

# Bridging the gap: Demographic and clinical insights from Sri Lanka's first paediatric-adult nephrology transition service.

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## Introduction

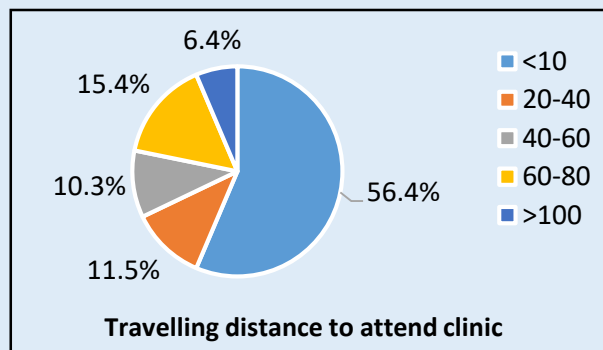
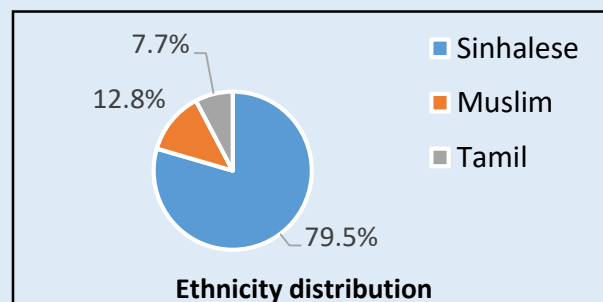
- Transitioning from paediatric to adult nephrology care is a critical phase for patients diagnosed with long-lasting kidney disease during childhood.
- Transition services play a crucial role in managing the transfer of care for these patients.
- Despite its importance, the transition process is often overlooked in Sri Lanka due to lack of expertise, manpower and infrastructure.
- This is the first description of a nephrology transition care service established at the Teaching Hospital Peradeniya, Sri Lanka.

## Methods

- We conducted a retrospective analysis of patients who attended the transition clinic over four months in 2024.
- Data on patient demographics, clinical characteristics, and geographic distribution were analyzed.

## Results

- A total of 78 patients were included in the analysis.
- 55.1% (n=43) of patients were referred to the transition services after 18 years of age and 44.9% (n=35) of patients were referred in-between 13-18 year of age.
- 56.4% (n=44) of the patient population were males and 43.6% (n=34) were females.
- BMI measures showed 73% (n=57) have a normal BMI, 11.53% (n=9) are underweight, and 15.4% (n=12) are obese.



Renal category	Diagnosis	%
Glomerulonephritis (GN) 91%	Steroid-dependent nephrotic syndrome	55.1%
	Steroid-sensitive nephrotic syndrome	16.7%
	Steroid-resistant nephrotic syndrome	5.1%
	Systemic lupus erythematosus nephritis	14.1%
Congenital anomalies of kidneys and urinary tract (CAKUT) 6.4%	Dysplastic kidneys	2.6%
	Single kidney	3.8%
Genetic renal disease (GRD) 2.6%	Gordon's syndrome	1.3%
	Alport syndrome	1.3%
Other 2.6%	Distal renal tubular acidosis	2.6%

## Primary renal diagnosis

## Conclusion

- This study provides the first description of a nephrology transition service in Sri Lanka.
- Timing of introduction to transitional care varied markedly from 13 – 31 years
- Predominant primary renal diagnosis was related to glomerulonephritis.
- 15.4% (n=12) were obese indicating possible side effects of long-term steroid therapy.
- Understanding these characteristics is crucial to ensure a smooth and effective transition for young patients in the country.