

INSUFICIENCIA RENAL CRÓNICA

EDITORIAL

La Insuficiencia Renal Crónica (IRC) es la pérdida progresiva, permanente e irreversible de la tasa de filtrado glomerular a lo largo de un tiempo variable, a veces incluso años que puede ser asintomática hasta que el filtrado glomerular se haya reducido al 25 por ciento de lo normal. La NKF (National Kidney Foundation) clasifica la IRC en 5 estadios en función del filtrado glomerular renal (FGR).

La Insuficiencia Renal Crónica constituye un problema de salud debido a la incidencia y prevalencia crecientes en los últimos años. Numerosas son las causas y factores que influyen en el desarrollo y progresión de la enfermedad: la glomerulonefritis de cualquier tipo (una de las causas más comunes), la enfermedad poliquística del riñón, la hipertensión arterial, el síndrome de Alport, la nefropatía del reflujo, la uropatía obstructiva, las infecciones, la

litiasis, la nefropatía por analgésicos, el envejecimiento de la población y los factores de riesgo cardiovascular (l tabaquismo, obesidad, diabetes y la falta de ejercicio físico) se relacionan directamente con dicha enfermedad

Recientemente ha sido considerada como una epidemia por la Organización Mundial de la Salud (OMS); su impacto sanitario, social y económico está siendo analizado internacionalmente en múltiples foros.

Se estima que más de 500 millones de personas presentan IRC en el mundo, aproximadamente el 10 por ciento de los mayores de 20 años y el 5 por ciento de los menores de 20 años.

En Estados Unidos más de 20 millones de personas (uno de cada nueve adultos) padecen de insuficiencia renal crónica y la mayoría no lo saben. Otras (más de 20 millones de personas) tienen riesgo elevado de padecerla.

En España (más de 40 mil personas) y Argentina (25

mil personas) más de 65 mil personas se encuentran en tratamiento renal sustitutivo incluyendo pacientes transplantados.

La insuficiencia renal crónica afecta a 2 de cada 10.000 personas.

La IRC es una patología con alta morbilidad cardiovascular en la que la detección precoz, la remisión adecuada a Nefrología y el trabajo en equipos multidisciplinarios, especialmente Atención Primaria, pueden conseguir el retraso del inicio de las diálisis, mejorar la morbimortalidad y la calidad de vida de estos pacientes.

- Los desafíos de la Enfermedad Renal Crónica / Insuficiencia Renal Crónica-Terminal debido a su crecimiento internacional se pueden resumir en la complejidad de los recursos organizativos necesarios, la difusión de las tecnologías médicas y farmacéuticas empleadas, y los elevados costos que se incrementan de año en año. Por poner

solo un ejemplo en el año 2002 en Estados Unidos los gastos originados por esta enfermedad alcanzaron la cifra de \$25.2 billones, además de las repercusiones en el individuo, la familia y la sociedad con una notable diferencia en los países latinoamericanos con graves y enormes desigualdades en lo económico y lo social.

Cuba cuenta con un único sistema de Salud Pública, gratuito y accesible para toda la población, responsabilizándose el Estado con la seguridad de la población y el continuo desarrollo y perfeccionamiento del Sistema de Salud para alcanzar la excelencia en la atención primaria.

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Los resultados muestran el esfuerzo realizado por un pequeño país en vías de desarrollo tales como: la construcción de nuevas unidades de salud, adquisición de modernas tecnologías y el dinamismo impregnado al Programa de prevención de la Insuficiencia Renal Crónica en una tendencia creciente de desarrollo.

Cuba realiza un esfuerzo mantenido en el terreno de la Nefrología y la atención al problema de salud internacional que representa la Enfermedad Renal Crónica terminal con requerimientos dialíticos, pese a su condición de pequeño país en vías de desarrollo. La prioridad dada a la construcción de nuevas unidades de salud cerca de los lugares de residencia de los pacientes, la adquisición de modernas tecnologías y la formación de nuevos especialistas demuestra la importancia concedida por el Estado cubano a la misma, en términos de equidad y justicia.

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Descriptores empleados para la recuperación de información en las Bases de Datos: CUMED, MEDLINE, SCIELO, DOYMA, y Buscadores LIS, Google en idioma español e inglés:

DeCS

INSUFICIENCIA RENAL CRONICA/
diagnostico
INSUFICIENCIA RENAL CRONICA/
epidemiologia
INSUFICIENCIA RENAL CRONICA/
etiologia
INSUFICIENCIA RENAL CRONICA/
mortalidad
INSUFICIENCIA RENAL CRONICA/
prevencion y control
INSUFICIENCIA RENAL CRONICA/
terapia

MeSH

RENAL INSUFFICIENCY, CHRONIC/
diagnosis
RENAL INSUFFICIENCY, CHRONIC/
epidemiology
RENAL INSUFFICIENCY, CHRONIC/
etiology
RENAL INSUFFICIENCY, CHRONIC/
mortality
RENAL INSUFFICIENCY, CHRONIC/
prevention and control
RENAL INSUFFICIENCY, CHRONIC/
therapy

Otros sitios web:

Revista de Nefrología. Disponible en: <http://www.revistanefrologia.com/nlm/fichanlm.asp?id=3149>

Sociedad española de Nefrología. Disponible en: <http://www.senefro.org/>

American Society of nephrology. Disponible en: <http://www.asn-online.org/>

The American Society of Nephrology (ASN) is organized and operated exclusively for scientific and educational purposes, including enhancing the field of nephrology by advancing the scientific knowledge and clinical practice of that discipline through stimulation of basic and clinical investigation, providing access to new knowledge through the publication of journals and the holding of scientific meetings, advocating for the development of national health policies to improve the quality of care for renal patients, cooperating with other national and international societies and organizations involved in the field of nephrology, and using other means as directed by the Council of the Society.

The American Academy of Nephrology Physician Assistants. Disponible en: <http://www.aanpa.org/>

The American Academy of Nephrology Physician Assistants is a non-profit organization founded in 1997 to support the professional growth, development, training, education and networking of PA's within the specialty practice of nephrology. The American Academy of Nephrology PA's is an officially recognized specialty organization of The American Academy of Physician Assistants.

American Association of Kidney Patients. Disponible en: <https://www.aakp.org/my-health/>

Founded over 30 years ago, the American Association of Kidney Patients (AAKP) exists to serve the needs, interests and welfare of all kidney patients and their families. Its mission is to improve the lives of fellow kidney patients and their families by helping them to deal with the physical, emotional and social impact of kidney disease.

The American Academy of Nephrology Physician Assistants. Disponible en: <http://www.aanpa.org/>

The American Academy of Nephrology Physician Assistants is a non-profit organization founded in 1997 to support the professional growth, development, training, education and networking of PA's within the specialty practice of nephrology. The American Academy of Nephrology PA's is an officially recognized specialty organization of The American Academy of Physician Assistants.

American Association of Kidney Patients. Disponible en: <http://www.aakp.org/>

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American Heart Association's Council on the Kidney in Cardiovascular Disease. Disponible en: <http://www.americanheart.org/presenter.jhtml?identifier=1121>

The American Heart Association's Council on the Kidney in Cardiovascular Disease's mission is to reduce cardiovascular-related disability and death through research, communication, advocacy and education about the kidney. The council, along with all 13 scientific councils, conducts multidisciplinary efforts that lead toward a better understanding of the heart, the circulatory system, the brain and other interdependent organs. These efforts ensure that sound medical and scientific knowledge underlies the Association's efforts to reduce the impact of heart disease and stroke.

American Nephrology Nurses' Association (ANNA). Disponible en: <http://www.annanurse.org/>

The American Nephrology Nurses' Association is the professional association for nephrology nurses. Its mission is to advance nephrology nursing practice and positively influence outcomes for patients with kidney or other disease processes requiring replacement therapies through advocacy, scholarship, and excellence.

The American Society of Diagnostic and Interventional Nephrology. Disponible en: <http://www.asdin.org/>

The American Society of Diagnostic and Interventional Nephrology was founded in 2000 to promote the proper application of new and existing procedures in the practice of nephrology with the goal of improving the care of nephrology patients.

The American Society of Pediatric Nephrology: Disponible en: <http://www.aspneph.com/>

ASPN was founded in 1969 to promote optimal care for children with renal disease and to disseminate advances in the clinical practice and basic science of pediatric nephrology. Since then, the ASPN, which counts over 500 members, has been and continues to be the primary representative of the pediatric nephrology community in both the United States and Canada.

The American Society of Transplantation. Disponible en: <http://www.a-s-t.org/>

The American Society of Transplantation (AST) was founded in 1982 and is an organization of more than 1,800 transplant professionals dedicated to research, education, advocacy and patient care in transplantation. Their goal is to offer a forum for the exchange of knowledge, scientific information and expertise in the field of transplantation.

Association of Dialysis Advocates (ADA). Disponible en: <http://www.asndialysisadvocates.org/>

ADA is an organization of dialysis patients, families and supporters who are dedicated, among other things, to holding CMS (Medicare), state health departments and facility managements accountable for

quality of services rendered at dialysis facilities. Their immediate priorities are in areas of (1) oversight of facilities, and (2) infection control practices.

Caring for Australasians with Renal Impairment (CARI). Disponible en: <http://www.cari.org.au/index.php>

CARI seeks to improve the quality of care and outcomes for patients with kidney disease in Australia & New Zealand by facilitating the development and implementation of clinical practice guidelines based on the best available evidence and effectiveness.

Centers for Disease Control Campaign to Prevent Antimicrobial Resistance in Dialysis Patients.

Disponible en: <http://www.cdc.gov/drugresistance/healthcare/>

The CDC's Campaign to Prevent Antimicrobial Resistance aims to prevent antimicrobial resistance in healthcare settings by providing educational tools for clinicians who treat specialty-specific patient populations including hospitalized adults, dialysis patients, surgical patients, hospitalized children, and long-term care patients.

European Dialysis and Transplant Nurses Association/ European Renal Care Association (EDTNA/ERCA). Disponible en: <http://www.cdc.gov/drugresistance/healthcare/>

EDTNA/ERCA was established in 1971 to address the special needs of nurses and other professionals that treat patients suffering from renal failure. EDTNA/ERCA is a multi-disciplinary organization of individual members, including nurses, technicians, social workers, dietitians, unit managers, transplant co-ordinators, and other professionals working with renal patients. The Association has 4,200 members in more than 65 countries.

Focal Segmental Glomerulosclerosis (FSGS) Clinical Trial. Disponible en: <http://www.fsgstrial.org/>

The Focal Segmental Glomerulosclerosis Clinical Trial is a multi-center, randomized trial to compare the effectiveness of 2 treatment regimens in patients with steroid resistant idiopathic FSGS. The trial will enroll children and young adults ages 2-35 years and is sponsored by the National Institutes of Health and the National Institute of Diabetes and Digestive and Kidney Diseases.

Home Dialysis Central. Disponible en: <http://www.homedialysis.org/>

One-stop source of information and support to raise awareness and use of PD and home hemotherapies. Offers a database of clinics that currently offer home treatments, downloadable descriptions of 5 types of home dialysis, moderated professional and patient message boards, resources and tools (including bibliographies and slides), equipment, a legislative action center, reimbursement FAQs, patient stories, links, and more.

Internation Society of Blood Purification. Disponible en: <http://www.isbp.org/pub?noCache=628;1066232937>

The Internation Society of Blood Purification is dedicated to the following Topics and Issues: (1) Development, improvement and dosing of extracorporeal and peritoneal treatment modalities of acute and terminal renal failure; (2) Monitoring and control systems of extracorporeal therapies of renal failure. Vascular access for hemodialysis; (3) Evaluation and comparative interpretation of long term results of renal replacement therapies; (4) Economical issues of renal replacement therapy; (5) Pathogenesis and prevention of detrimental biological processes in the patient induced by renal replacement therapy; (6) Pathogenesis and prevention of long term complications of survival on regular renal replacement therapy such as, Cardiovascular disease, Hypertension, Anemia, Beta2M-amyloidosis, Infections, Renal osteodystrophy, and Malnutrition; and (7) New and future technologies and principles of blood purification and organ replacement (including indications outside nephrology).

International Pediatric Transplant Association (IPTA). Disponible en: <http://www.isbp.org/pub?noCache=628:1066232937>

IPTA is a professional organization of individuals in the field of pediatric transplantation. The purpose of the association is to advance the science and practice of pediatric transplantation worldwide in order to improve the health of all children who require such treatment. The association is dedicated to promoting technical and scientific advances in pediatric transplantation and to advocating for the rights of all children who need transplantation.

IronTherapy.Org (ITO). Disponible en: <http://www.irontherapy.org/>

The IronTherapy.Org (ITO) website is the result of a corroborative effort on the part of world renowned physicians specializing in Nephrology. ITO is dedicated to raising awareness about iron deficiency, especially in the nephrology setting. The objectives are to educate physicians and healthcare professionals by providing them with exclusive quality medical and scientific education and information on iron therapy in the nephrology setting, enabling them to improve their clinical practice and the quality of life of their patients.

Kidney School. Disponible en: <http://www.kidneyschool.org/>

Kidney School is Life Options free, interactive, tailored, on-line kidney disease self-management curriculum in 16 30-minute modules. Topics include treatment options, nutrition/fluids, lab tests, anemia, vascular access, care team, staying active, heart health and blood pressure, sexuality/fertility, etc.. Appropriate for patients or new dialysis staff, each module includes a pre- and post-test, lively content, photos, graphics and animations, patient quotes, and a user evaluation. Upon completion of a module, users can print a Personal Action Plan to review module content and goals.

National Kidney Foundation (NKF). Disponible en: <http://www.kidney.org/>

The National Kidney Foundation, Inc., a major voluntary health organization, seeks to prevent kidney and urinary tract diseases, improve the health and well-being of individuals and families affected by these diseases, and increase the availability of all organs for transplantation.

National Kidney Disease Education Program (NKDEP). Disponible en: <http://www.nkdep.nih.gov/>

The National Kidney Disease Education Program's (NKDEP) You Have The Power To Prevent Kidney Disease campaign seeks to bridge the gap between evidence and practice in the detection and treatment of chronic kidney disease (CKD). Over the past ten years, significant advances have been made in CKD. Economical and effective testing and therapy now exist. Yet testing and therapy are being inadequately applied. As a result, the campaign is reaching out to primary care providers and other health professionals with important messages about kidney disease.

Polycystic Kidney Disease Foundation. Disponible en: <http://www.pkdcure.org/home.htm>

The PKD Foundation is the only organization, worldwide, devoted to determining the cause, improving clinical treatment and discovering a cure for Polycystic Kidney Disease (PKD).

Renal Pathology Society. Disponible en: <http://www.renalpathsoc.org/>

RPS is a nonprofit organization committed to increasing and disseminating knowledge about the pathology and pathophysiology of the kidney.

Renal Physicians Association. Disponible en: <http://www.renalmd.org/>

The advocate for excellence in Nephrology practice.

TTMed (Timely Topics in Medicine)-Nephrology. Disponible en: <http://www.ttmed.com/nephrology/>
Your Complete Nephrology Portal used by specialist physicians, general practitioners, health professionals, students and patients to stay abreast of the latest advances in the nephrology field.

Urology Conferences. Disponible en: <http://www.urologyconferences.com/>
A website that lists upcoming urology meetings, courses, and conferences.

Women in Nephrology (WIN). Disponible en: <http://www.womeninnephrology.org/>
WIN was founded in 1983 to promote professional development and career opportunities for women in nephrology and related fields, and to advocate within the nephrology community for education and research relevant to women's health.

¿Qué es Alfabetización Informacional?

"Alfabetización informacional es saber cuándo y por qué necesitas información, dónde encontrarla, y cómo evaluarla, utilizarla y comunicarla de manera ética".

Alfabetización informacional en Salud

La Medical Library Association extiende este concepto al campo de la salud y propone una definición de trabajo que la identifica como:

- *El conjunto de habilidades necesarias para reconocer una necesidad de información en salud; identificar Fuentes de información adecuadas y usarlas para recuperar información relevante; evaluar la calidad de la información y su aplicabilidad para una situación específica; y analizar, comprender y usar esa información para tomar decisiones adecuadas en salud.*
- *A ello le adicionaría la capacidad de compartir esos nuevos conocimientos con otros a través de la publicación y otros medios de comunicación.*

