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### Reading Between the Lines: What PROMs Reveal About Itch

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#### Dr. Alberici:

Hello, this is CE with GLC. I'm Dr. Federico Alberici. Here with me is Dr. Anastasia Liossatou. In this episode, we are going to review the impact of patient-reported outcome measures in patients with CKD-aP.

Anastasia, you have a tremendous amount of experience here. What are the best practices for providers to use?

#### Dr. Liossatou:

Yes, thank you, Federico. Best practice for managing CKD-associated pruritus can begin, of course, with systematically listening to the patient's experience and by using PROMs to guide both treatment intensity as well as escalation. This ensures that symptom burden is not underestimated and that decisions are driven by patient-reported impact rather than clinical assumptions alone. So by embedding PROMs into electronic health records and by incorporating them into ward rounds supports continuity, visibility, and multidisciplinary engagement in the management of the symptoms.

So equally important is also recognition of the broader psychological impact of pruritus. CKD-aP is strongly linked with sleep disturbance, fatigue, reduced energy, anxiety, and depression. And this can be significant when it is affecting the daily functioning, the employment, and the social interaction. When we take this in a broader view, it becomes clear that this is not a minor symptom, but this is something major that affects the whole person.

So the key practice should shift from moving from viewing itching as a minor complaint and to recognize CKD-aP as a clinically meaningful condition that requires a structured assessment. And this can be done by timely intervention and with ongoing review within our routine care in clinical practice.

#### Dr. Alberici:

So I think it's very important to consider the patient as a whole and include also a psychological assessment for this condition.

So thank you very much. That's all our time and thank you for your attention.

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