

IDENTIFYING THE FACTORS AFFECTING CHRONIC KIDNEY DISEASE (CKD) IN ANURADHAPURA DISTRICT, SRI LANKA.

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Chronic kidney disease (CKD) is indeed a significant public health problem globally, and is particularly pronounced in Sri Lanka, with Anuradhapura district in the North Central Province identified as a high-risk area. Several factors contribute to the prevalence of CKD in Sri Lanka and particularly in the Anuradhapura district: that is, Agricultural Practices, Contaminated Water, climate and dehydration, genetic predisposition, and Limited Healthcare Access etc. This paper aimed to identify the prevalence of CKD and explored the factors associated with its occurrence in Anuradhapura district. For this study used to a multi-stage cluster sampling method to select fifty participants aged 20 years and above. A structured questionnaire used to collect their life style and medical history data and also blood and urine samples obtain for laboratory analysis and finally CKD was defined as estimated glomerular filtration rate <60 mL" refers to individuals with a kidney function estimated to be less than 60 mL/min. Among the study population, which include both males and females, the majority of participants with chronic kidney disease (CKD) will spread within the age group of 40 to 60 years. The prevalence of CKD in the Anuradhapura district is significant and calls for timely urgent attention. This study identifies several risk factors such as age, gender – male, occupation, law educational backgrounds. In this paper, we attempt to explore additional factors contributing to CKD in the Anuradhapura District. Lastly, we provide some recommendations to mitigate this renal disease: that is, Improved Water Quality, Public Awareness Campaign, Regular Monitoring and Evaluation and Regular Screening Programs etc.

Keywords: Chronic kidney disease; pronounced; prevalence; estimated glomerular filtration rate; renal disease

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