

## **New Zealand Paediatric Surveillance Unit**

JULY

### **Protocol - Idiopathic Nephrotic Syndrome ( from May 2001)**

#### **Background**

Nephrotic syndrome is a clinical state secondary to a number of heterogeneous glomerular diseases with variable prognoses. Despite being a common manifestation of glomerular disease in children, significant questions concerning the incidence, aetiology, associated morbidity and treatment of nephrotic syndrome remain unanswered. This study aims to determine the incidence, presenting clinical features and management of nephrotic syndrome in the New Zealand children. Of the four overseas incidence studies, only one performed in the USA in the 1950s was population based. This indicated that the annual incidence in children aged below 16 years was 2 per 100.000. This study and British studies suggested that the incidence was higher in African-American children and children from the Indian subcontinent and higher in children from lower socio-economic backgrounds. In addition to epidemiological features, this study aims to describe the management regimes used, the relapse rates seen and the spectrum of infectious and thrombotic complications seen in children with nephrotic syndrome. Information on the rates of adverse events would be used to determine the feasibility of randomised controlled trials of different treatment modalities and/or interventions to prevent infection.

#### **Objectives:**

##### **Idiopathic nephrotic syndrome**

1. To estimate the incidence of idiopathic nephrotic syndrome in New Zealand.
2. To describe its distribution in relation to age, sex, socio-economic status, geography and ethnicity.
3. To describe the steroid regimes and other treatment used in the first episode of idiopathic nephrotic syndrome.

#### **CASE DEFINITION**

**Idiopathic Nephrotic Syndrome: A child aged >3 months and <15 years with oedema, proteinuria (>3+ on dipstick), hypoalbuminaemia (serum albumin <25g/L) and normal renal function (serum creatinine in normal range for age when not volume depleted) in the absence of persistent hypertension, systemic illness or macroscopic haematuria.**

**Please report any case fitting the definition on the monthly NZPSU report card.**

#### **Follow up of positive returns**

A questionnaire requesting further details will be forwarded to paediatricians who report a case of idiopathic nephrotic syndrome.

**A copy of the questionnaire is enclosed for your information.**

A second questionnaire will be sent one year after diagnosis of the nephrotic syndrome requesting details of response to therapy, of infectious and thrombotic complications and of one year outcome.

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