

A Collection of KIDNEY HEALTH INSIGHTS

Healthmap Solutions regularly publishes thought-provoking briefings on timely topics related to kidney health management. The following collection includes some of our favorite pieces, all featuring insights from our clinical leadership and Healthmap physicians, including Chief Medical Officer **Howard Shaps, MD, MBA**, and National Medical Director and practicing nephrologist, **Stephanie Toth-Manikowski, MD, MHS**. We hope you find these papers insightful and useful.

Health Equity and Kidney Disease Management

In this article dated November 29, 2022, Dr. Stephanie Toth-Manikowski looks at Health Equity in the context of chronic kidney disease (CKD) and end-stage renal disease and examines the challenges of addressing health disparities in the kidney population. Among the key points addressed were:

- **The higher incidence of kidney disease in minority populations**
- **The effect of social determinants of health** on access to care and outcomes
- **Examples of federal initiatives to close the gap in healthcare access**, including President Biden's Executive Order 13985 on "Advancing Racial Equity and Support for Underserved Communities through the Federal Government"
- **How a focus on value-based kidney care can help** providers achieve equity goals

[Read the Executive Briefing here](#)

Tearing Down Treatment Silos

Authored by Dr. Stephanie Toth-Manikowski, this Issue Brief examines the challenges of fragmented, "siloed" care as it relates to the treatment of kidney disease and provides answers to questions such as:

- **Why do treatment silos exist**, and how does fragmented care affect outcomes?
- **How can the silos be bridged?** How can primary care providers, nephrologists, and other care team members collaborate together in a coordinated treatment program?
- **Who should lead the coordination effort?**

[Read the Issue Brief here](#)

Slowing CKD Progression: The Nephrologist's Perspective

As a respected practicing nephrologist, Dr. Stephanie Toth-Manikowski has a valuable perspective on the challenges of managing CKD. In this article, she discusses treatment strategies and shares her thoughts on how providers can better serve their patients. Topics include:

- **How soon should a patient be referred to a nephrologist?**
- **What are the factors that influence CKD progression**, and how can they be controlled?
- **Who on the care team should have primary responsibility** for monitoring the patient's progress?

[Read the Executive Briefing here](#)

Next Steps Following a Diagnosis of Chronic Kidney Disease, Part One: The Patient's Guide

In this article, we provide a guide that physicians can share with newly diagnosed CKD patients to **help explain the patient's role in managing their disease and slowing its progression**. This informative brief is based on input from Healthmap's Chief Medical Officer, Howard Shaps, MD, MBA, and our National Medical Director and nephrologist, Stephanie Toth-Manikowski, MD, MHS.

[Read the Patient's Guide here](#)

Next Steps Following a Diagnosis of Chronic Kidney Disease, Part Two: The PCP's Guide

Although CKD patients should and in most cases will be referred to a nephrologist, the primary care provider (PCP) still plays an important role in the patient's journey. In this companion to our Patient Guide, Healthmap clinical leaders Dr. Howard Shaps and Dr. Stephanie Toth-Manikowski **present recommendations on how PCPs can set their patients up for successful treatment**.

[Read the PCP's Guide here](#)

Interested in learning more about Healthmap Solutions and our approach to kidney population health management? Contact Tom Gaffney, *Chief Growth Officer* at tom.gaffney@healthmapsolutions.com for more information.



We Are Dedicated to improving kidney health outcomes. **We Are Healthmap!**