



Stroke-Free Status and Depression Scores Among The Dialysis Patients

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Background

To assess the prevalence of stroke symptoms and depression among Saudi dialysis patients and related factors.

Methods

This is a cross-sectional multicentre study of patients from three Saudi dialysis centres. Data on demographics, clinical and laboratory s data were recorded. Freedom from stroke symptoms was assessed using the Questionnaire for Verifying Stroke-Free Status (QVSFS) and depression using the Geriatric Depression Scale: short form” (GDS-SF)

Results

Included in the study were 549 patients (77.3% of all the dialysis patients in the three centres); 94.6% were receiving haemodialysis (HD) and 5.4% peritoneal dialysis (PD.)

The frequency of freedom from stroke was reported in 76.6% of patients, was higher in females P =0.07)., and was not affected the presence of diabetes mellitus (DM), coronary artery disease (CAD) or peripheral vascular disease (PVD). However it was significantly lower in patients with hypertension (p= 0.035). Stroke freedom was not affected by age, dialysis duration, Kt/V, albumin or haemoglobin levels but was significantly more prevalent in the not depressed patients compared to those who were depressed (p=0.036)

Mild and major depression scores were noted in 45.2% and 6.1% of respectively ; the depression score being significantly higher in HD than in PD patients (6.3 ±3.4 vs. 5.0± 3.2 p=0.049) but was not related to sex, employment, vascular access type, age, dialysis duration, Kt/V or serum albumin or haemoglobin levels

Conclusion

Almost a quarter of the patients indicated at least one positive criteria for stroke; freedom from stroke symptoms was significantly more prevalent in the not depressed patients compared to those who were depressed, in females but significantly less in hypertensive patients

Just under half of the patients were depressed with 6.1% of all the patients having major depression. The depression score was significantly higher in HD than in PD patients.

Table 1 Freeform from stroke and depression

	Depressed	Not depressed	p
Possible stroke	74/269(27.5%)	51/250 (20.4%)	0.036
Stroke free	195/269 (72.5%)	199/250 (79.6%)	

Table 2 The Questionnaire for Verifying Stroke-Free Status

	Yes (%)
1 Were you ever told by a physician that you had a stroke?	5.2
2 Were you ever told by a physician that you had a ministroke, or TIA?	5
3 Is there any evidence of the patient's file that he/she had a stroke	0.2
4 Have you ever had sudden painless weakness on one side of your body?	11.3
5 Have you ever had sudden numbness or a dead feeling on one side of your body?	10.7
6 Have you ever had sudden painless loss of vision in one or both eyes?	8.9
7 Have you ever suddenly lost the ability to understand what people were saying?	5.7
8 Have you ever suddenly lost the ability to express yourself verbally or in writing?	5.9

