

QKidney[®] Health Professional Advice

The QKidney[®] risk test is used to identify people at increased risk of developing chronic kidney disease (CKD) in the next five years. Kidney Health Australia recommends comprehensive follow up by a general practitioner that includes: blood test (serum creatinine for eGFR), urine test (albumin: creatinine ratio) and blood pressure.

General Practitioner Referral Recommendations

The tables below outline recommendations for referral to a general practitioner based on QKidney[®] risk and/or blood pressure results. These recommendations are based on the best information available. They are not intended to indicate an exclusive course of action. Variations, taking individuals circumstances into account, may be appropriate.

QKidney[®] Risk Results

<3%	Low – referral not typically required
3-15%	Requiring attendance at own general practitioner at next planned visit
>15%	Requiring attendance at own general practitioner in next week or two

Blood Pressure Results

BP <140/90mmHg	Low – referral not typically required
BP>140/90mmHg	Requiring attendance at own general practitioner at next planned visit
BP>170/110mmHg	Requiring attendance at own general practitioner in the next week or two
BP>180/110mmHg	See general practitioner at the first available opportunity

General points to remember

- QKidney[®] is a UK based tool – its validity in Australian populations has not been confirmed
- Participant must be aged between 35 and 74 years and not already assessed as having CKD
- Advise on modifiable risk factors as appropriate (quit smoking advice, weight loss, blood pressure control, physical activity)

