NATIONAL KIDNEY FOUNDATION®

# Discussing Starting an IgA Nephropathy Treatment: A Guide for Healthcare Professionals

EDUCATE YOUR PATIENTS

## Be Reassuring about Starting an IgAN Treatment

- Mention that IgA nephropathy (IgAN) as a chronic condition that requires monitoring and management. This also holds true for starting a new treatment.
- Acknowledge the fear of the unknown and uncertainty about disease progression and long-term prognosis.
- Mention that treatment is not just about today's symptoms, but it's about lowering protein in the urine and lowering the risk of kidney function decline over years.
- Address concerns about pill fatigue or pill burden, frequent lab monitoring, and dietary restrictions.
- Clearly outline what side effects to watch for, how labs will be monitored, and who they should call if they experience symptoms.
- Ask what is their biggest worry about starting a new medication.
- Ask how the plan sounds for their daily routine.
- Acknowledge that IgAN behaves differently from person to person, so lab trends are followed up over time over time and adjustments to treatments may be as needed.
- Remind them that they are not alone in this. The healthcare team is available to help answer questions and provide advice.

## Discuss next steps

- Summarize the agreed treatment plan and the reason for each medication or lifestyle step.
- Provide a handout or written summary outlining their treatment goals, medication schedules, and upcoming lab dates.
- Encourage the person with IgAN to bring a family member or care partner to appointments to help sort through the details.
- Provide instructions on what to do if they experience any side effects or changes in symptoms. Remind the person with IgAN not to stop or change any medications on their own without speaking to a member of the healthcare team first.
- Schedule a brief check-in phone call, email/text message, or appointment after starting a new treatment to catch early side effects.



**For more information, contact the National Kidney Foundation**

Toll-free help line: 855.NKF.CARES or email: nkfcares@kidney.org

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Information contained in this NKF educational resource is based on data available at the time of publication. It is intended to help clinicians stay informed about new scientific findings and developments. This resource is not intended to establish a preferred standard of care and should not be interpreted as prescribing an exclusive course of management.

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