

Evaluation of Rain Drop Project Introduced for Chronic Kidney Disease Uncertain Etiology (CKDu) Patients in Ginnoruwa, Mahiyanganaya

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CKDu is a serious medical problem in the Dry Zone of Sri Lanka. There is an increasing trend for kidney patients in Ginnoruwa GN division of Mahiyanganaya in the recent past. Badulupura is one of the villages in this division where high prevalence of CKDu has been recorded. Since fresh water supply is limited to this area, a Rain Drop Project was introduced in 2015 for CKDu affected families. The project had supported families with 5000-liter water tanks and other utilities. This study has been conducted to assess the outcome of this activity after a period of one-year. The main objective of this study was to reveal the perception of patients on drinking of rain water in terms of the changes of symptoms and future expectations of the patients. A questionnaire based survey, direct observations, and focused group interview with doctors, villagers, and hydrologists were performed to gather primary data and information. Of the respondents, 92% were living in this area for more than 30 years and 72% were paddy farmers. 40% of patients have mentioned that they believe unsafe water is one of the reasons of CKDu. Before the project only 32% patients knew that the rain water is suitable for drinking purposes. Prior to this project, patient used well water for daily consumption and among them 64% used filter or boiled water before consumption while 36% used well water without any purification. 60% patients had the perception that the rain water is natural and it will indirectly supports to control their CKDu. The study also revealed that some symptoms of CKDu patients like burning sensation of urine have been decreased significantly after drinking rain water. 64% patients stated that before the project they used well water and had the symptoms of dark color of their urine and after the project when they use rain drop water the urine color has been changed to pale. At present, 100% of the patients use rain water for drinking purposes. Most of the villagers agreed that this project is useful and successful. Families should be encouraged to use the rain water for their daily consumption which also one of the adaptation practices for the water scarcity in the study area. Providing of good quality water for one year period is not sufficient to assess any biochemical improvement of renal function. It is necessary to conduct future assessment on this issue to come for the concrete indication.

Keywords: Rain Drop Project, Chronic Kidney Disease, Uncertain Etiology, Rain Water, Symptoms