

Prevention: Chronic Kidney Disease

Key Messages

- CKD is the ninth leading cause of death in the United States according to the most recent data from the National Health and Nutrition Examination Survey. The report summarizing the results of that analysis states that 16.8% of the U.S. population over the age of 20 has CKD. Those affected are at increased risk of cardiovascular disease and kidney failure.
<http://www.medscape.com/medline/abstract/17332726>
- Research indicates that there is a steady, alarming growth in the incidence of CKD, which is doubling every 10 years in the United States.
http://www.kidney.org/professionals/KDOQI/guideline_diabetes/background.htm
- The cost in 2005 for managing CKD was \$32 billion in public and private spending.
<http://kidney.niddk.nih.gov/kudiseases/pubs/kustats/index.htm>
- A central approach for a CKD care quality improvement effort is coalition building and collaboration with physicians, other providers as well as additional partners at the local, state, and national levels.
- Facing a growing CKD incidence - the National Kidney Foundation (NKF) has estimated that 20 million Americans have early chronic kidney disease and do not know it and another 20 million faced an above average risk of developing it. Primary care physicians (PCPs) are the key to early identification and management of chronic kidney disease and can have an impact on preventing its progression and associated complications.
<http://www.medterms.com/script/main/art.asp?articlekey=19806>
- Often patients do not have a good understanding the importance of kidney health and of their risk for CKD. Communicating the importance of testing and how kidney disease is diagnosed empowers patients to become more active in monitoring their kidney health.
- Kidney damage is irreversible but treatment can help delay or prevent kidney failure. Appropriate use of ACE inhibitors/ARBs for first line renal protection for diabetic nephropathy is highly recommended.
- Patients who develop kidney failure benefit from early education about dialysis and transplantation. Early education provides time to process the information and prepare both psychologically and physically.
- Arteriovenous fistulas (AVFs) are the gold standard for vascular access for patients with kidney failure who choose hemodialysis. AVFs last longer and have a lower risk of infection and blood clots than other types of access.