

Case report: Prolonged proteinuria in a young healthy male treated for Lassa fever complicated by acute kidney disease

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Introduction

An 18yr old male who was infected with Lassa fever(LF) and complicated by Acute kidney injury(AKI) and massive proteinuria with reversal of albumin-globulin ratio in the acute phase of the illness. He presented with oliguria, generalized body swelling and uraemia. There was no previous risk factor for kidney disease. He recovered from the Lassa fever infection and renal failure but continued to have proteinuria for six months after discharge. LF patients who recovered from AKI were previously believed to be without any adverse sequelae and long duration follow up and long term follow was not a routine practice. The index patient had five sessions of hemodialysis and received human albumin transfusion for severe hypoalbuminaemia. He made a complete clinical recovery and followed up.

Methods

The patient was followed up weekly for an initial two months period and subsequently twice monthly. Serum electrolytes and albumin was measured as well. Urinalysis was done on every clinic visit. Angiotensin receptor blocker, losartan at 25mg daily and gradually titrated to 100mg daily commenced on second month of follow up.

Haematinics and dietary modifications were instituted.

Results

at first month of follow-up, the patient was found to have massive proteinuria and normal electrolytes. At three months, proteinuria persisted. There was observable decline in protein urine protein loss at 6months with complete resolution at 8months.

Conclusion

Patients with Lassa fever especially when complicated with AKI must be followed up for at least one year. Sustained proteinuria if not recognized may lead to further kidney damage and contribute to incidence of chronic kidney disease in the community.