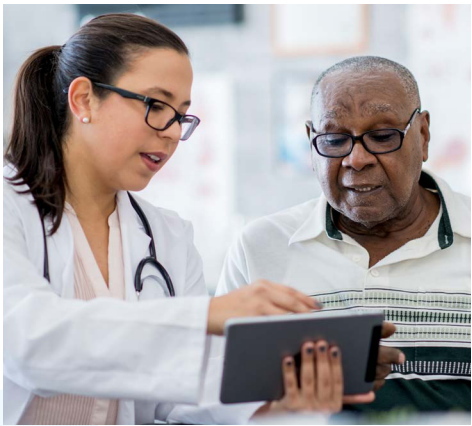


UNDERSTANDING CHRONIC KIDNEY DISEASE

A Guide for Healthcare Professionals

What is **CHRONIC KIDNEY DISEASE**?



CKD is a condition characterized by a gradual loss of kidney function over time. It is often caused by conditions that damage the kidneys and decrease their ability to keep the patient healthy by filtering waste from the patient's blood. If kidney disease progresses, waste can build to high levels in the patient's blood and make them feel sick. They may develop complications such as:

- Hypertension (high blood pressure)
- Anemia (low blood count)
- Osteodystrophy (weak bones)
- Cardiovascular disease
- Electrolyte abnormalities

What **CAUSES CKD**?

There are many causes of CKD. Two-thirds of CKD cases are caused by diabetes or hypertension. Some of the most common causes of CKD include but are not limited to:

- Diabetes (Type 1 and Type 2)
- Hypertension
- Heart disease
- Pyelonephritis
- Lupus
- Polycystic kidney disease (PKD)
- Other autoimmune diseases
- Glomerulonephritis
- Interstitial nephritis
- Prolonged obstruction of the urinary tract

What **RISK FACTORS** are **ASSOCIATED WITH CKD**?

CKD can occur at any age. However, some people are at higher risk of developing kidney disease. For example, African American, Asian, Hispanic American, Pacific Islander, and American Indian individuals have an increased risk of developing CKD. The following risk factors have also been linked to CKD:

- Obesity
- Smoking
- Use of nephrotoxic medications
- Family history of kidney failure

What are the **SYMPTOMS OF CKD?**

Patients with CKD may not notice severe symptoms until the kidney disease is advanced. However, some symptoms that may be identified earlier are:

- Lower energy
- Difficulty concentrating
- Decreased appetite
- Trouble sleeping
- Muscle cramps
- Swelling in the feet or ankles
- Puffy eyes, especially in the morning
- Dry, itchy skin
- Frequent urination

How is **CKD DIAGNOSED?**

CKD is diagnosed by a physician based on the results of blood and urine testing. These tests can help the physician assess the patient's kidney function by reviewing the following metrics:

- **ALBUMIN-TO-CREATININE RATIO:** Albumin is a protein that should generally not be present in the urine and indicates kidney function concerns.
- **CREATININE LEVEL:** This is a surrogate way to measure the amount of waste in the blood.
- **GLOMERULAR FILTRATION RATE (GFR):** This measures the kidney function and stage of kidney disease based on age and gender.

When should **A NEPHROLOGIST BE CONSULTED?**

Nephrologists partner with other physicians in slowing the progression of kidney disease. Ideally, patients should be referred to a nephrologist early in their disease process so that CKD progression can be slowed.

A nephrologist can provide education on treatment options, nephrotoxic agents and procedures, and blood pressure management related to kidney disease.

How can **HEALTHMAP HELP?**

Healthmap's **comprehensive Kidney Health Management (KHM) program supports providers to improve the clinical care of their patients with CKD and end-stage renal disease (ESRD).** Healthmap uses advanced data capabilities to identify which patients with CKD are at risk for progression, have not been seeing a nephrologist regularly, or have experienced frequent but preventable hospital visits, and bring these patients to the providers' attention. We support patients' plan of care by offering actionable insights and intervention opportunities to improve clinical outcomes. The Healthmap team also provides updates on high-risk patients, open care gaps, coding and documentation opportunities, and care transitions.

The road to better kidney health management starts with Healthmap Solutions. Contact Healthmap to learn more.

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