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## CHRONIC KIDNEY DISEASE

**Chronic Kidney Disease (CKD)** is a serious medical condition that affects 14.8% of the population. The prevalence is rising, and it is associated with an increased risk of hospitalization, cardiovascular events, and death. Since patients are asymptomatic and early detection is important to prevent progression, screening high risk patients annually is imperative. **Often the patient is asymptomatic until later stages of chronic kidney disease.**



### HIGH RISK PATIENTS:

1. BEING OVERWEIGHT
2. FAMILY HISTORY OF KIDNEY FAILURE
3. HAVING DIABETES OR HYPERTENSION
4. CARDIOVASCULAR DISEASE (CORONARY ARTERY DISEASE, STROKE, ATHEROSCLEROTIC DISEASE, HEART FAILURE)

### LATER STAGE CLINICAL INDICATORS:

1. URINATING MORE OR LESS OFTEN THAN USUAL
2. SWELLING IN YOUR ARMS, LEGS, OR FEET
3. NAUSEA AND VOMITING
4. LOSS OF APPETITE
5. MUSCLE CRAMPS
6. FEELING TIRED
7. ITCHING

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## **CONDITIONS COMMONLY SEEN WITH CKD:**

- 1. DIABETES – 40% OF DIABETICS WILL DEVELOP CKD.*
- 2. UREMIC BLEEDING – DUE TO PLATELET DYSFUNCTION.*
- 3. PERIPHERAL NEUROPATHY – UREMIA IS TOXIC TO PERIPHERAL NERVES, AND MOST PATIENTS ON DIALYSIS WILL HAVE SOME LEVEL OF NEUROPATHY.*
- 4. SECONDARY HYPERPARATHYROIDISM – PATHOLOGICAL MANIFESTATION DUE TO CHANGES IN BONE AND MINERAL METABOLISM SEEN IN STAGES 3, 4, AND 5.*
- 5. MAJOR DEPRESSION – UP TO 1/3 OF DIALYSIS PATIENTS WILL HAVE DEPRESSION, AND IT IS ASSOCIATED WITH A HIGHER RATE OF DEATH.*

## **DOCUMENTATION TIPS:**

- 1. WHEN DOCUMENTING CHRONIC KIDNEY DISEASE, IT IS BEST PRACTICE TO DOCUMENT THE STAGE OF THE DISEASE, IF KNOWN. THIS ENSURES CONTINUITY OF CARE AND ASSISTS IN MONITORING THE ACCURATE PROGRESSION OF THE DISEASE.**
- 2. DOCUMENT A STATUS AND PLAN OF CARE FOR THIS CONDITION.**

STAGES OF CHRONIC KIDNEY DISEASE	GFR*	% OF KIDNEY FUNCTION
Stage 1 - Kidney damage with normal kidney function	90 or higher	90-100%
Stage 2 - Kidney damage with mild loss of kidney function	89 to 60	89-60%
Stage 3a - Mild to moderate loss of kidney function	59 to 45	59-45%
Stage 3b - Moderate to severe loss of kidney function	44 to 30	44-30%
Stage 4 - Severe loss of kidney function	29 to 15	29-15%
Stage 5 - Kidney failure	Less than 15	Less than 15%
*The GFR number indicates how much kidney function is left. As kidney disease gets worse, the GFR number goes down.		

## ADDITIONAL TIPS:

- 1. CKD IS DIAGNOSED WHEN THERE IS EVIDENCE OF KIDNEY DAMAGE (MICROALBUMINURIA) OR DECREASE IN KIDNEY FUNCTION (DECREASED GFR) THAT LASTS FOR MORE THAN THREE MONTHS.**
- 2. THE RATE OF PROGRESSION TO ESRD VARIES DEPENDING ON THE CAUSE OF THE CKD, TREATMENTS RECEIVED, COMORBID CONDITIONS, SOCIOECONOMIC STATUS, GENETICS, AND ETHNICITY (AMONG OTHERS).**

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