



UNDIAGNOSED CHRONIC KIDNEY DISEASE CAN KILL!

WHAT is chronic kidney disease (CKD)?

- ▶ Kidney damage for ≥ 3 months defined as pathologic abnormalities or markers of damage, including abnormalities in blood or urine tests or imaging studies

OR

- ▶ $\text{GFR} < 60 \text{ mL/min/1.73 m}^2$ for ≥ 3 months, with or without kidney damage

WHAT can you do?

- ▶ Recognize risk factors for CKD
 - Diabetes
 - Hypertension
 - Family history of CKD, diabetes or hypertension
 - U.S. ethnic minority status
 - Older than 60 years of age
 - Nephrotoxic medications (e.g. NSAIDs)
- ▶ Do two simple tests
 - "Spot" urine for albumin-to-creatinine ratio (ACR) to detect albuminuria
 - Serum creatinine to estimate glomerular filtration rate (GFR)

IMPLEMENT a clinical action plan for CKD

- ▶ Consider co-management with a nephrologist if the clinical action plan cannot be carried out
- ▶ Refer to a nephrologist when $\text{GFR} < 30 \text{ mL/min/1.73 m}^2$