



Beware toxic renal effects of NSAIDs in kids

RADA ROUSE

THE toxic renal effects of NSAIDs in children may be underestimated, researchers warn.

In a review of acute kidney injury at one paediatric hospital over a decade, US researchers found nearly 3% (27 of 1015 patients) developed acute tubular necrosis or acute interstitial nephritis due to NSAIDs alone.

A majority of the patients (75%) had taken their medicine at the recommended dose.

Many more children in the same time period had multifactorial kidney injury, of which NSAID exposure was one factor - with some sustaining acute kidney injury as a complication of inpatient therapy - but these complex patients were excluded from the analysis.

The series, the largest to date showing a link between NSAIDs and renal damage in children, also found that affected younger children - those under five years - tended to have more severe disease compared to older children, most of whom were teenagers.

"The reason for this finding is unknown but could be due to an increased susceptibility to the toxic renal effects of NSAIDs," the authors wrote.

The younger patients were more likely to require dialysis and intensive care admission and stayed in hospital for longer. At least seven children in the series had ongoing renal impairment.

The authors noted that in many cases where the correct dose was taken, the parent reported that the child had had signs of dehydration.

Ibuprofen was the main analgesic used, with some children taking naproxen or diclofenac and a small number taking a combination of two medicines. ■

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