Chronic Kidney Disease (CKD) Program

Graphic courtesy of the Kidney Foundation of Canada

Chronic Kidney Disease Program
Kidney Health Centre
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Office hours: Monday to Friday from 8:00 a.m. to 4:30 p.m.
Please feel free to leave a message with your name and phone number.
Your call is returned during office hours.
Our goals are to:
- help you and your family understand and adjust to kidney disease and treatment
- help you make decisions to stay healthy through special diet and medications
- offer information about treatment options and support for your decision
- monitor how your kidneys are working
- delay as long as possible the need for dialysis.

**In Case of an Emergency**

Call your family health care provider. If you are unable to contact your family health care provider and you live in Regina, go to the Emergency Department at the Regina General Hospital. If you live in rural Saskatchewan, go to your nearest local health centre.

**CKD Team Members**

**Patient**
- **You** are the most important part of the team.
- Your role is to provide accurate health information to team members and to stay informed about your condition.
- You and the rest of the team work together to develop your plan of care.
- It is your responsibility to **actively participate** and follow your plan of care provided by your CKD team members.

**Nephrologist (Kidney Specialist)**
- Assesses and manages your kidney disease and medical conditions related to kidney health.
- You see your kidney specialist in the CKD Program at regularly scheduled intervals.

**Family Health Care Provider**
- Provides management of your basic health concerns and consults with the kidney specialist.

**Pharmacist**
- Reviews your medications and answers any questions you may have related to your medication treatment.
- Monitors areas such as anemia management, blood pressure control, and cholesterol assessment.
Program Coordinator

- Provides leadership in the coordination of patient and family care.
- Acts as a resource person for all health care professionals working in CKD and provides supervision and direction as needed.
- Provides nursing care, assessment, and education to patients as needed.
- Develops and provides constant evaluation of the standards of care received by patients in the CKD Program.
- Facilitates teamwork in the development and improvement of patient care throughout CKD.
- Investigates any concerns identified by staff, patients, and their families.
- Ensures CKD runs smoothly on a day-to-day basis.

Registered Nurse

- Provides ongoing teaching, care, and assessment.
- Reviews your blood work results and contacts your kidney specialist as needed.
- Provides information about your chronic condition to you and your family. Education is important in preventing long term complications of kidney failure and helps slow the progression of kidney disease.
- Helps you to set goals and to learn lifestyle strategies to keep your kidneys working for as long as possible.
- Works with other CKD team members to help coordinate your care.
- Helps you to learn about treatment options and assists you during your transition to dialysis and/or transplant.
- Provides routine foot screen to prevent any complications that can occur on your feet.

Access Nurse

- Coordinates the creation of your hemodialysis access, if you require one.

Diabetes Nurse Educator

- Provides diabetes education and assessment for patients with diabetes.
- Assesses blood sugar values and discusses any diabetes medication changes with you and your family health care provider and/or kidney specialist.
Social Worker

- Provides counselling service to you and your family and helps you adjust to the changes that may arise from kidney disease.
- Informs you of community resources for support such as:
  - transportation
  - accommodation
  - financial assistance
  - home support services
  - occupational rehabilitation
  - peer group support
  - support groups for grieving, depression and coping with chronic condition

Dietitian

- Conducts a nutrition assessment.
- Monitors aspects of renal bone disease.
- Provides diet education for you and your family including:
  - fluid balance
  - potassium and sodium control
  - combining diabetes/kidney disease diet
  - phosphorus and calcium balance
  - managing cholesterol levels
  - maintaining a healthy weight
  - preventing malnutrition

Office Assistant

- Sends out your appointment letters.
- Prepares your chart for your appointments.
- Confirms your appointment through phone calls.
- Sends out your appointment information to your health care provider’s offices.
- Answers the phone and performs related office duties.
What Happens During Your Visits

Your first visit may be a scheduled group education class to introduce you to CKD. You learn general information about normal kidney function and the stages of kidney disease when your kidneys lose function. You learn about the causes and signs and symptoms of kidney disease. The dietitian gives you general diet information for people with kidney disease. You learn how the CKD Program operates and what each member of the team can contribute to your care and learning experience.

CKD offers a treatment options group education class. This class provides you with basic information about all treatment options available if your kidney function continues to decline. If you are interested in attending this class, tell your CKD nurse so we can book an appointment.

At your first individual appointment, you see a social worker, registered nurse, dietitian, and pharmacist. If you have diabetes, you might be introduced to the diabetes nurse educator. Your blood work results are reviewed with you. If you attended the introductory group education class, the information you have received is applied to your blood work results.

Follow-up visits may include:
- symptom assessment by a registered nurse
- review of your blood work results
- diet change suggestions by the dietitian, as needed
- review of your medication needs
- answers to your questions by team members, as needed
- help with setting goals to maintain your kidney function.

It is possible that your kidney specialist may not be there at all your appointments. Your kidney specialist assesses how often he needs to see you at the CKD Clinic.

You are encouraged to bring a family member and/or a close friend with you.

How Long the Appointments Are

The group education classes last about 2 hours.

The first individual appointment at CKD is called an Initial appointment and lasts about 2 to 2-1/2 hours.

Any follow-up visits after that vary in length but usually about 1 hour long, depending on your learning needs.
Bring Your Medications List to the CKD Clinic

Bring a complete medication list with the dose and time taken, including any herbal and over-the-counter medications. If you do not have a list, you may bring all your current medications, but a list is preferred. The registered nurse and pharmacist review your medications and contact your health care provider if changes are required.

What Happens if the CKD Staff Changes

We keep each other well informed about your care. All of our team members know your treatment plan.

The CKD Program Staff Talks to Your Family Health Care Provider

Every time you come to the CKD Program, test results, current medication list, and a team report are sent to your kidney specialist and your family health care provider. Orders written in the CKD Program by your kidney specialist are faxed to your family health care provider.

Blood Tests

You are given a blood work requisition at your next appointment. Your kidney function determines how often you need to have blood work done. These tests must be done before your appointment.

Your blood tests need to be done 1 to 2 weeks before your CKD appointments so the results can be discussed with you at your appointment.

Keep all your blood work requisitions in a safe and secure place where you can easily view them to remind you when the tests are due.

If they are ordered to be done fasting, please follow the instructions on the top of your blood work requisition. It is important to have these tests done as ordered. The requisition lets you know if you need to be fasting.

Make sure to use your CKD blood work requisition when you have blood tests done so your family health care provider, kidney specialist, and CKD Program receive copies of your results.

We are looking forward to working with you now and in the future!