



**Kidney[®]
Health**

Australia

Primary Care Education Program

www.kidney.org.au/health-professionals

2017-2019 Module List

Prevent, Detect, Support.

How our education program works...

KHA works closely with other organisations to provide education for health professionals. KHA arranges the clinical content and presenter and the partnering organisation 'hosts' the workshop.

Our education is flexible in order to provide CKD content in a format that aligns with the event and audience. Education is a complete package including a session plan, presentation, case studies, handouts, evaluation forms, reporting and optional supporting resources are also available to order. The modules are accredited for Continuing Professional Development with The Royal Australian College of General Practitioners (RACGP); The Australian College of Rural and Remote Medicine (ACRRM); and Australian Primary Health Care Nurses Association (APNA). Our primary care education is offered in the following formats:

- Interactive face-to-face workshops (usually 1 hour or 2 hour sessions)
- Active Learning Modules – run as full day workshops or split over multiple dates (6 hours of education)
- Quality Improvement activities
- Online learning
- Conference sessions
- Interactive web-based sessions

Our education is designed to be interactive with group activities, case studies and discussion underpinning the presentation format. Education sessions are facilitated by a Nephrologist or Renal Nurse carefully selected to fit with the audience and learning outcomes for the session.

Hosts can select the level of support they receive from KHA by selecting any of the options listed below:

Primary Care Education:

- ✓ An expert presenter
- ✓ A Kidney Health Australia coordinator to liaise with your team
- ✓ Our expert knowledge on Chronic Kidney Disease (CKD)
- ✓ Electronic documents (e.g. PowerPoint presentation, case study handout, evaluation forms, invitation template, certificate template, session plan)
- ✓ Primary Care Education with accreditation (fees apply)
- ✓ Primary Care resources (fees apply)

Our modules are arranged into the categories of Core CKD, CKD and Chronic Conditions and extended learning. These categories are designed to help you select a topic that will fit your audience's level of CKD understanding and interest.

All modules are designed for 2-hour duration and are accredited with the RACGP QI&CPD program for the 2017-2019 triennium for 4 Category 2 points. Kidney Health Australia is an accredited Activity Provider under the RACGP QI&CPD Program. Each module has also been approved with ACRRM for 2 Core PDP points. Modules can be adapted to fit alternate durations.

To create an Active Learning Module, simply select one module from each area: Core CKD Topics, CKD and chronic conditions and CKD extended learning

Fees and charges apply to any education requiring RACGP accreditation for GP attendees. For more information please contact the Primary Care Team.

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Primary Care Education Modules

Topics	GPs 	Nurses 	Indigenous Health Workers 	Other health prof 	Online 
Core CKD					
1) Detecting & Managing Chronic Kidney Disease	✓	✓	✓	✓	✓
2) Managing stage 3 CKD: Disease progression & complications	✓	✓*			
3) CKD issues for General Practitioners: 4 common cases	✓	✓*			✓
4) CKD in Indigenous Australians	✓	✓*			
5) Understanding CKD: Aboriginal & Torres Strait Islander Health Services		✓	✓	✓	
6) Understanding CKD: for Allied Health Professionals				✓	
CKD and chronic conditions					
7) Connecting CKD: managing resistant hypertension	✓	✓*			
8) Connecting CKD: the link with cardiovascular disease	✓	✓	✓	✓	✓
9) Connecting CKD: the link with Diabetes	✓	✓	✓	✓	✓
CKD extended learning					
10) Acute Kidney Injury & CKD	✓	✓*			
11) Impacts of CKD in older people	✓	✓	✓	✓	
12) eGFR and drug dosing in CKD	✓	✓*		✓	
13) Managing stage 4 & 5 CKD: working with the nephrologist	✓	✓*			
14) Decision support and symptom control in ESKD	✓	✓*			
15) Polycystic Kidney Disease	✓	✓*			

*Indicates learning outcomes are pitched at a GP level but would generally be suitable for any health professional who is involved in CKD management.

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Core CKD Topics

1. Detecting & Managing Chronic Kidney Disease



This module highlights the **importance of the early detection** of CKD and explores the recommendations for detection and monitoring CKD in general practice. The workshop covers the **measurement and reporting of urinary albumin and protein**, developments regarding the use of **eGFR**, and **staging CKD**. The module is designed for interaction, exploring **kidney function tests** to detect CKD and **colour-coded action plans** to manage CKD according to the stage, using **tools and resources for general practice**.

Learning outcomes

- State the major risk factors for developing chronic kidney disease (CKD)
- Recognise the importance of early detection and management for individuals at risk for CKD
- Define the treatment options to delay progression of kidney disease
- Implement a practice-based system, for patient safety, to identify patients at higher risk of CKD for a kidney health check

***There are 2 versions of this module, GP focussed and Practice Nurse focussed. It is up to the host/presenter which version to book.*

2. Managing stage 3 CKD: disease progression & complications



This presentation focuses on the management of stage 3 CKD in general practice to slow progression and delay onset of end stage treatment (e.g. dialysis). Areas covered include proteinuria, pharmaceutical control of kidney disease, blood pressure goals, calcium/ phosphate disturbance, anaemia and referral to a Nephrologist. The case of Bruce is followed in this interactive workshop which includes a didactic presentation, group work and plenary discussion.

Learning outcomes

- Demonstrate the ability to stage chronic kidney disease (CKD) through accurate interpretation of kidney function
- Define the goals for best practice management of CKD, particularly stage 3
- Determine the appropriate management for complications of stage 3 CKD and which patients to refer to a Nephrologist.
- Implement a practice-based system, for patient safety, to identify patients at higher risk of CKD for a kidney health check

***This education is designed at a GP level. It may also be suitable for primary health care nurses.*

3. CKD Issues for General Practitioners: 4 common cases



This module explores some common issues for CKD that present to general practitioners. A person with risk factors for CKD, a patient with diabetes, a patient presenting with macroalbuminuria and the patient with difficult hypertension are explored through 4 different case studies. This module is designed to be interactive with inbuilt case study questions and answers.

Learning outcomes

- Explore the role of the GP in preventing and detecting CKD in the primary care setting
- Define the goals for best practice management of CKD, particularly Diabetic Kidney Disease
- Define the goals for best practice management of nephrotic syndrome in CKD
- Define best management for resistant hypertension including lifestyle and pharmacological management
- Implement a practice-based system, for patient safety, to identify patients at higher risk of CKD for a kidney health check

***This education is designed at a GP level. It may also be suitable for primary health care nurses.*

Prevent, Detect, Support.**4. CKD in Indigenous Australians**

This presentation highlights the prevalence of CKD in Aboriginal and Torres Strait Islanders and explains best practice management of CKD specific to this group. The module includes information on proteinuria, blood pressure, calcium/ phosphate disturbance, anaemia and when to refer to a Nephrologist. The case of Doreen, an Indigenous woman with CKD, is central to the workshop which combines a didactic presentation, with group work and discussion.

Learning outcomes

- Discuss the high prevalence and poor outcomes of CKD in Australian Indigenous peoples
- Explain the importance of early detection and management of CKD
- Demonstrate the ability to stage CKD and assess for complications
- Define the goals for best practice management of CKD, to delay progression and prevent complications
- Implement a practice-based system for screening for CKD in Indigenous and other high risk patient checks

***This education is at a GP level. For Aboriginal Health Worker education please see the module 'Understanding CKD'.*

5. Understanding Chronic Kidney Disease: Aboriginal Health Worker and Practitioners

CKD is more common in the Aboriginal and Torres Strait Islander population and often goes undiagnosed. This workshop explores the role of the Aboriginal / Torres Strait Islander Health Worker in the detection and management of CKD; highlighting detection of CKD and best practice management in Primary Care along with explaining the various decisions that are made with the patient for ongoing management. After completing this education, health workers should be able to include CKD screening and its management as part of all chronic disease management.

Learning outcomes

- State the high prevalence and poor outcomes of CKD in Australian Indigenous peoples
- State the major risk factors for developing CKD
- Identify the role of the Primary Care Health Worker/ Practitioner in the detection and management of CKD and explain the decisions required to help CKD
- Learn some language (jargon) of CKD and develop confidence to discuss CKD testing and management as part of chronic disease management

***This module is designed specifically for Aboriginal Health Workers and Practitioners. It may also be suitable for Primary Care nurses working in indigenous health services.*

6. Understanding Chronic Kidney Disease: Allied Health Professionals

CKD is common, harmful and treatable. 1 in 3 adult Australians are at risk of developing CKD and 1 in 10 Australians has CKD. This education discusses detection of CKD and best practice management in Primary Care along with explaining the various decisions that are made with the patient for ongoing management. After completing this education, you should be able to include CKD screening and its management as part of all chronic disease management.

Learning outcomes

- Understand the progression of Kidney Disease, key detection and management goals and impact on patient outcomes
- Define the link between Kidney Disease, Diabetes and Cardiovascular Disease
- Explore the different treatment pathways open to patients prior to and with End-Stage Kidney Disease
- Be aware of the resources and services KHA provide

***This module is designed specifically for Allied Health Professionals or equivalent health understanding.*

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CKD & Chronic Conditions Topics

7. Connecting CKD: managing resistant hypertension



This presentation explores the common interaction between kidney function and cardiovascular disease. One in five Australian adults suffers from hypertension, and kidney disease is a significant problem for these patients. This interactive workshop investigates how timely intervention and appropriate management of resistant hypertension can slow or prevent the progression of CKD.

Learning outcomes

- State the causes and associations of resistant hypertension
- Recognise the difference from pseudo-resistant hypertension, and diagnose accordingly
- Explain the significance of the relationship between resistant hypertension and CKD
- Define best management for resistant hypertension including lifestyle and pharmacological management
- Create individualised management plans for patients in order to maximise achievement of targets whilst minimising harm

***This education is designed at a GP level. It may also be suitable for primary health care nurses.*

8. Connecting CKD: the link with cardiovascular disease



CKD is an independent and highly significant risk factor for cardiovascular disease. Individuals with CKD have a 2-3-fold greater risk of cardiac death than individuals without CKD. This module focuses on the relationship between kidney function and absolute cardiovascular risk, and the importance of addressing cardiovascular risk in patients with CKD. It also explores the special aspects of CVD risk reduction in people with CKD in general practice, highlighting the differences a CKD diagnosis will make to the management strategies, treatment targets and therapy choices for your patients.

Learning outcomes

- Describe the relationship between kidney function and Absolute Cardiovascular Risk, and the importance of addressing cardiovascular risk in patients with CKD
- Define the goals for management of CKD and Absolute Cardiovascular Risk and incorporate these into practice
- Explain the difference a CKD diagnosis makes to the management strategies, treatment targets and therapy choices for patients
- Improve patient safety by implementing practice systems to routinely assess and manage cardiovascular risk in patients with or at risk of CKD

***There are 2 versions of this module, GP focussed and Practice Nurse focussed. It is up to the host/presenter which version to book.*

9. Connecting CKD: the link with Diabetes



Diabetes is the leading cause of kidney disease and approximately 1/3 of all people with diabetes will have Diabetic Kidney Disease (DKD). This workshop investigates the relationship between kidney disease and diabetes and the significant changes in management that are required in individuals who have both conditions. This interactive workshop provides health care professionals with straightforward solutions to the management of DKD in general practice.

Prevent, Detect, Support.**Learning outcomes**

- State the major risk factors for developing chronic kidney disease (CKD)
- Determine the stage of chronic kidney disease (CKD) through accurate interpretation of kidney function
- Define the goals for best practice management of CKD, particularly Diabetic Kidney Disease
- Recognise the importance of screening high risk individuals for CKD
- Implement a practice-based system to perform a kidney health check in patients with Diabetes and those at increased risk of CKD

***There are 2 versions of this module, GP focussed and Practice Nurse focussed. It is up to the host/presenter which version to book.*

CKD extended learning topics**10. Acute Kidney Injury**

This workshop explores the relationship between Acute Kidney Injury and CKD. CKD increases the risk of AKI, and an episode of AKI in turn increases the likelihood of subsequent development of CKD, highlighting the need for ongoing surveillance. General practice is in a unique position to identify people at increased risk of AKI and address potentially modifiable exposures to prevent the occurrence of AKI.

Learning outcomes

- Define Acute kidney injury (AKI) and Chronic Kidney Disease (CKD)
- Explain the relationship between AKI and CKD
- Implement appropriate management of acute and chronic kidney disease
- Establish appropriate monitoring and treatment objectives for patients
- Effectively utilise practice systems to implement screening for patients at risk of both CKD and AKI

***This education is designed at a GP level. It may also be suitable for primary health care nurses.*

11. Impacts of Chronic Kidney Disease in Older People

CKD is very common in older people with up to 42% of people aged over 75 having some degree of CKD. It often occurs in the presence of multiple medical conditions and comorbidities. This workshop explores the relationship of kidney function and ageing and covers the special issues associated with the management of CKD in older people.

Learning outcomes

- State the major risk factors for developing chronic kidney disease (CKD)
- State the relationship of kidney function to ageing
- Explain the role CKD plays in the decline of cognition
- Include CKD testing and management as part of chronic disease management of all older people
- Effectively utilise practice systems to implement screening for patients at risk of CKD

***There are 3 versions of this module, GP focussed Practice Nurse focussed, and aged carer focussed. It is up to the host/presenter which version to book.*

Prevent, Detect, Support.**12. eGFR and Drug Dosing in CKD**

Ten percent of people attending general practice have CKD, and most have related conditions such as high blood pressure and diabetes. Renal drug clearance is an important factor to consider when selecting a drug dose for a patient with CKD. Factors that should be taken into consideration include the method of determining kidney function, body size, and therapeutic index. This workshop addresses these issues using an interactive case-based format. Participants will understand the accuracy of the CKD-EPI eGFR formula compared to other estimates of GFR, and gain confidence in making drug dosing decisions for their patients with CKD.

Learning outcomes

- State the recommendations for the detection and staging of Chronic Kidney Disease
- Differentiate the accuracy of the CKD-EPI eGFR formula compared to other estimates of GFR
- Identify the relative importance of GFR estimations in CKD drug dosing
- Implement a system to identify patients at higher risk of CKD for a Kidney Health Check

***This education is designed at a GPs / Pharmacist level. It may also be suitable for primary health care nurses.*

13. Managing stage 4 & 5 Chronic Kidney Disease: working with the Nephrologist

The management of CKD is always a collaborative effort. As kidney function declines, complications and comorbidities increase. Even if the individual progresses to stage 4 or 5 CKD and has regular contact with the dialysis or transplant team, the primary care team remain vital to optimal care. This workshop uses a didactic presentation and interactive case study to highlight the issues associated with management of people with advanced CKD. After attending the workshop, participants will have increased knowledge and confidence in managing their patients with stage 4 or 5 CKD.

Learning outcomes

- Describe the incidence and prevalence of Chronic Kidney Disease
- Recognise the clinical indicators for detecting and managing complications of stage 4 & 5 CKD
- Determine when to refer patients with CKD to a Nephrologist according to the recommended clinical indicators
- Recognise the need for dosage reduction or cessation of commonly prescribed drugs in stage 4 & 5 CKD
- Implement a practice based system to perform a Kidney Health Check for patients at increased risk of CKD

***This education is designed at a GP level. It may also be suitable for primary health care nurses.*

14. Decision making and symptom control in End Stage Kidney Disease

Conservative care is the treatment choice for kidney failure when an individual has decided that the options of dialysis and transplant are not appropriate for them. For many people who are already frail their life-span with kidney failure, with or without dialysis, is very similar. This workshop covers renal care and palliative care concerns in general practice. It focuses on an individual's symptoms and the treatment of their complications when not starting dialysis and management is in primary care, and provides tools to help patients make informed decisions and choices regarding their care.

Learning outcomes

- Describe supportive care as a treatment option for end stage kidney disease (ESKD)
- Recognise and manage common symptoms and complications in ESKD.
- Outline the components of terminal phase care for the patient with ESKD
- Integrate the resources available for decision-making support in patients with ESKD in the practice setting

***This education is designed at a GP level. It may also be suitable for primary health care nurses.*

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15. Polycystic Kidney Disease



Polycystic Kidney Disease is the most common inherited cystic kidney disease affecting about 6000 Australians and up to 6.5 million people globally. In Australia, PKD accounts for 6% of all people diagnosed with kidney failure. It affects people regardless of sex, age, race or ethnic origin.

Learning outcomes

- Determine the differential diagnosis of a renal cyst and the Bosniak classification of renal cysts using the correct clinical test
- Describe the clinical features, including symptoms and signs experienced by patients in all stages of polycystic kidney disease (PKD)
- Implement the management options for PKD, particularly the importance of lifestyle changes and blood pressure control
- Outline the patterns of inheritance and genetic changes associated with PKD
- Define parameters for screening patients with family history of renal disease, particularly PKD

***This education is designed at a GP level. It may also be suitable for primary health care nurses.*

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Further information

For further information on Kidney Health Australia's Primary Care Education Program, or to book a workshop, please contact our Primary Care Education team:

Contact our team

PrimaryCare@kidney.org.au
P | 08 8334 7512

www.kidney.org.au/health-professionals

KHA Clinical Directorate
136 Frome Street, Adelaide SA 5000
GPO Box 9993, Adelaide SA 5001

Online Learning

To access our free online learning modules, please visit
www.thinkgp.com.au/kha

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KHA's Primary Care Education Program is proudly associated with the following organisations



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