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FACULTY OF NURSING

NEPHROTIC SYNDROME

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Definition

Nephrotic syndrome is a clinical state characterized by proteinuria, hypoalbuminemia, hyperlipidemia and edema which is generalized and also known as Anasarca or dropsy.

Incidence

The condition is approximately 3 cases per 100,000 per year.

Etiology

1. Primary renal causes- result of a disease limited to

kidney like-

- Minimal change nephropathy
- Acute post streptococcal glomerulonephritis.
- Immune complex glomerulonephritis.

2. Secondary renal causes- a condition that affects the kidney and other parts of the body like-

- Infection
- Toxins- mercury, bismuth, gold
- Allergies- bee sting, food allergy, inhaled pollen (found in flower).
- Cardiovascular- sickle cell disease, renal vein thrombosis, CHF.

Clinical manifestation

- Edema around eye, legs and labia.
- Anasarca (generalized body edema)
- Ascites
- Hydrocele
- Decrease urine output
- Hematuria
- Fever, rash and joint pain
- Pallor
- Loss of appetite but weight gain
- Irritability

Diagnostic Evaluation

- Urine test for 24 hours
- CMP test(comprehensive metabolic test)- shows albumin level if it is $< 2.5\text{g/dl}$, (normal level- $3.5\text{-}5\text{g/dl}$)
- Lipid profile test for check cholesterol level
- Renal test- creatinine, urea and electrolytes.
- Kidney biopsy.

Management

Medical management-

- Prednisolone- 2mg/kg/day- orally- daily for 6 weeks. There after 1.5mg/kg as single dose on alternative days for 6 weeks.
- Cyclophosphamide- 2 mg/kg daily for 12 weeks)
- Frusemide – 1-44mg/kg/day in 2 divided dose

Nursing Management-

- Provide care during hospitalization.
- Administer prescribed medications.
- Maintain fluid and electrolyte balance.
- Provide corticosteroid therapy for prevent from infection.
- Advice to take proper rest and sleep.
- Provide emotional support.

THANK YOU