



Leading European Nephrology

# NEWS

## European Renal Association – European Dialysis and Transplant Association

### NDT Highlights in March:

#### Prescription of inappropriate medications to elderly hemodialysis patients/ Results of the German CKD study

*23 March 2015*

We would like to draw your attention to two papers that have just been published in *Nephrology Dialysis Transplantation (NDT)*, the leading nephrology journal in Europe.

As a Japanese study group found out, potentially inappropriate medications (PIM) are prescribed rather frequently in Japan. 57% of the 1,367 analyzed patients received PIMs, among them H2 blockers, anti-platelet agents, and alpha-blockers. These medications are potentially inappropriate for elderly patients because the risk of medication-related problems is rather high in this patient group. As Prof. Carmine Zoccali, NDT Editor-in-Chief, points out, this is not only a Japanese problem. "Although the average age of dialysis patients keeps rising in Europe and although we know that pharmacokinetics is different in elderly patients, this problem is not much taken into account in our daily routine. We have to be more aware of the fact that elderly patients are at greatest risk of adverse drug effects and that their medications should be considered very carefully".

The German CKD study focused on patients with moderate CKD under specialist care and analyzed their characteristics. 5,217 patients were enrolled and it turned out that they had a high disease burden/comorbidity profile (48% had hypertension, 35% had diabetes, 32% cardiovascular diseases). "Obviously these are the CKD patients who are referred to specialty care, which, of course, is important. But there is another side of the coin: the analysis suggests that nephrologists in Germany (and also probably in the rest of Europe) do not see many CKD patients without comorbidities. But in these patients preventive measures to slow CKD progression would be highly effective – and it would be vital that these patients also see a nephrologist" comments Prof. Carmine Zoccali.

**Interested to read the full papers? Just send a copy of your press card to [press@era-edta.org](mailto:press@era-edta.org) and ask for the pdfs.**



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### About ERA-EDTA

With more than 7,000 members, the ERA-EDTA ("European Renal Association – European Dialysis and Transplant Association") is one of the biggest nephrology associations worldwide and one of the most important and prestigious European Medical Associations. It supports basic and clinical research in the fields of clinical nephrology, dialysis, renal transplantation and related subjects. The ERA-EDTA supports a number of studies as well as research groups and has founded a special "Fellowship Programme" for young investigators as well as grant programmes. In order to involve young nephrologists in all activities of the ERA-EDTA the Council decided to create a Young Nephrologists' Platform (YNP). Besides, it has established various research networks and different working groups to promote the collaboration of nephrologists with other medical disciplines (e.g. cardiology, immunology). Furthermore, a "European Renal Best Practice" (ERBP) advisory board has been established by the ERA-EDTA to draw up and publish guidelines and position statements. Another important goal of the ERA-EDTA is education: several series of CME-courses as well as the annual congress offer an attractive scientific programme to cover the need of continuous medical education for doctors working in the fields of nephrology, dialysis and transplantation. The association's journals, NDT (Nephrology, Dialysis, Transplantation) and ckj (Clinical Kidney Journal), are currently the leading nephrology journals in Europe. The ERA-EDTA Registry is a large epidemiologic database comparing countries by assessing nephrology practice throughout Europe. Finally, ERA-EDTA is member of the European Kidney Health Alliance (EKHA), a consortium of renal societies that actively interacts with the European Parliament. For more information please visit [www.era-edta.org](http://www.era-edta.org)