

How to Conduct a QKidney® Screening



Registration and general information

Participants must be aged between 35 and 74 years of age (inclusive) and not diagnosed with chronic kidney disease (CKD).

If you are experiencing high demand it may be practical to limit screening eligibility to individuals with at least one of the following risk factors for CKD:

- are 60 years or older
- are of Aboriginal or Torres Strait Islander origin
- have diabetes
- have a family history of kidney disease
- have established heart problems (heart failure or past heart attack) and/or have had a stroke
- have high blood pressure
- are obese (BMI more than or equal to >30)
- are a smoker

It may be helpful to utilise a registration sheet to record participants names and allocate appointment times every 10 to 15 minutes.

Station set up and flow

Ideally, you can have two stations.

Station One: Provide each participant with two copies of the QKidney® Results Form (one for them to keep and one for you to keep). Introduce yourself and mention that BMI and high blood pressure are risk factors for CKD. Measure height, weight and blood pressure and add results to the forms.

Station Two: Use the QKidney® calculator, then interpret the results, provide brief education, and discuss the need for general practitioner follow-up (see related Health Professional Advice document). It is recommended that a qualified health professional (preferably a nurse or doctor) occupy this station.

Provide all participants with their copy of the QKidney® Results Form and the Understanding Your Results Form.

Please use the Kidney Health Week QKidney® Feedback Form to let us know how the event went. You can access this from the Kidney Health Australia website www.kidney.org.au.

The QKidney® risk calculator can be accessed for free from www.qkidney.org (requires internet connection) or can be purchased (.99 AUD) as an iPhone or iPad app from the iTunes store (once downloaded does not require internet connection).

