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## Chronic Renal Disease Program (CRDP)

Kidney disease affects 10 to 16 percent of the U.S. population, and its prevalence may be increasing. There are currently 1,288 out of every 100,000 Pennsylvanians on dialysis. In addition to the physical and emotional toll on patients and their families, it poses a significant financial challenge to society and to the Medicare system, especially when it progresses to ESRD. Many causes of kidney disease may be corrected thus leading to a decreased incidence. The following are ways that we can all help.

### IDENTIFY AT RISK POPULATIONS

- CVD, DM, HTN
- 55-year-old and albuminuria over 30 mg/day
- African Americans and Native Americans

### RISK FACTORS FOR KIDNEY DISEASE

- Diabetes
- HTN
- AKI (Acute Kidney Injury)
- Proteinuria
- Low socioeconomic status
- Cystic Disease (including acquired cysts)

- Heavy soda consumption may contribute to hyperphosphatemia
- Microhematuria

### PREVENTION

Some medical societies are still not recommending screening. The following is recommended:

- Refer to a nephrologist
  - eGFR<30 ml/min
  - Consider high risk group
  - After AKI
  - Those with deteriorating renal function, significant comorbid conditions
- Newest BP control recommendations for diabetics:
  - <140/90 if albumin to creatine ratio <30
  - <130/80 if albumin to creatine ratio>30
- Recent change in BP control for patients with CKD is now the same as for diabetics
- Obesity and benefits of weight reduction (ideally maintaining a BMI below 25)
- Ambulatory BP monitoring is more accurate than random office checks. There is growing evidence of the importance of noc-

turnal BP dipping and bedtime administration of antihypertensives.

- When to refer for HTN:
  - 3+ medication, patient adherent and it is still not controlled
  - Secondary HTN highly suspected

### HOW TO SLOW DOWN CKD PROGRESS:

- Reasonable BP control
- Mild dietary protein restriction (0.8g/kg/day) and more plant derived protein
- Consider oral alkali [those with metabolic acidosis and more advanced CKD (4/5)]
- **Healthy lifestyle**
- Avoid nephrotoxic agents/procedures

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