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**UNIVERSITY**

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**FACULTY OF NURSING**

# **POLYCYSTIC KIDNEY**

*Nandni Shivhare*  
*Nursing Tutor*  
*R.C.N*

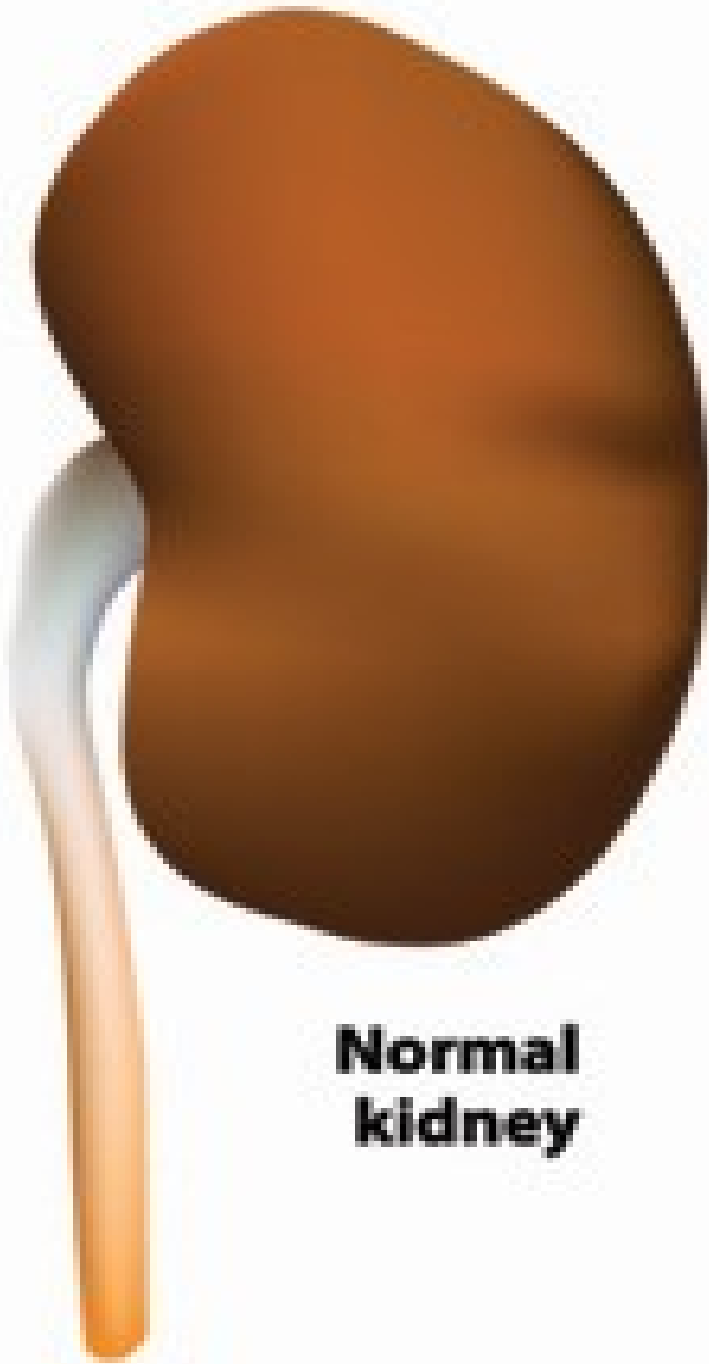
## **Definition-**

In this disorder the renal tissue is full of multiple small cysts and organ is palpable as a large spongy kidney of newborn.

A multicystic kidney is large , dysplastic and non-functioning, containing cysts of varying size

**(OR)**

An inherited disorder in which clusters of cysts develop in the kidney.



**Normal  
kidney**



**Polycystic  
kidney**

## **Causes of polycystic:-**

The two main types of polycystic kidney disease, caused by different genetic flaws, are:

### **1. Autosomal dominant polycystic kidney disease (ADPKD):-**

Only one parent needs to have the disease for it to pass to the children. If one parent has ADPKD, each child has a 50 percent chance of getting the disease. This form accounts for about 90 percent of cases of polycystic kidney disease.

## 2. Autosomal recessive polycystic kidney disease (ARPKD):-

- This type is far less common than is ADPKD. The signs and symptoms often appear shortly after birth. Sometimes, symptoms don't appear until later in childhood or during adolescence.
- Both parents must have abnormal genes to pass on this form of the disease. If both parents carry a gene for this disorder, each child has a 25 percent chance of getting the disease

## **Clinical features-**

- ❖ Increased blood pressure
- ❖ Back or side pain
- ❖ Headache
- ❖ A feeling of fullness in abdomen
- ❖ Increased size abdomen due to enlarged kidney
- ❖ Blood in urine
- ❖ Kidney stones
- ❖ Kidney failure
- ❖ Urinary tract infection

# Prevention

- Take the blood pressure medications prescribed by your doctor as directed.
- Eat a low-salt diet containing plenty of fruits, vegetables and whole grains.
- Maintain a healthy weight. Ask your doctor what the right weight is for you.
- If you smoke, quit.
- Exercise regularly. Aim for at least 30 minutes of moderate physical activity most days of the week.
- Limit alcohol use.



**THANK  
YOU**