

## POSTER ABSTRACT

# Rooting Resilience: Cultivating Mental and Physical Health to Safeguard Kidney Function

25th International Conference on Integrated Care, Lisbon, Portugal, 14-16 May 2025

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**Introduction:** One in seven U.S. adults is affected by Chronic Kidney Disease (CKD). Twenty percent of patients with early-stage chronic kidney disease suffer from depression. Black Americans are three times more likely, and Latinx are 1.3 times more likely to have kidney failure than White Americans (National Kidney Foundation, 2020). Minorities and other populations below the poverty level that lack access to healthcare are more likely to have a diagnosis of CKD as they are not aware they have kidney disease until the end stage.

**Methods:** A comprehensive literature review of empirical studies examined the comorbidity of CKD and depression showing depression as highly prevalent in association with poor quality of life and increased mortality among those with CKD.

**Results:** The literature underscores the importance of early detection of (CKD) in adults aged 18-44 to help prevent progression to end-stage renal failure in those 45 and older, as younger patients show the lowest rate of incidence. Shared medical appointments can help address the challenges physicians face when treating patients with multiple chronic conditions. Additionally, the paper highlights the need for further investigation into the effects of antidepressants on individuals with CKD. The team should collaborate to reach a consensus on the best course of action based on the proposed interventions, supporting patients as they adopt behavior changes suitable for their age, ethnicity, and socioeconomic status.

**Conclusion:** Utilizing interview-based depression screenings during routine check-ups should include patients with CKD and those associated with diabetes and hypertension. Integrated healthcare ought to consider the patient's intersectional identities, the prevalence of potential mechanisms of depression, and social health determinants that contribute to the chronic health conditions linked to depression to increase treatment outcomes and medication adherence.

**Keywords:** Chronic kidney disease, Diabetes, Hypertension, Depression, Integrated care