Editorial

Management of Hypertension in Chronic Kidney Disease: Consensus Statement by an Expert Panel of Indian Nephrologists

Natarajan Gopalakrishnan¹, Georgi Abraham²

Hypertension has been recognized as a major factor responsible for decline in kidney function in patients with diabetic and nondiabetic kidney disease. On the other hand, among patients with chronic kidney disease (CKD), high blood pressure may develop early during the course of the disease and contribute to adverse outcomes.¹

Blood pressure control is an integral component in the care of CKD patients, and is relevant at all stages of the disease, irrespective of the underlying cause.² Clinical evidence has demonstrated that antihypertensive agents from 3 or 4 medication classes may be needed to achieve blood pressure targets in most patients with CKD.³

In India, the incidence of CKD is rising, and as per estimates from 2006, the age-adjusted incidence rate of end-stage renal disease (ESRD) is 229 per million population. Further, the number of new patients entering renal replacement programs annually is >100,000. The rising incidence of CKD in India is likely to burden healthcare and the economy in the future.⁴

Furthermore, owing to the lack of community-based programs, CKD is usually detected at an advanced stage. Early screening and intervention may retard the progression of kidney disease. Therefore, it should be impressed upon physicians taking care of hypertensive patients to screen for early kidney damage and to initiate early intervention to retard the progression of kidney disease. Additionally, it is imperative to plan for preventive health policies and allocate more resources for the treatment of patients with CKD/ESRD in India.⁴

In this issue, we present a consensus statement for the management of hypertension in CKD patients in India. An expert panel of Indian nephrologists reviewed available literature evidence, provided insights based on their experience on the management of hypertension in CKD patients, and charted out key recommendations. We hope our efforts will provide a framework for the general practitioners and physicians in tackling this important issue.

References


¹Professor and Head, Nephrology Dept., Madras Medical College, Chennai; ²Consultant Nephrologist, Madras Medical Mission, Chennai