



RAMA UNIVERSITY

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FACULTY OF NURSING

Nephrosis



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What is Nephrosis?

- ❖ Degenerative disease: kidneys start to lose function & deteriorate
- ❖ Caused by defect in
- ❖ glomeruli Can be a
- ❖ secondary disease Can lead to kidney failure

Causes

- ❖ Secondary disease: hypertension, diabetes, myeloma etc.
- ❖ Caused by different disorders that cause damage to kidneys

Who does it affect?

- ❖ Children between the ages of 18 months & 5 years
- ❖ Happens twice as often in boys than girls
- ❖ A person at any age can get it

Symptoms

- ❖ Bloating of face and legs caused by the body retaining excess water
- ❖ Lots of protein in urine
- ❖ High cholesterol levels
- ❖ Low blood protein levels



Risk factors

- ❖ Diabetes
- ❖ Lupus
- ❖ Exposure to drugs or toxins
- ❖ Certain infections

Treatments

- ❖ Diet & exercise
- ❖ Medication to reduce inflammation in
kidneys
- ❖ Antibiotics to stop infection
- ❖ Dialysis may be needed if it leads to kidney failure

Treatment depends on the cause of
nephrosis

- ❖ If it is a secondary disease, the first disease
must be treated

Diet and exercise

- ❖ Mandatory for treatment of nephrosis
- ❖ High activity levels reduce risk of blood clots
- ❖ Low fat, low salt diet
- ❖ Bloating is not affected by fluid intake, but salt intake instead
- ❖ Even regular amounts of salt will cause the body to retain large amounts of water

THANK YOU