

# Encounter #2

## IRC INFORMED

CKD Education Program



**Innovative  
Renal Care**

## Encounter #2

- Review previous visit info
- Stages of kidney disease
- Discuss most common labs related to kidney disease
- Common causes
- Treatment option overview
- Modality comparison chart
- Healthy lifestyle choices
  - Physical activity
  - Sleeping habits
  - Self-care
  - Adapting social activities
- Controlling co-morbid conditions with nutrition



# Stages of Chronic Kidney Disease (CKD)

Stage	Glomerular Filtration Rate (GFR)	Description
1	> 90	Normal or high GFR
2	60-89	Mild CKD
3	30-59	Moderate CKD
4	15-29	Severe CKD
5	< 15	End Stage CKD – Kidney Failure

# Common Lab Values for Healthy Adults

Lab	Range
BUN	7 – 20 mg/dl
Creatinine	0.7 - 1.3 mg/dl
Glomerular Filtration Rate (GFR)	≥ 90
Hemoglobin	12 – 16 g/dl
Potassium	3.5 – 5 mEq/L
Phosphorus	3– 4.5 mg/dl

- BUN, Creatinine, Potassium, and Phosphorus may increase when kidneys are not working as they should.
- GFR and Hemoglobin may decrease when kidneys are not working properly.
- The range of common results noted may vary slightly depending on the lab you use. Speak with your kidney doctor about your labs results.

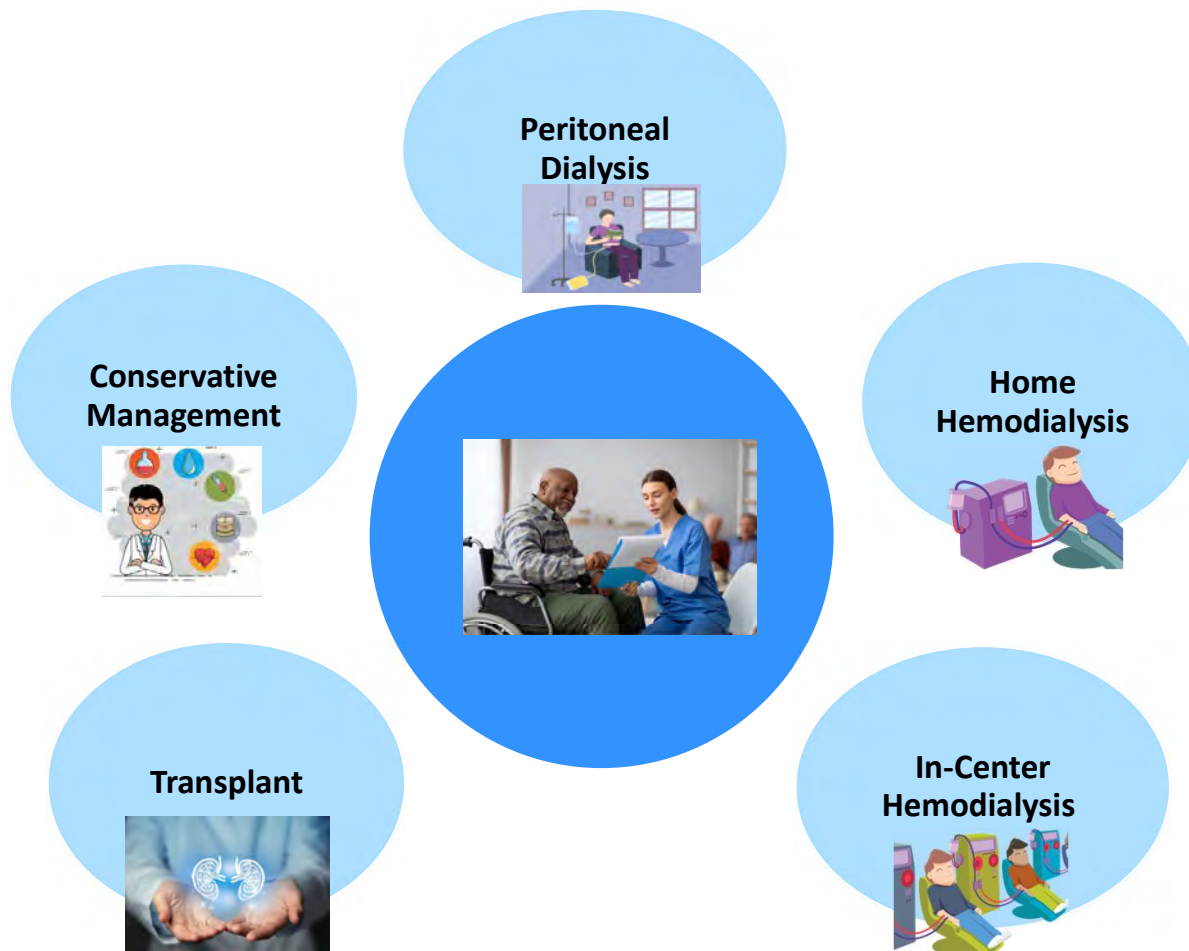


# Common Causes of Kidney Failure

- Diabetes
- High blood pressure
- Glomerular disease (damages the filters in the kidney)
- Polycystic Kidney Disease (PKD), a genetic disorder
- Lupus, an autoimmune disorder
- Infections
- And others...



# Journey through the dialysis life – treatment options



## Treatment Options – You Have a Choice!

### Peritoneal Dialysis (PD)

- Continuous Ambulatory PD (CAPD)
- Automated Peritoneal Dialysis (APD)

### Benefits

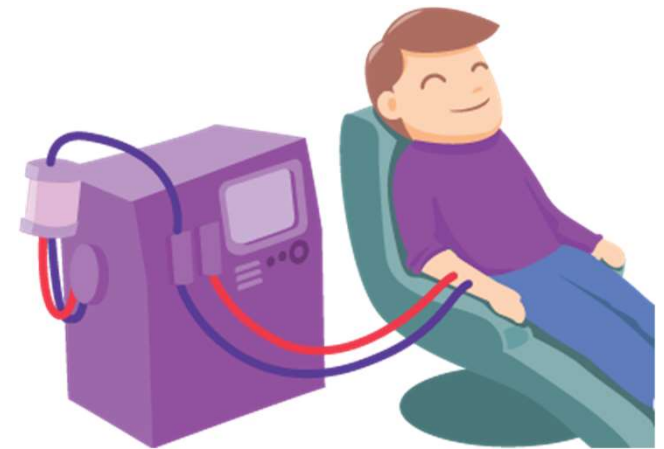
- Individualized training
- Dialyze at home
- No needles
- Portable –easy to take with you and travel



# Treatment Options – You Have a Choice!

## Hemodialysis (HD)

- Home Hemodialysis
  - Individualized training
  - Dialyze on own schedule
  - Dialyze at home
  - Equipment portable – easy to travel
  - May be done at night (nocturnal) while you sleep
- In-Center HD
  - Typically receive dialysis treatment 3 x week
  - Scheduled days and times provided by clinic
  - Some participation in care may be offered





# Treatment Options – You Have a Choice!

## Transplant

A healthy kidney is placed inside your body to do the work of your failing kidneys



### Living Donor

- Occurs when patient receives a kidney from a live person –friend, family member, stranger
- Benefits include:
  - Shorter transplant process/wait time
  - Better organ function and may last longer
  - Shorter hospitalization stays with easier recovery

### Paired-Donor

- If your donor does not match you, they give a kidney to another patient who does match. Then you receive a kidney that has been matched to you from a different donor

### Deceased Donor

- A transplant that comes from a deceased donor
- Wait times for deceased donor transplants can take from 3 to several years. Each transplant center has different wait times.

*Check with your local transplant center to get the most up to date information for your area*

### Conservative Management

- Health care team continues your care without dialysis or transplant.
- Focus of care is on quality of life and symptom control

# Treatment Options

Compare the options to see what works best for you!

You have a choice!

## Home Dialysis Treatments Compared



### Home Treatments Compared: Pluses +

	CAPD	CCPD	Conventional HHD	Daily HHD	Nocturnal HHD	In-center HHD
More-normal diet and fluids	✓	✓	✓	✓	✓	
More dialysis to feel better			✓	✓	✓	
Work-friendly treatment	✓	✓	✓	✓	✓	
Puts you in charge	✓	✓	✓	✓	✓	
You're not around sick people	✓	✓	✓	✓	✓	
Fewer ups & downs in how you feel	✓	✓		✓	✓	
Portable – take it with you	✓	✓		✓		
Flexible – suits your schedule	✓	✓	✓	✓		
Available in every state	✓	✓	✓	✓	✓	✓
Needle-free treatments	✓	✓				
Have your days free		✓			✓	
Learn it in a week or two	✓	✓				
Fistula likely to last longer			✓	✓	✓	

### Home Treatments Compared: Minuses -

	CAPD	CCPD	Conventional HHD	Daily HHD	Nocturnal HHD	In-center HHD
Need to visit clinic 3 times a week						✓
Supply storage space needed	✓	✓	✓	✓	✓	
Infection is a risk	✓	✓	✓	✓	✓	✓
Can affect body image	✓	✓	✓	✓	✓	✓
Weight gain from dialysate	✓	✓				
Limits swimming, tub bathing	✓	✓			✓	✓
Lack of privacy						✓
A partner is needed			✓	✓	✓	
Takes several weeks of training			✓	✓	✓	
Plumbing/wiring may be needed			✓		✓	

# Healthy Lifestyle Choices

Making healthy choices when it comes to things like physical activity and nutrition will lead to a happier and healthier life even with a chronic illness like kidney disease

- Physical Activity

- People who are physically active are happier and healthier than people who are not
- It's important to find enjoyable, productive activities that improve YOUR life
- Exercise isn't one size fits all. It's everyone CAN find the right fit. (Must be MD approved)

- Healthy eating

- We're leaving this to the dietitian!
- He/she will discuss individually with each patient



# Healthy Lifestyle Choices

The importance of **quitting smoking** cannot be stressed enough. Smokers usually have a much better chance of quitting with a support program.

Here are ways to access them:

- Your primary care doctor or local hospital
- Your health insurance plan and or your employer
- Your local health department
- The National Cancer Institute Quitline at 877-448-7848
- The American Cancer Society Quitline at 800-227-2345
- The American Lung Association [www.lung.org](http://www.lung.org) which has online and telephone-based programs
- State programs in all 50 states and the District of Columbia at 1-800-QUIT-NOW
- There are also medicines & nicotine replacement therapies like Nicorette gum if you decide you'd rather go at on your own



You can take control of your health by quitting and staying smoke free.

# Healthy Lifestyle Choices

## Sleep Habits

We often forget that sleep is a basic need just like food & water.

Here are some tips to improve sleeping habits:

- Make your bedroom comfortable
- Avoid eating & drinking caffeinated drinks before bedtime
- Put your computer, tablet or smartphone away at least an hour before going to bed
- Maintain a regular rest and sleep schedule

Sleep disturbances may be a sign of a disorder or other medical condition. Ask your doctor for help.





# Healthy Lifestyle Choices

## Self Care

Activity that we do deliberately to take care of our emotional, and physical health.

- Good self-care is key to improved mood and reduced anxiety.
- Very important for people dealing with the stress of a chronic illness

Types of Self Care: Keep in mind there may be barriers and you may need to modify activities based on your current health status.

- Relaxing activities
- Pleasurable activities
- Spending time with loved ones
- Joining a club or support group
- Spiritual activities



# Healthy Lifestyle Choices

## Adapting Social Activities

With a little forethought and planning you can do the things you love and used to do.

- What if you have an event scheduled for the same time as your dialysis appointment?
  - Dialysis facilities can accommodate schedule changes with doctor approval.
  - With home dialysis, you set the schedule!
- What if I need to travel out of town for any length of time? Can I still go on vacation?
  - Your dialysis provider can help arrange treatment near where you're traveling.
  - You can travel with home dialysis!



# Controlling Co-Morbid Conditions with Nutrition

## If you have...

- Diabetes
- Hypertension
- Cardiovascular Disease



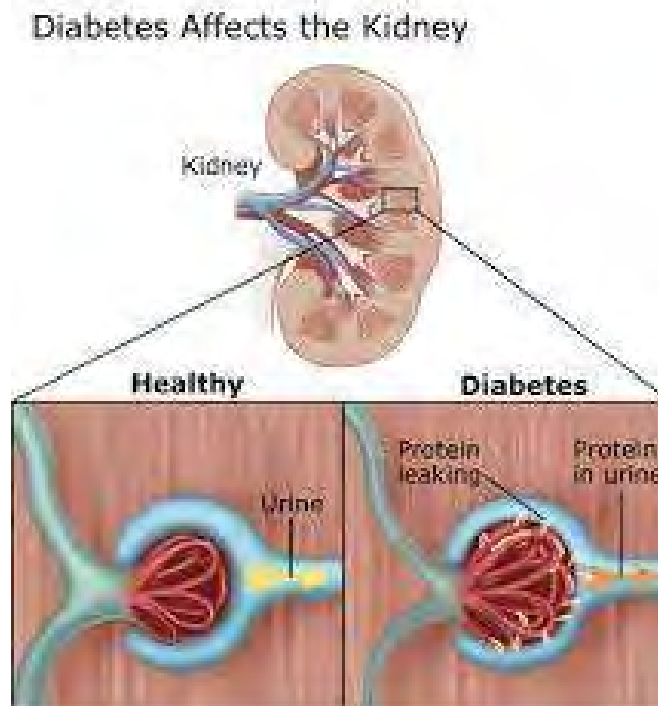
Proper nutrition can help to keep your other conditions under control



# Nutrition and Diabetes

## If you have...

- Diabetes – why is managing it so important when you also have kidney disease?

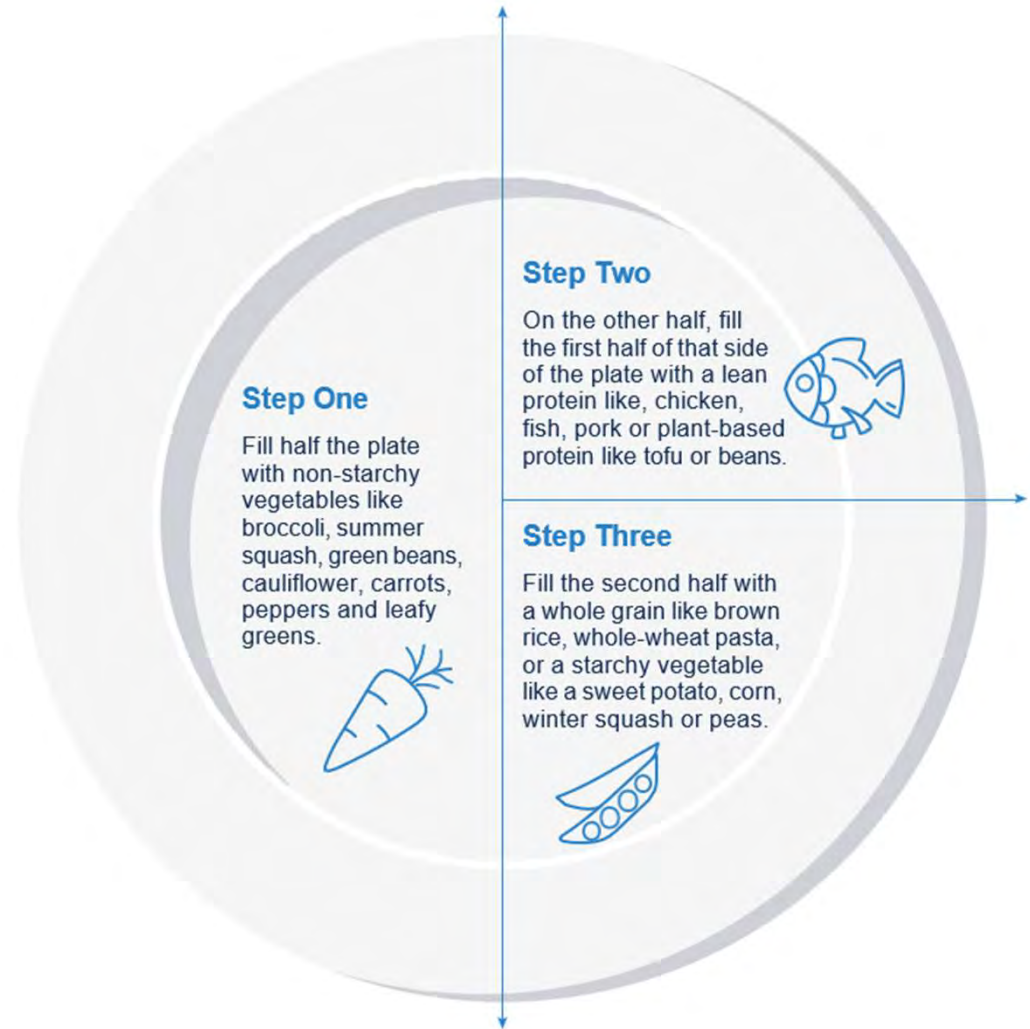


# Nutrition and Diabetes

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The Plate Method – 3  
Easy Steps

**Follow these steps to  
ensure healthy choices**



# Nutrition, Hypertension and Cardiovascular Disease

Why is managing my hypertension or high blood pressure so important?



What can I do to help control high blood pressure?

- Take your blood pressure medicine as prescribed
- Focus on lowering your sodium or salt intake
- Take diuretics if prescribed

# Nutrition, Hypertension and Cardiovascular Disease

## High sodium foods to limit

- Prepackaged grain mixes with seasoning mixes
- Canned vegetables (unless they are low sodium or salt free)
- Pickles; vegetables packed in brine, such as sauerkraut or olives
- Fried or breaded vegetables; vegetables in cream or butter sauces
- Higher sodium cheese
- Processed cheese products
- Canned, cured or smoked meat or fish
- Processed meats such as bacon, sausage or hot dogs
- High-sodium lunch or deli meats
- Canned beans (unless they are low-sodium or salt-free)



# Questions?

Speak with your Nephrologist