need for hemodialysis or transplant. Reduced GFR can lead to a number of complications, such as infection, acute renal damage, an increased risk of cardiovascular disease, and cognitive decline (7). In wealthy countries, chronic renal failure is usually associated with advanced age, hypertension, obesity, and heart disease; the most common pathogenic entities are diabetes, hypertensive nephrosclerosis, and glomerulosclerosis (8). While there aren't any particular markers of kidney damage linked to hypertensive nephrosclerosis, albuminuria might increase from normal to high levels when decreased GFR initially manifests (9). The typical signs of diabetes and permanent renal illness are not always present in individuals with diabetic glomerulosclerosis (10). Due to the pathological signs of hypertension nephrosclerosis might occasionally be more harshness than anticipated due to the volume of blood (11). Many nations have set up survival programs to evaluating renal disorder managed with dialysis and kidney transplant (12). The last frequent clinical sign of many permanent renal illness is renal fibrosis. Renal fibrillation, which is characterized by interstitial cystic (fibrosis) tubular atrophy, and glomerulo sclerosis, is a sign of the kidney tissue's inability to heal after sustained, severe damage(13).After endothelial cells are activated in response to hypertension (14). There is a direct correlation between tubular atrophy, interstitial fibrbrosis, and scarring and both proteinuria and GFR (15). As fibrosis worsens, injured tubular epithelia undergo apoptosis and become incapable of regenerate This results in the production of nonfunctioning glomeruli and tubular atrophy (16) . Tubular cell area measurements and GFR have a high histopathological association (17). By figuring out the renal clearance of foreign fragmentation markers, one can infer GFR indirectly The usual navigation indicator (18). Is inulin. Since inulin is inert and does not undergo tubular secretion, metabolism, or reabsorption, it is

easily filtered by the kidney and swiftly removed into the urine through glomerular filtration(19). It also does not connect to plasma protein. Inulin is not commonly used in practice due to its high cost and difficulty . Rather, distinct filtration markers are employed, with local availability influencing the majority of the selection process (20).

Methodology

Samples assembling

A total of five mill of blood were drawn from each patient's vein; one milliliter was used for the PCV test using EDTA, and the remaining four milliliters were placed in a gel tube for biochemistry analysis. A serum sample was collected by centrifuging blood specimens in gel tubes at 3000 xg for 10 minutes. After that, the sample was kept in the freezer at -20 C in three separate Eppendorf tubes until the necessary research. The study involved the estimation of permanent renal dysfunction made both clinically and by lab measurement, as well as hospitalization at the (Nassiriah) (Teaching) (Hospital). Individuals suffering from illness and control group were selected for the evaluating , and data and samples were taken from them .Both the lab division of the Laboratory testing were conducted at the Nassiriah Teaching Hospital and the (medical) clinical biochemistry division of the College of Medicine at the University of AL-Qadisiyah. Ninety participants, split into two groups, took part in the study between September 2023 and May 2024 (the time frame for collecting specimens).

Following confirmation of their diagnosis in the clinic and laboratory, G1: Sixty-two patients suffering from chronic kidney disease were selected from Nassiriah Teaching Hospital. G2: Sixty well-being individuals without any illness.They were confirmed following discussions with others and completion of the required laboratory tests.The following parameters were measured with a

spectrophotometer: serum urea, serum creatinine, serum calcium, serum potassium, Hemoglobin was measured using a hematocrit or full blood count.

Results and discussion

Table 1 displays the findings of the Kolmogorov-Smirnova test used to determine the normality of the continuous quantitative variables used in this investigation. Aged changeable shows no important (deviation) from normalization distributed in both groups (p=0.081) (table 2) . These attributes are gender and age. The mean age of the patients and control groups was 60.90 ± 10.62 years and 59.73 ± 16.60 years, respectively, with no significant difference seen (p = 0.207). Additionally, there was no discernible difference between the control group and the patient group in the frequency distribution of respondents based on sex (p = 0.537). Table 3 displays a contrast of serum (creatinine) and (urea) levels between individuals with permanent renal disorders .and the normal persons.

Blood urea was substantially higher in the sick group (107.00) (67 mg/dl) contrast to the control group (29.00) (17.75 mg/dl) (p < 0.001).

. Furthermore, individuals with permanent kidney illness. had notably higher serum (creatinine) levels than the control group, ranging from 3.00 (2.4 mg/dl) to 0.80 (0.2 mg/dl) (p < 0.001). Furthermore, the patients' group's GFR was substantially lower than the control group's coming in at 18.00 (or 17.00) ml/min/1.73 versus 101.50 (30.75) ml/min/1.73, respectively (p < 0.001).

Serum (potassium) and (calcium) levels in patients with permanent renal illness are contrast .Table 4 displays the illness and control groups. It is evident that the serum(potassium) levels in the patient group were substantially higher than those in the control group, with the difference being 5.6 (1.00) meq/L versus 4.00 (0,88) meq/L (p < 0.001).Furthermore, there was a significant difference in blood calcium levels between the patient group and control group, with 8.20 (1.2) mg/dl and 9.35 (1.00) mg/dl, respectively, indicating a p-value of less than 0.001.(Table

5) compares the hemoglobin levels of individuals with chronic renal disease to those of the control group. Hemoglobin was notably below than in individuals with permanent renal illness in contrast with healthy individuals , 10.00 (1.90) g/dl versus 12.15 (1.10) g/dl , respectively ($p < 0.001$) .Comparison of random blood glucose among individual suffering and normal person show in (table 6) .

The patient group's blood glucose was notably elevated than the control group's, coming in at 250. (120.) mg/dl against 105. (800.) mg/dl, respectively ($p < 0.001$).Urine albumin levels in the patient and control groups are compared in (table 7). The control group had all of its cases tested negative for urine albumin, while the majority of the patients had positive results, which were distributed as follows: 29 (46.0%) (+), 24 (38.1%) (++), and 9 (14.3%) (+++). The difference between the two groups was statistically significant ($p < 0.001$).Figure 3 displays Spread of frequencies of patients with permanent kidney illness by disease phase Not a single patient was at stage 1, and just two (3.2%) were in stage 2. Twenty-four (38.1%) patients were in stage 4, twenty-four (38.1%) were in stage 5, and thirteen (20.6%) were in stage 3. Figure 4 displays the Spread of frequencies of dialysis patients with chronic renal disease. 39 patients (61.9%) were not receiving dialysis, whereas 24 patients (38.1%) were receiving it on a regular basis. Characteristics of the receiver operation (ROC to get the ideal cutoff value, use curve analysis . The fifth figure illustrates the use of serum (N.G.A.L) to predict the diagnosis of permanent renal illness . Figure 6 displays the results of a receiver operating characteristics curve study to determine the optimal cutoff value of serum kim-1 to anticipate a diagnosis of permanent renal illness . In order for nephrologists to concentrate on patients with permanent renal illness who have intricate and distinct pathophysiological pathways, our review emphasizes the need for improved biomarkers (21) . Traditional indicators such as proteinuria, serum creatinine, e GFR, CRP, AER/ACR, and others are insensitive, and relying too

much on them could result in long delays during which effective therapies could be implemented (22) . While some of the studied biomarkers have shown significant promise, before being implemented in clinical practice, additional validation in a wider and more diverse population is necessary. Out of all the ones that were studied, NGAL and KIM-1 showed the most promise as biomarkers for renal function, cardiovascular risk, and the progression of CKD. The comparison of blood and urine samples is still being looked at and validated. On the other hand, compared to urine biomarkers, serum biomarkers provide a superior outcome for predicting a rapid deterioration in renal function and a better marker for the diagnosis of permanent renal illness (22) .However, it is doubtful that a single indicator will satisfy the requirement of predicting CKD progression because it is nearly hard to capture the intricacies of every underlying pathophysiological mechanism (23). For the specifically targeted CKD sector, it is more likely that a customized panel of biomarkers will yield the best results (24) In addition, biomarkers need to be prospectively examined in a large, diverse population over extended follow-up periods and validated against objective outcome indicators such as the development of end-stage renal disease (ESRD) and death before being implemented into clinical practice (25) .

Table 1. The result of Kolmogorov-Smirnova test of normality of continuous quantitative variables included in this study.

Variable	Control group (n =60)			Patients group (n= 63)		
	Statistics	Df	p	Statistics	df	p

Aged	0.1008	60.0	0.0081 ns	0.105.0	62	0.0081 NS
Serum N.G.A.L(P.g/ml)	0.454	60.0	<0.0001 ***	0.164	62	<0.001***
Serum K..I.M-1 (P.g/ml)	0.1810.0	60.0	<0.001***	0.131	62	0.009**
B.urea (mg/dl)	0.152	60.0	0.003**	0.145	62	0.0002**
B. creatinine(mg/dl)	0.138	60.0	0.0011*	0.193	62	<0.0101***
GFR (ml/min/1.73)	0.048	60.0	0.200 ns	0.129	62	0.012 *
S.potassium (meq)	0.194	60.0	<0.0001***	0.102	62	0.094 NS
S.calcium (mg)	0.181	60.0	<0.0001***	0.134	62	0.006**
HB (g/dl)	0.164	60.0	<0.001***	0,124	62	0.017*
RBS (mg/dl)	0.243	60.0	<0.0001***	0.124	62	0.015*

Table 2 The demographic characteristics of person with permanent renal illness and control subjects

features	grouping under control	sufferers' collective N=62	p
Aged (years)			
Imply ± SD	59.73 ±16.60.00	60.91± 10 .62	0.207 I NS
span	40-83	48-83	
gender			
Man ,n (%)	30 (50.0 %)	35 (55.6 %)	0.537 C NS
Woman , n (%)	30 (50.0 %)	28 (44.4 %)	

Table 3 : comparison of serum ()potassium and serum (calcium) between patients with permanent renal illness and control subjects

features	Grouping under control n=60	sufferers collective n=62	p
S. (potassium) (meq/L)			
Imply	**4.00 (0.88)**	**5.60 (1.00)**	**≤0.001 M *****
Range	**3.30-5.2**	**3.90-8.10**	
Serum calcium (mg /dl)			
Medium	**9.35 (1.00)**	**8.2 (1.20)**	**≤0.001 M *****
Span	**6.90-10.10**	**4.5-10.00**	

Table 4 B (urea) , serum (creatinine,) and (GFR) were compared between individuals with permanent kidney illness and normal individuals

features	Grouping collective n=60	Sufferers collect=62	(p)
B.(urea) mg./d.l			
imply	28.00 (1.750)	109.00 (67. 00)	≤ 0.001 M
span	12.00-49.00	49.00-34.00	
S. (creatinine) mg/dl			
Median	0.80 (0.30)	3.00 (2.4)	≤ 0.001 M ***
Range	0.5- 1.2	1.2 -10.20	
G.F.R (ml/min/1.73)			
Median	101.50 (30.75)	19.00 (17.00)	≤ 0.0001 M ***
Range	34.00-142.00	5.00-61.00	

Table 5 contrast of level of (hemoglobin) among patients with permanent kidney illness and normal individuals

Features	Grouping of health n= 60	Patients group n=63	p
(HB)			
Median	12.15 (1.10)	10.00 (1.9)	≤0.001 M***
Range	8.9-15.00	7.20 -13.00	

Table 6 : Comparison of random blood glucose among patients with permanent renal illness and control subjects

Features	Grouping collective n=60	Patients group n=62	p
RBS (mg/dl)			
(Median)	105.00(80.00)	250.00(130.00)	≤0.0001 M ***
Range	77.00-400.00	100.00-500.00	

Table 7 : Comparison of urine albumin between patients with chronic kidney disease and control subjects

Features	Grouping collective n=60	Patients group n=62	p
Urine albumin (µ mol\L)			
Negative ,n (%)	60 (1000.0 %)	1 (1.6 %)	< 0.001 C ***
+, n (%)	0.(0.00 %)	29 (46.0 %)	
++ , n (%)	0.(000 %)	24 (38.1 %)	
+++ , n (%)	1. (0.00 %)	6 (14.3 %)	

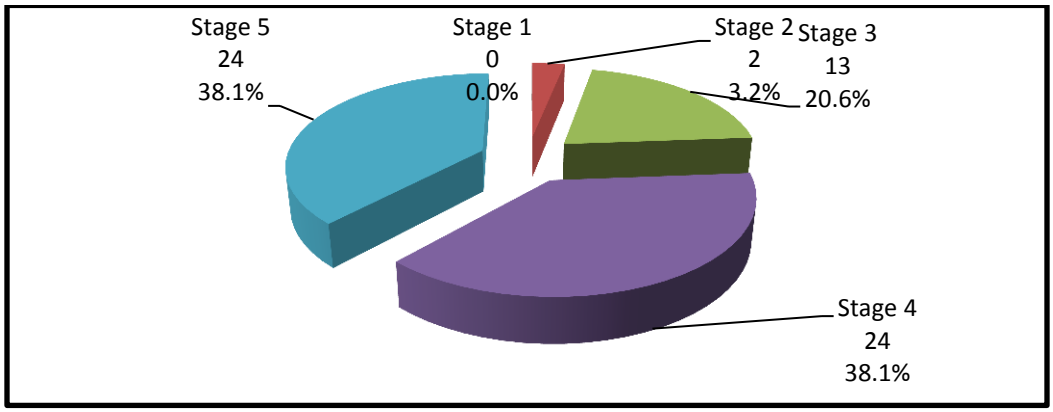

Figure 3. Pie chart showing the frequency distribution of patients with chronic kidney disease according to stage of disease

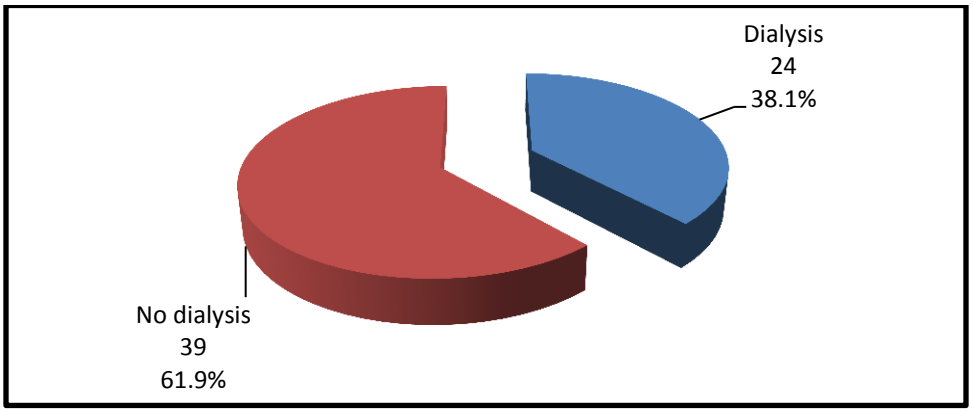

Figure .4: Pie chart showing the frequency distribution of patients with chronic kidney disease according to dialysis

Conclusion

The discovery of several biomarkers in urine and serum in the last decade enables to detect chronic renal (tubular) injury and dysfunction early before a decline in GFR and an increase in serum creatinine. These markers may have to meet several requirements to be useful in the. clinical environments. They ought to make it possible to identify the most afflicted nephron segments and enable early identification of renal tubular injury. They must be measurable quickly and

accurately and show both improvement and deterioration of the renal damage. The majority of indicators for ARF early detection need to be prospectively evaluated in sizable populations. To maximize sensitivity and specificity for ARF, a combination of indicators, such as tubular enzymes, NHE-3, NGAL, and KIM-1, would probably be needed. Their application may ultimately result in early preventive and therapeutic interventions. On the other hand, there are currently no clinical data regarding the biomarkers associated with the reversibility of renal injury. Thus, these indicator and may prove useful for the non-intrusive evaluation of normality of renal in the researching context in the interim.

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Ethical considerations

This study was approved by the Clinical Research Ethics and was conducted at AL-Nassiriah Teaching Hospital in accordance with University of AL-Qadisiyah, College of Medicine requirements.

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