

CKD PREVENTION IN PATIENTS WITH CAUDA EQUINE SYNDROME, USING ALTERNATIVE THERAPEUTIC METHODS

Andrei NICULAE¹ MD, PhD, Dan-Nicolae NEAGOE² MD, Ionel-Alexandru CHECHERITA¹ MD, PhD, Alexandru CIOCALTEU¹ MD, PhD

¹ "Carol Davila" University of Medicine and Pharmacy- Nephrology Department , "St. John" Emergency Clinical Hospital, Bucharest, Romania

² "St. Panteleimon" Balneology Hospital, Constanta, Romania

Introduction and Aims

Cauda equina syndrome (CES) is a severe complication of lumbar spinal disorders. It is known that CES represents one of the most important causes of repeated acute pyelonephritis that cause chronic pyelonephritis, and then CKD. The aim of this study was to evaluate if electrotherapy and hydrothermal therapy with natural factors (mud) help in reducing acute pyelonephritis episodes in these patients.

Results

In 65% of patients that underwent this recovery plan, the number of acute pyelonephritis episodes decreased during the follow up period, compared to the frequency of episodes before the beginning of treatment ($p=0.0001$). Out of those with catheters à demeure, 59% ($p=0,0001$) didn't use them anymore. The number of pyelonephritis episodes was lower in patients aged between 20 and 50, compared to those aged 50-75 years ($p=0.0001$). There were no statistical significant differences between male and female sex in regards to the number of pyelonephritis episodes after treatment.

Material and method

We conducted a prospective study on 48 patients with CES and repeated acute pyelonephritis. 30 of the patients had catheters à demeure. The age of the patients considered for the study was between 20 and 70. These patients underwent every 3 months, for 1 year, electrotherapy with medium frequency current (nemectron) lombosuprapubic applied with variable frequency (0-100 hz), 20 minutes, 1 session/day, 20 days and overall mud bath at 37 degrees Celsius for 20 minutes, 1 session/day/20 days.

Conclusions

Applying alternative methods of treatment in the CES seems to have an effect in reducing the number of acute pyelonephritis episodes, as well as in reducing the permanent bladder catheterisation . Patients younger than 50 years seem to have a better response to treatment than those over 50 years. By reducing acute pyelonephritis episodes in these patients we help preventing chronic pyelonephritis and chronic kidney disease.

