

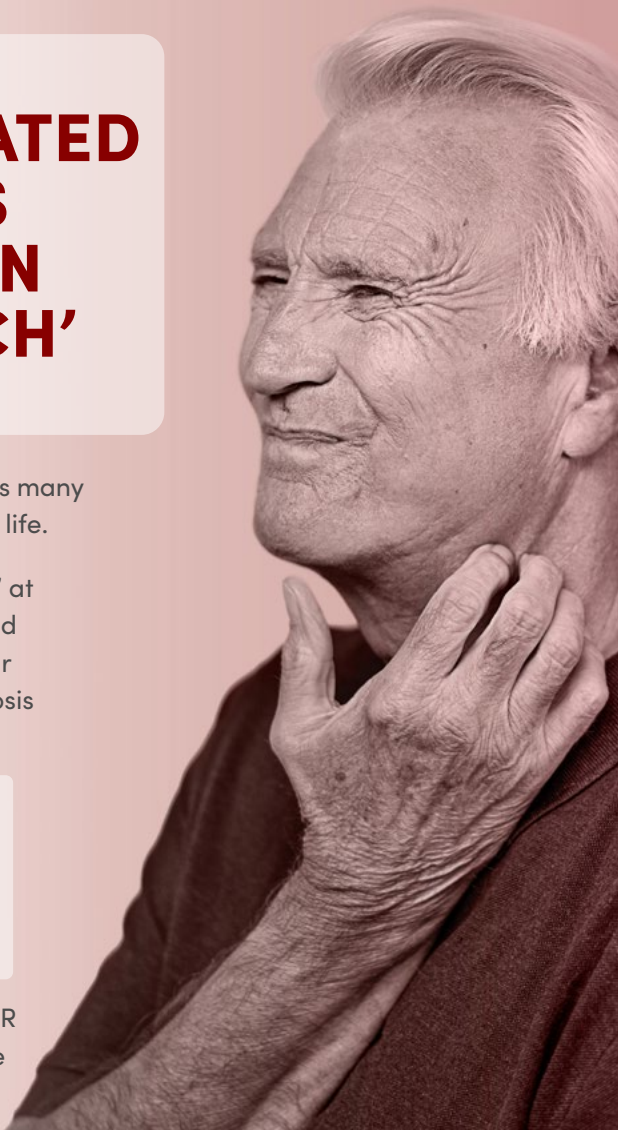
# CKD-ASSOCIATED PRURITUS MORE THAN JUST AN 'ITCH'

CKD-associated pruritis (CKD-aP) has many consequences on patients' quality of life.

Routinely asking patients about 'itch' at their haemodialysis sessions is a good starting point to actively support your patients in getting the crucial diagnosis and treatment they need.

Adverse events should be reported. Reporting forms and information can be found at <https://yellowcard.mhra.gov.uk/> or search for MHRA Yellow Card in the Google Play or Apple App Store. Adverse events should also be reported to Vifor Pharma UK Ltd. (Tel 01276 853633). Email: [medicalinfo\\_UK@viforpharma.com](mailto:medicalinfo_UK@viforpharma.com)

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KAPRUVIA® IS INDICATED FOR THE TREATMENT OF MODERATE-TO-SEVERE PRURITUS ASSOCIATED WITH CHRONIC KIDNEY DISEASE IN ADULT PATIENTS ON HAEMODIALYSIS.<sup>1</sup> KAPRUVIA® SHOULD BE RESTRICTED FOR IN-CENTRE HAEMODIALYSIS USE ONLY.<sup>1</sup>

# HOW IS THE BURDEN OF CKD-aP AFFECTING YOUR PATIENTS ON HAEMODIALYSIS?

CKD-aP is defined as itching directly related to kidney disease and can vary in severity, be intermittent or persistent, and occur any time before, during or after dialysis.<sup>2</sup>

The burden your patients experience with itch can affect them both physically and emotionally. They may be struggling with symptoms of depression and poor sleep, which can lead to a reluctance in engaging in social activities.<sup>3-6</sup>

In the multinational DOPPS studies, patient data showed almost half of patients on haemodialysis in the UK may suffer from moderate-to-severe\* CKD-aP.<sup>3</sup> The likelihood is that you will have treated a patient that was experiencing this condition.



# 48%

of UK patients (n=654/1,363)  
were moderately to severely<sup>†</sup>  
bothered by itch<sup>3</sup>

\*In DOPPS, moderate-to-severe CKD-aP was based on self-reported degree to which patients were bothered by itchy skin in the past 4 weeks: moderately, very much, and extremely<sup>3</sup>

<sup>†</sup>Severity of itch was established from a single question of the KDQoL-36 questionnaire: In the past 4 weeks to what extent were you bothered by itchy skin?<sup>3</sup>



# WITH SUCH A WIDESPREAD PREVALENCE AND POTENTIAL IMPACT ON PATIENTS' QUALITY OF LIFE, WHY IS CKD-aP NOT SPOKEN ABOUT MORE?

Despite the severe impact it has on so many patients, CKD-aP is under-recognised.

The documented prevalence of moderate-to-severe CKD-aP may not give us an accurate picture of how many patients are experiencing itch. One of the reasons is because 25% of all patients on haemodialysis who suffer with itchy skin do not report it to any healthcare professional.<sup>7,8</sup> This creates a gap in communication between healthcare specialists and their patients, potentially resulting in patients suffering in silence and not getting the help that they need.

## Why do patients not speak about their itch?



### PATIENTS UNAWARE OR RESIGNED

Some patients **do not understand** the link between CKD and itch; others are resigned to suffering from itch<sup>9</sup>



### HIGH BURDEN, LOW PRIORITY

Itch is not **considered a priority symptom** in advanced CKD, so is often overlooked during consultations<sup>9</sup>



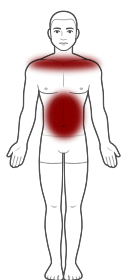
### CONSULTATION TIME IS SHORT

With **limited consultation times**, patients and nephrologists may not get the chance to discuss itch<sup>9</sup>

## HOW TO IDENTIFY SIGNS THAT PATIENTS MAY BE EXPERIENCING CKD- $\alpha$ P

One method is to look out for any visible signs; **CKD- $\alpha$ P** is often bilaterally symmetrical, and can be **localised or generalised**<sup>2,10</sup>

After performing a differential diagnosis and excluding other possible causes, HCPs should consider itching in these patients to be related with CKD- $\alpha$ P.<sup>11</sup>



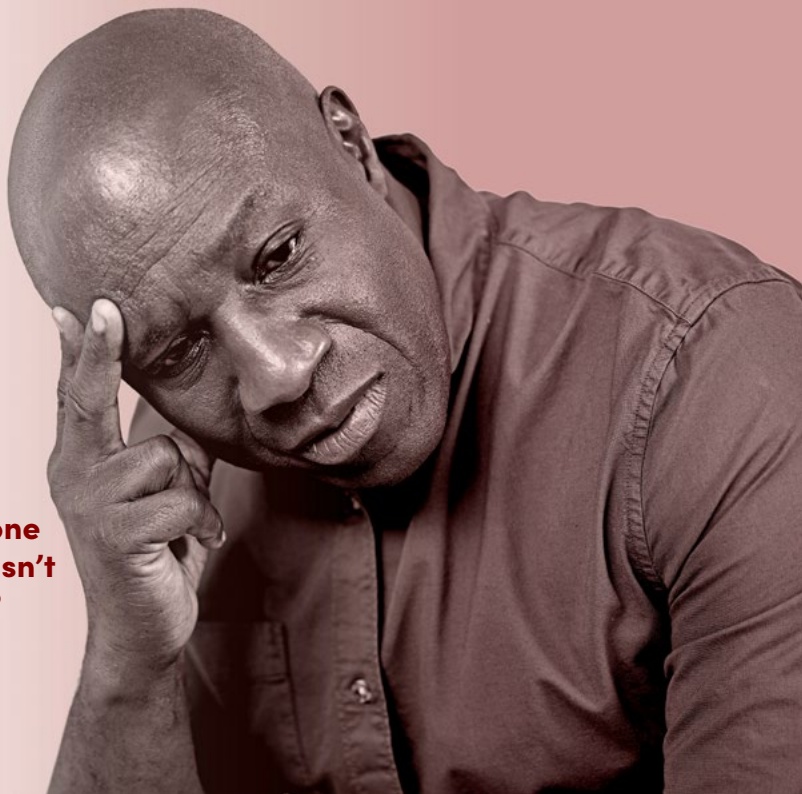
**GENERALISED**



**LOCALISED**



**What questions could you ask to help make sure one of your patients isn't hiding their itch?**



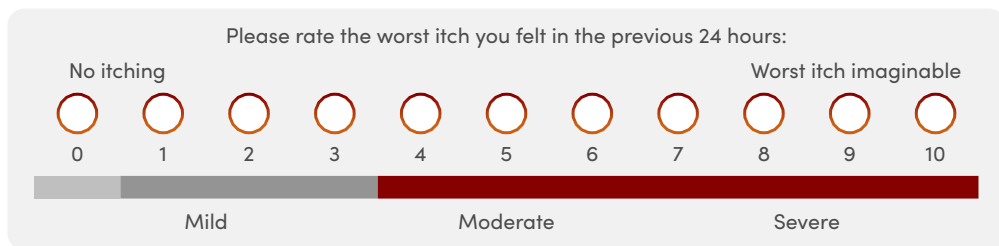
# EVERY CONVERSATION COUNTS

**Some patients may present with no visible signs of itch or scratching, which makes your conversations with them more important.**

**Start with one simple question to get the answers you need from your patients: 'How would you rate the worst itch you felt in the past 24 hours?'**

## WI-NRS assesses itch intensity<sup>10,12\*</sup>

Using a simple numerical scale called the WI-NRS scale (Worst Itch-Numerical Rating Scale) can help to get the conversation started. This allows you to keep track of how your patients' treatments are working and help you to see if patients who began in the moderate-to-severe range of itch have had any improvements in their symptoms.



\*WI-NRS is a validated 11-point scale ranging from 0-10 where 0 represents 'no itching' and 10 'worst itch imaginable'.<sup>10,12</sup>  
The WI-NRS is based on a similar scale also validated for the measurement of pain.<sup>12</sup>

## What is the impact of CKD-aP on patients?

- Patients with moderate-to-severe CKD-aP have poor sleep, and significantly reduced physical and mental health-related quality of life<sup>3-6</sup>

## Why is CKD-aP so under-recognised?

- 25% of all patients on haemodialysis who suffer from pruritus do not report it as they may not see the link between CKD and itch.<sup>7,8</sup>
- Pruritus may not be considered a priority symptom and is often not discussed during limited consultation times.<sup>9</sup>

## How to support patients with CKD-aP?

- Routinely asking patients about itch at their haemodialysis sessions is a good place to begin actively supporting your patients, as some patients may present with no visible signs.



**KAPRUVIA® is the only therapy licensed for the treatment of moderate-to-severe CKD-associated pruritus in adult patients receiving haemodialysis.<sup>1,13</sup>**  
**KAPRUVIA® should be restricted for in-centre haemodialysis use only.<sup>1</sup>**

**NICE**  
RECOMMENDED  
TREATMENT

NICE recommends KAPRUVIA®, within its marketing authorisation, for treating moderate-to-severe CKD-associated pruritus in adults receiving in-centre haemodialysis<sup>14</sup>

**SMC**  
ACCEPTED  
TREATMENT

SMC accepts with restricted use KAPRUVIA®, for treating moderate-to-severe CKD-associated pruritus in adult patients on in-centre haemodialysis with an inadequate response to best supportive care for reducing itch<sup>15</sup>



**Scan the QR code or click [here](#) to learn more about CKD-aP, KAPRUVIA®, and gain access to resources.**

This will take you to a promotional site with other Vifor Pharma products

#### References & abbreviations:

AE, adverse events; **CKD-aP**, chronic kidney disease-associated pruritus; **DOPPS**, Dialysis Outcomes and Practice Patterns Study; **HCP**, healthcare professional; **KDQoL-36**, Kidney Disease Quality of Life; **NICE**, National Institute for Health and Care Excellence; **WI-NRS**, Worst Itch Numeric Rating Scale.

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