

Recording plan and sick day rules

The role of the kidneys:

Kidneys are very important organs in your body. Inside of your kidneys are millions of tiny filters, called nephrons. Kidneys filter the waste and toxins from your blood. They get rid of water you don't need and hold on to water when you are dehydrated.

The kidneys are also making hormones that control your blood pressure, they are in control of the making of red blood cells and activating vitamin D.

What causes chronic kidney disease (CKD):

Common causes include diabetes, high blood pressure, various forms of inflammation and many more reasons. If you have been diagnosed with CKD ask your doctor for the reason.

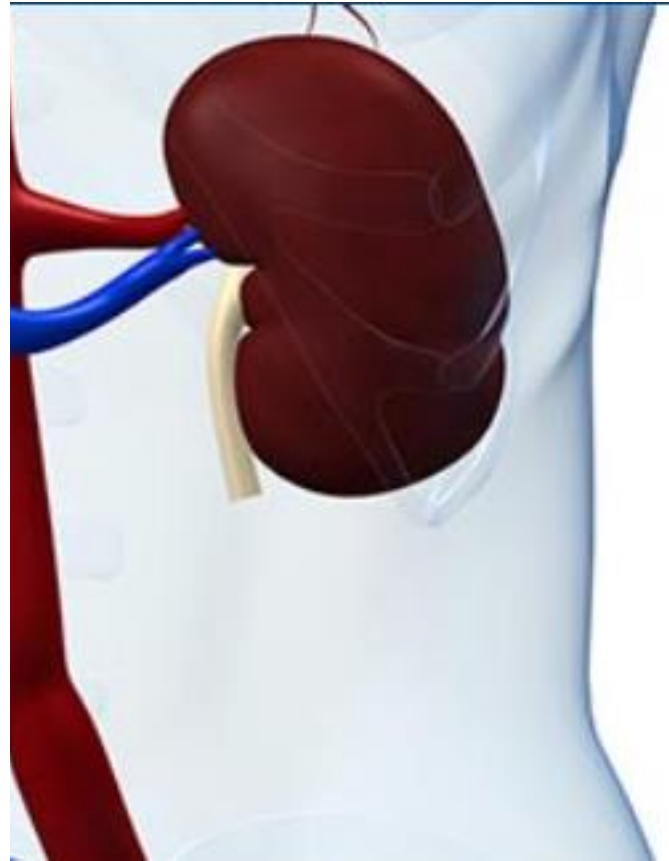
What is chronic kidney disease:

CKD means that your kidneys are damaged in some ways. Chronic means long lasting.

Kidney damage.

Blood tests and urine tests ordered by your doctor can find early kidney damage. When you have early kidney damage you will still feel fine and often you will not notice any symptoms. If kidney damage is found early you can still use it using healthy lifestyle changes and medication. Managing your health can stop or slow further kidney damage.

These are the tests to check how well the kidneys are working:



Kidney Health Check

Blood Test

eGFR and creatinine
a marker how well kidneys are filtering your blood

Urine Test

ACR
Urine test how much protein is found in the urine

BP Check

Blood pressure

eGFR (ml/min/1.73m²) stands for estimated glomerular filtration rate. It measures how much blood your kidneys filter each minute. If your kidneys are not working properly the eGFR will go down.

The stages of kidney disease:

- Stage 1** with normal or high GFR (GFR > 90 mL/min)
- Stage 2** Mild kidney disease (GFR = 60-89 mL/min)
- Stage 3** Moderate CKD (GFR 30-59 mL/min)
- Stage 4** Severe CKD (GFR = 15-29 mL/min)
- Stage 5** Kidney failure (GFR <15 mL/min)

Get to know what your blood test results show. Ask for a copy. This way you can see how your kidneys are working and if there are any changes. My kidney health check results:

Date:					
eGFR see above. Creatinine					
ACR: < 3.5mg/mmol females < 2.5mg/mmol males					
Blood pressure					

Treatment: if you have levels of protein in your urine then you might be advised to take medication, even if your blood pressure is normal. A type of medication is called ACE inhibitors. (for example, captopril or cilazapril) has been shown to be beneficial for some people with kidney damage.

Blood pressure:

A normal blood pressure is <130/80 mmHg .If consistently above 130/80mmHg then should ideally be treated. If you are over 65 years old a blood pressure up to 150/90 mmHg can be normal

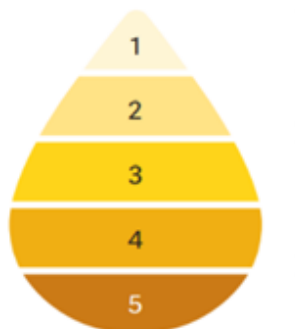
what can you do to keep your kidneys healthy?

There are things you can do to look after your kidneys, as well as taking the medication your doctor prescribes to you. The most important thing is to maintain a healthy lifestyle:

This includes:

- Have less salt in your food. Salt can increase your blood pressure, which in turn damages your kidneys.
- If you are obese, lose weight. 5 kilos of weight loss can bring your blood pressure down 5-10 mmHg.
- If you smoke; cease smoking. Smoking has been associated with kidney damage.
- Regular exercise can help your blood pressure, weight, and wellbeing. Exercise at least 30 minutes every day.
- Restrict alcohol -alcohol does not cause kidney damage it can increase your blood pressure and cholesterol.
- Diet is important. Fresh food and vegetables intake is essential. In the later stage of kidney disease, dietary restrictions may be needed, also input of a renal dietitian. Ask your doctor.
- Be careful with over-the-counter medication on a regular basis. Common drugs such as non-steroidal inflammatory drugs like ibuprofen are known to cause kidney damage and disease if taken regular. If your kidneys are already damaged these should be avoided
- Drink to satisfy thirst, if you have fever, vomiting and/or diarrhea there can cause you to lose more fluid, in those cases its important you contact your doctor to ensure you don not become dehydrated.

Things you can do, to stop becoming dehydrated:

<p>Drink enough fluid each day to make up for fluid losses so that you are not thirsty. Passing clear urine Is a good sign that you are hydrated.</p> <p>You might need to drink more fluids if you notice these signs of dehydration.</p> <ul style="list-style-type: none"> - Being thirsty -Going to the toilet less than usual -Having dark colored pee -Feeling very tired -feeling dizzy 	<p>What colour is your urine?</p>  <p>1 2 3 4 5</p> <p>Hydrated Ideal</p> <p>Mildly dehydrated Start to increase water intake</p> <p>Dehydrated Drink more water</p>
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Medicine sick days rules:

When you are ill and become dehydrated, particularly if you are unable to drink properly or are losing a lot of fluid e.g. vomiting, diarrhoea or when you have fevers and sweats, then your kidney function can become worse quickly (called an “Acute Kidney Injury”)

If you become ill like this, then it is a good idea to have a plan in place to keep your kidneys working well.

This “Sick Day” plan may involve:

- Contacting your health professionals (GP team or specialist kidney team nurses) - please do not delay calling your GP or the out of hours service if you are only passing small amounts of urine.
- Discuss with your health care professionals also which medication you might need to stop taking when you are unwell.
- Blood tests to check your kidney function (your GP team may be able to provide a test form that you can use if needed)
- If you have diabetes, please increase the times you check your sugar level. If you are not sure, contact your pharmacy, doctor, or nurse.