world class expertise local care

Royal Free London NHS
NHS Foundation Trust

Chronic Kidney Disease:

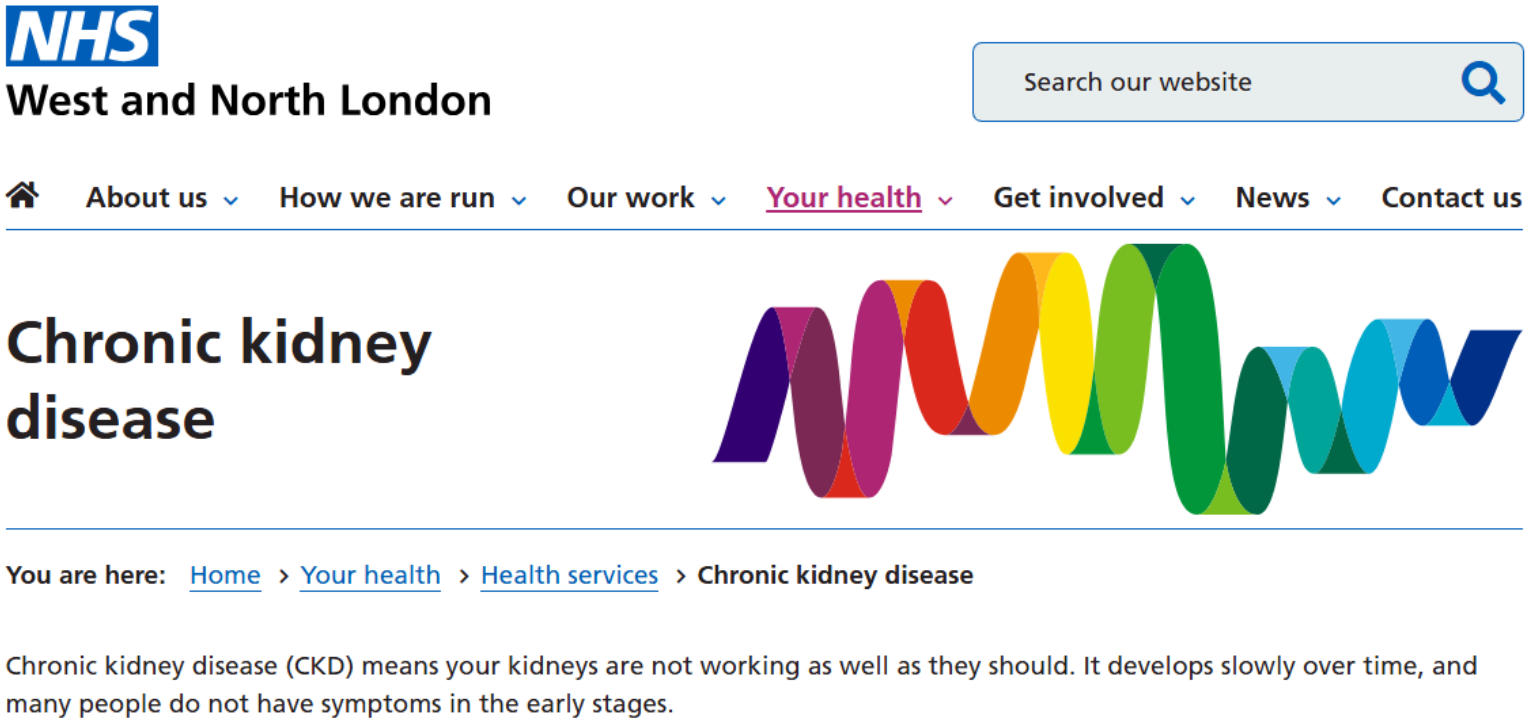
How to look after my kidneys

Sarah Milne, Kidney Nurse Consultant

CKD Website

https://www.westandnorthlondon.icb.nhs.uk/your-health/health-services/chronic-kidney-disease





world class expertise local care

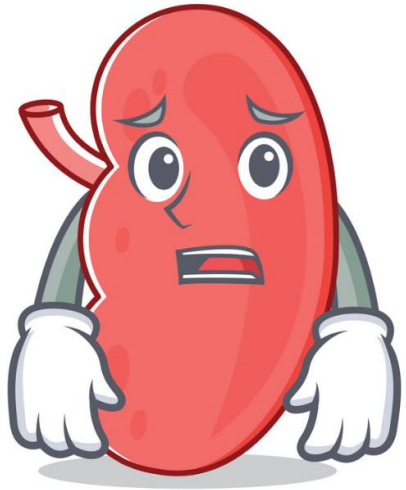
Royal Free London NHS Foundation Trust

What should I get from this session?

1. What is chronic kidney disease (CKD)?

2. How can I live well with CKD?

3. How will I be looked after?

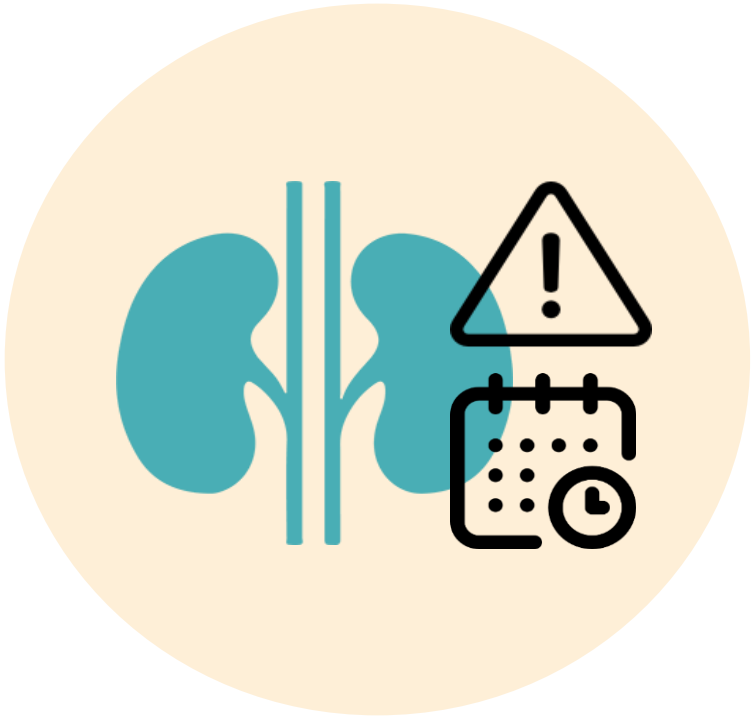


What do the kidneys do?





What is Chronic Kidney Disease (CKD)?



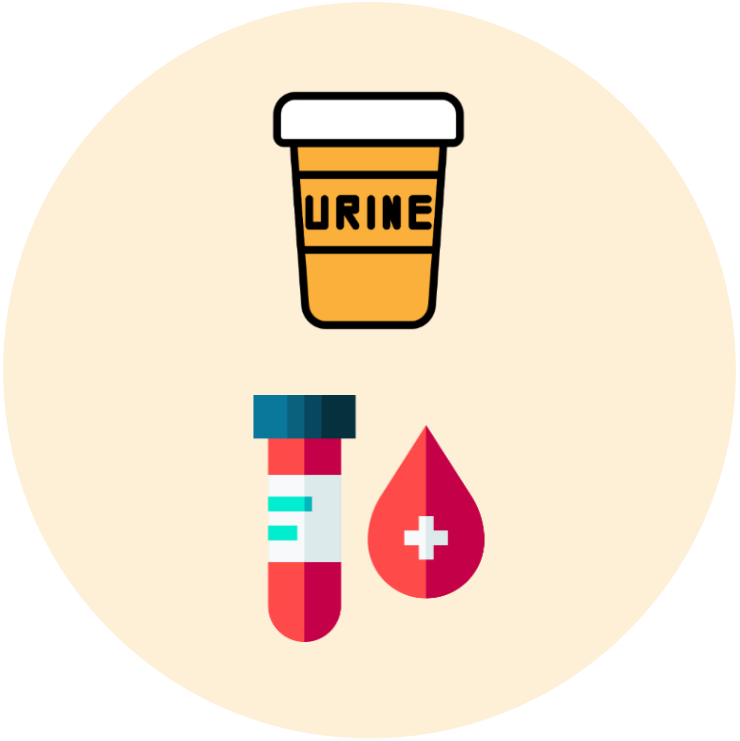
What does chronic kidney disease mean?

Chronic means the disease develops over a long period of time and will usually get worse over time.

It means that the kidneys are not working as well as they should be.

Sometimes, when the kidneys are damaged, they leak protein into the urine.

How do we find out that you have a kidney problem?



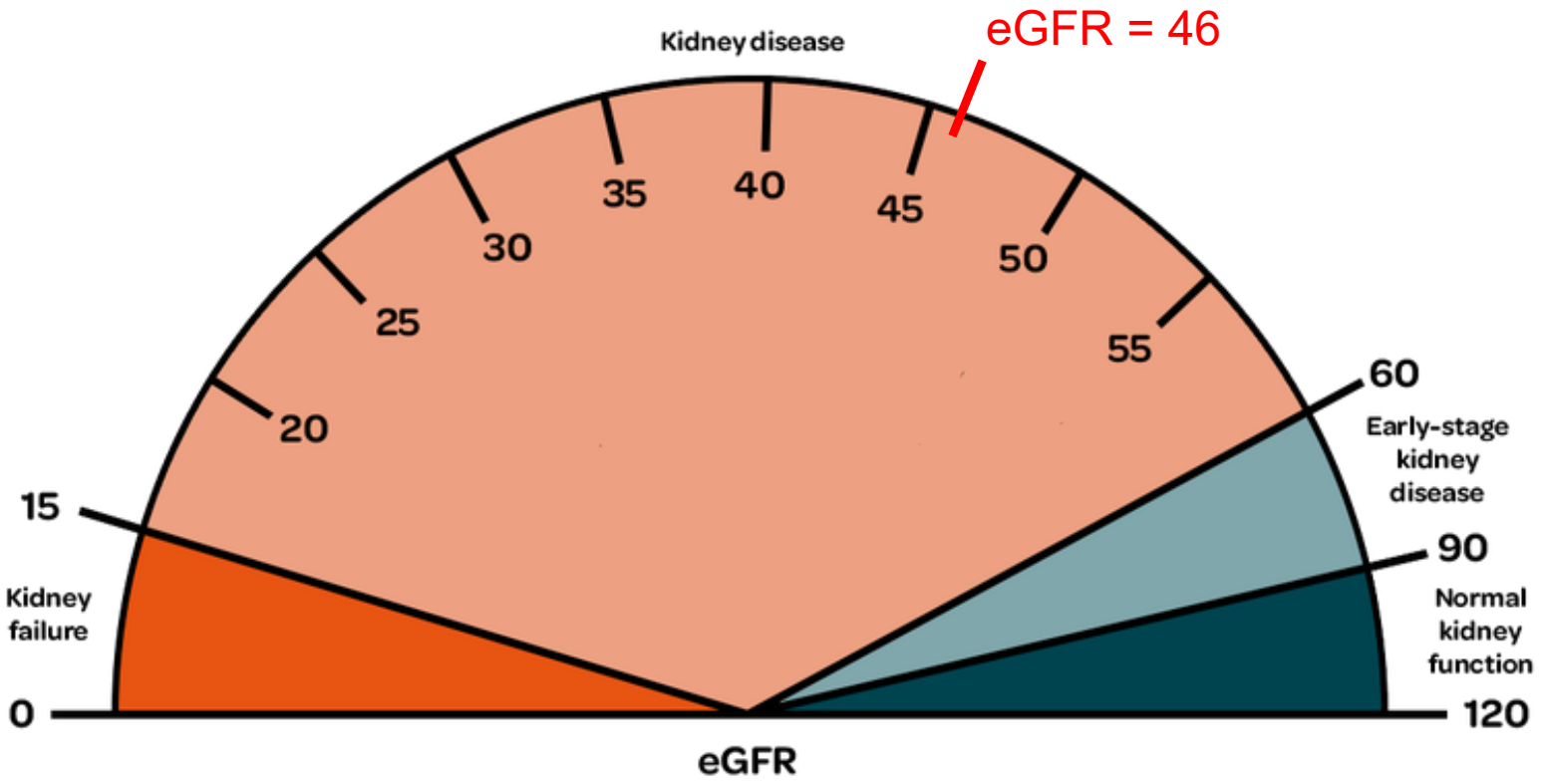
We test your urine

We can measure the amount of protein in your urine (uACR)

We do a blood test

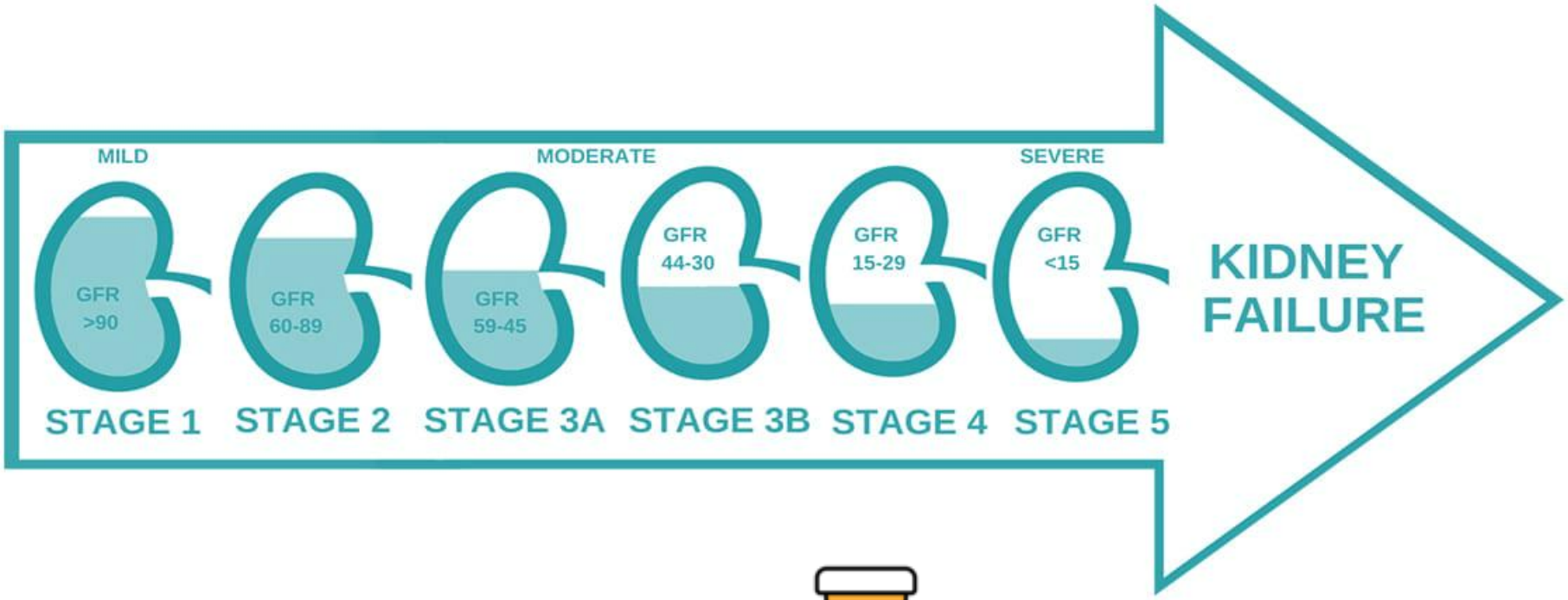
We can measure how well the kidneys are working (eGFR)

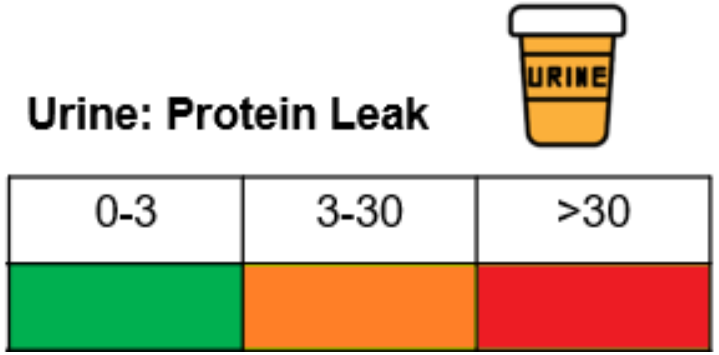
What is my eGFR or kidney number blood test?



https://www.kidneycareuk.org/about-kidney-health/stages-kidney-disease-explained/

What are the stages of kidney disease?





What do the results mean?

Mr Grey

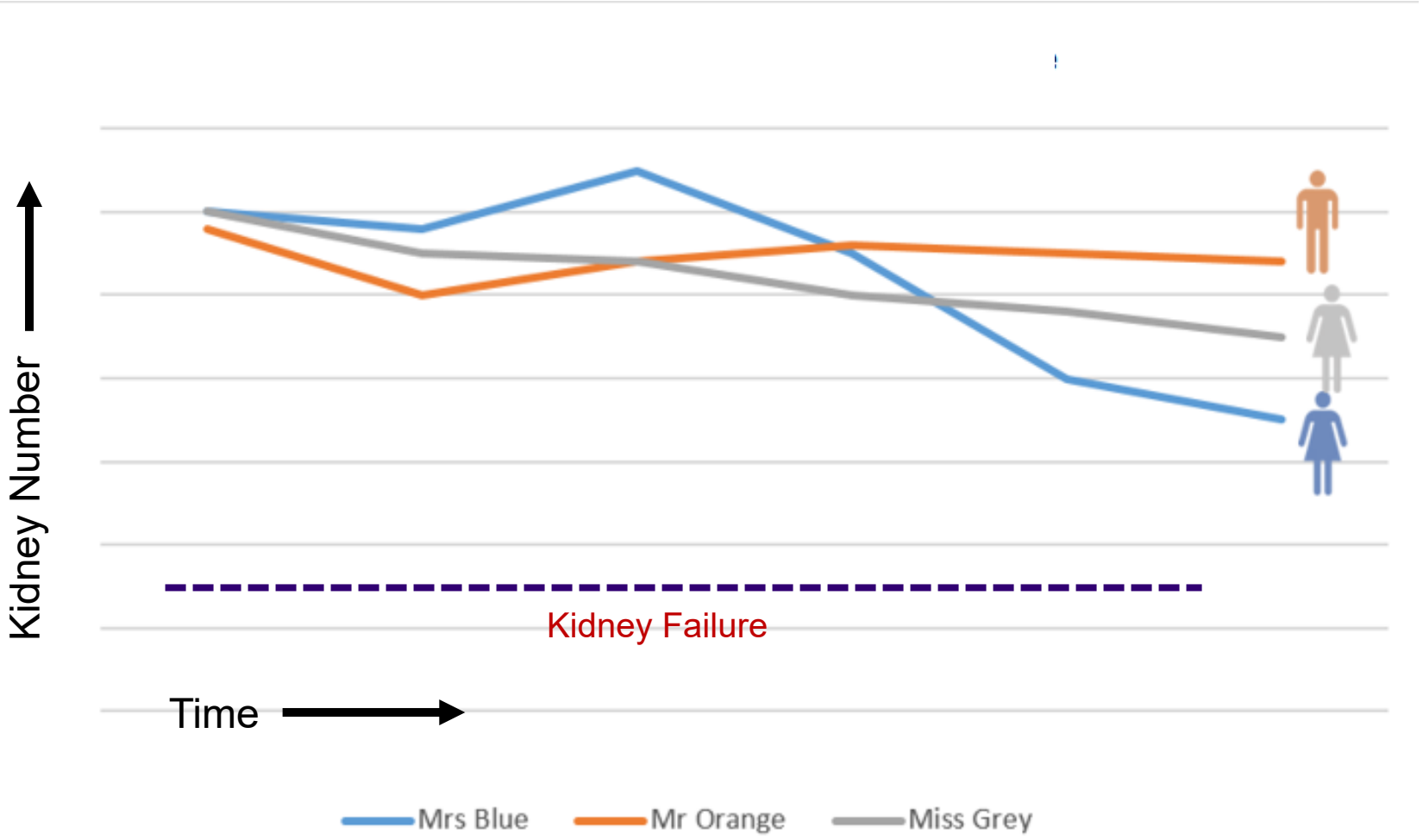
eGFR = 48
uACR = 2



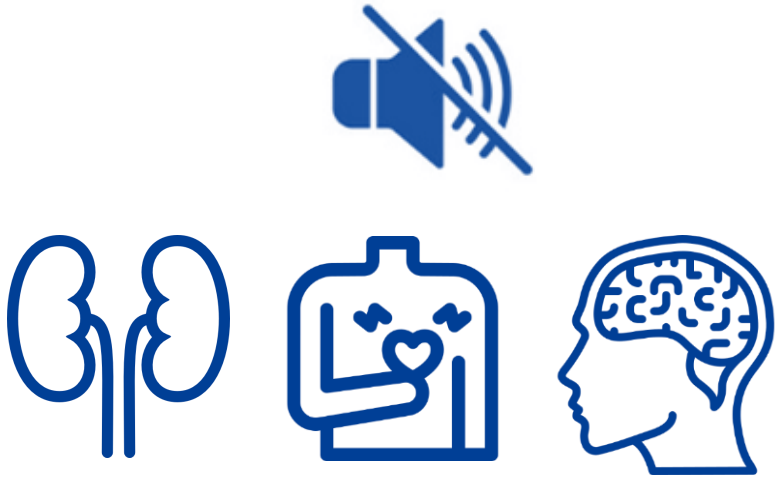


Blood: Kidney Function		Urine: Protein Leak 0-3 A1	3-30 A2	>30 A3
1	>90			
2	60-89			
3a	45 - 59	G3aA1		
3b	30-44			
4	15-29			
5	<15			

Kidney number over time



What to expect?



What to expect ?

No symptoms are expected in the early stages of the disease.

It comes with an increased chance of **heart attack and stroke.**

CKD can worsen over years.

A very small number of people may need a **kidney transplant or dialysis.**

Why is this happening to me?

Damaged blood vessels in your kidneys can stop them working properly.

This can happen with high blood pressure, diabetes, or just happens as we get older.







What now?

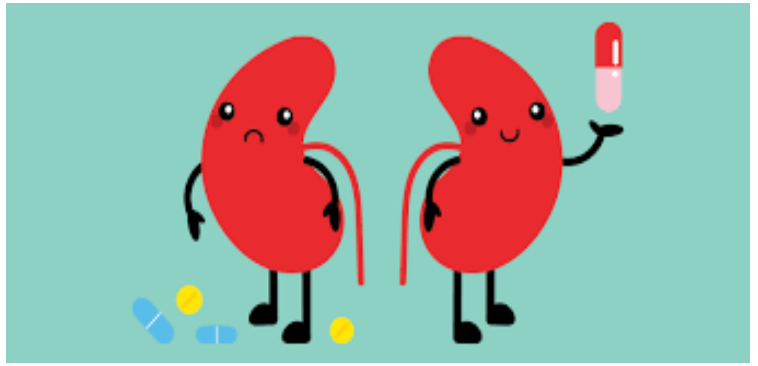
How can I help myself?



Know my numbers



Attend my appointments



Take my medicines

world class expertise local care

Royal Free London NHS Foundation Trust

Having good blood pressure control

People living with CKD are usually given a blood pressure limit.

For some people with more protein leaking in the urine, this limit is a little lower.

If you are over 80, the limit is more relaxed. This is to reduce the risk of falling, which is more common at this age.



Having good diabetes control

If you are living with diabetes, you may be aware that we measure the amount of blood sugar (glucose) attached to your haemoglobin in your blood.

This is what we call HbA_1c and gives us an idea of how well your diabetes is being controlled.

Know what your HbA_1c is, and what your healthcare team suggest that it should be.

How to manage my health with CKD?



Keep your weight healthy



Drink plenty of water



Smokefree National Helpline **0300 123 1044**

Stop smoking



Eat less salt and salty foods.



Move as much as you can



Eat a variety of fruit and vegetables



Have your seasonal vaccination when offered – e.g., flu

world class expertise local care

Royal Free London NHS Foundation Trust

Kidney Beam



Join for free today

Thanks to your local NHS service, Kidney Beam is now provided for free for anyone with kidney disease registered with a GP practice in North Central London. Why not sign up today?

1. Go to **www.kidneybeam.com**
2. Click **Register**
3. Follow the sign up instructions
4. Enter your GP practice when prompted

Need help? Email us at **hello@kidneybeam.com**

Scan me!

world class expertise local care

Royal Free London NHS Foundation Trust

CKD treatment

Good understanding of the medication
(what do you take and why?) bring a list to every appointment

Some tablets are protective to the kidneys and the heart

Blood pressure: e.g.Ramipril, Losartan “pril” “artans”
Gliflozins: e.g Dapagliflozin “gliflozins”
MRAs- Finerenone
Statins: e.g. atorvastatin
Vitamin D: e.g. cholecalciferol

Some people may be on diabetes medicines

Some people may required specialist treatment in hospital (e.g. immunosuppression)

CKD treatment

Avoid Non –Steroids Anti-inflammatory Drugs (e.g. ibuprofen, naproxen, diclofenac)

When buying medication over the counter confirm with the pharmacist that is safe with CKD.

Not all medicines suit everyone.
Please don’t stop any of your medications without speaking to your doctor.
In most cases we can find a different type that suits you better.

Sick day guidance (Medication)

If you have vomiting, infection or diarrhoea:





Drink more water
Speak to your pharmacist, practice nurse or GP if this lasts more than 24-48 hours



You may be asked to stop some of your medicines

If feeling better after 2-3 days, restart all medications at the same dose.

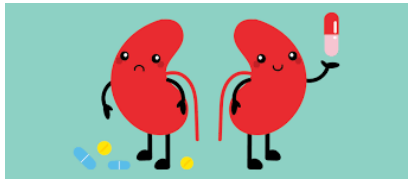
Remember!



Good blood pressure control



Good diabetes control



Take medicines



Attend appointments



Keep up with seasonal vaccinations (such as flu)



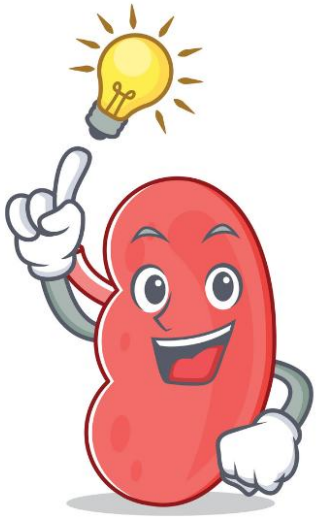
Live well with CKD

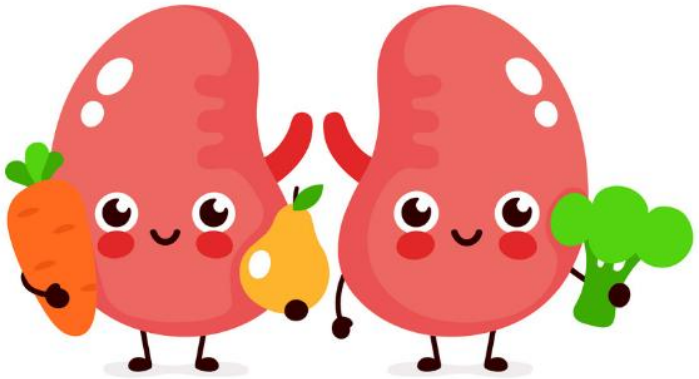
world class expertise local care

Royal Free London NHS Foundation Trust

What have we learned today?

1. What is chronic kidney disease?
2. How can I live well with CKD?
3. How will I be looked after?





Royal Free London NHS
NHS Foundation Trust

Thank you

world class expertise local care