

SCREENING FOR CKD IN CHRONIC DIALYSIS UNITS

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Chronic kidney disease (CKD) affects as many as 1 in 8 individuals. Family members of those with CKD are at 4 to 10 times the average risk themselves and are apt targets for CKD screening and education.

“Prevention Fairs” were organized to screen relatives, friends, and staff at the dialysis units where patients themselves received dialysis. After screening, subjects were educated on preventing and postponing ESRD, and were referred to NKFM programs (KEEP, Enhance Fitness and PATH). NKFM and trained Peer Mentors with CKD partnered with Greenfield Health (Henry Ford Health System), Beaumont Hospital, and University of Michigan to hold “Prevention Fairs” at 10 dialysis units in Southeast Mi. These Fairs involved medical screening (urine dipstick for proteinuria >2+ or microhematuria >25mcl, blood pressure >140 systolic and 90 diastolic, and BMI>31) and completion of the NKFM survey “Are You At Risk?” Nursing staff and Peer Mentors spoke with subjects about taking care of themselves and interacting effectively with the medical system. Dialysis patients who had the greatest longevity on dialysis were honored at a brief ceremony attended by their family members and State legislators.

To date, 264 relatives, care givers and staff from 8 dialysis programs participated in Prevention Fairs and were medically screened for CKD, with 2 more units scheduled for December 2008. 41% of individuals already screened (108/264) had at least one abnormal finding, 17% (46/264) had 2 or more findings, and 8% had 3 or more findings. Abnormal findings were not related to specific race or dialysis unit. Subjects with 2 or more abnormal findings were contacted by phone and referred for further medical follow-up. Of 228 participants filling out the “Are You At Risk?” NKFM brochure (high blood pressure or diabetes), 84 scored >10 and were advised to seek medical follow-up.

Partnership between the NKFM, Peer Mentors and local dialysis units can be effective in reaching a substantial number of high risk individuals. Social events, e.g. honoring dialysis patients or Prevention Fairs at picnics and special holidays, bring individuals to screening and increase their knowledge of CKD. This low-cost screening method identifies individuals who can then be referred to KEEP, Enhance Fitness, and PATH programs supported by NKF.