

Chronic Kidney Disease (CKD) Management in General Practice

Risk factors



Diabetes



Obesity ($\geq 30\text{kg/m}^2$)



Hypertension



Smoker



Established cardiovascular disease



Are of Aboriginal or Torres Strait origin



Family history of kidney failure



History of Acute Kidney Injury (AKI)

Individuals with risk factors for CKD should have a Kidney Health Check every 1-2 years

Detection

Kidney Health Check

Blood Test
(eGFR)

Urine Test
Urine Albumin:
Creatinine Ratio
(ACR)

BP Check

An eGFR $< 60\text{ mL/min/1.73m}^2$ = increased risk of adverse renal, cardiovascular and other clinical outcomes, **IRRESPECTIVE OF AGE**

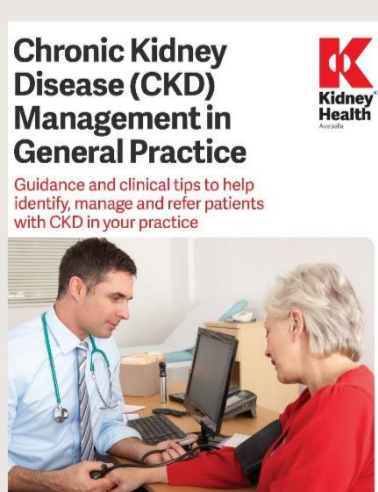
1 in 3 Australians
is at increased risk of kidney disease



90%

90% of kidney function can be lost without experiencing any symptoms

Resources



General Practice resources

The 'CKD Management in General Practice' Handbook (3rd Edition)

Colour-coded Action Plan templates

Available as free downloads from www.kcat.org.au

Online learning at www.thinkgp.com.au/kha

CKD-GO! App for patient action plans & the GFR Calculator at www.kidney.org.au

Patient resources

Kidney Health patient fact sheets at www.kidney.org.au or on Healthshare

Free call information service for people living with/affected by kidney disease: 1800 454 363



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