

9. Chronic Kidney Disease

Chronic Kidney Disease				
Task / Activity	Self-Assessment / Date	Competency Assessed Y / N	Competency Achieved	Signed off by Clinical Assessor / Date
<p>Knowledge and Understanding</p> <ul style="list-style-type: none"> • Demonstrate an understanding of the holistic care of a patient with CKD. • Demonstrate an understanding of the anatomy and physiology of the kidney. • Demonstrate an understanding of the pathophysiology of CKD. • Demonstrate an understanding of the local and national guidance on diagnosis and management of CKD.⁶⁵ • Demonstrate an understanding of the classification of CKD.⁶⁶ • Demonstrate an understanding of how to determine the underlying cause of CKD and the risk of adverse outcomes.⁶⁷ • Demonstrate an understanding of the frequency of monitoring required and how this is determined by underlying cause and classification.⁶⁸ • Demonstrate an understanding of the risk factors for progression of CKD • Demonstrate an understanding of the referral criteria to specialist or shared care in your local area.⁶⁹ • Demonstrate an understanding of the identification of the complications of CKD.^{70 71} <p>Patient Management</p> <p>Under the supervision of a Registered Nurse:</p> <ul style="list-style-type: none"> • At Diagnosis: <ul style="list-style-type: none"> ○ Be able to elicit patients understanding of CKD and where needed signpost to appropriate senior clinician to discuss in management plan in more detail. ○ Provide patients with lifestyle advice taking in to account their ethnicity, cultural, social and economic needs, including but not limited to: <ul style="list-style-type: none"> ▪ Exercise. ▪ Achieving a healthy weight. 				

⁶⁵ <https://www.nice.org.uk/guidance/ng203>

⁶⁶ <https://www.nice.org.uk/guidance/ng203/chapter/Recommendations#classification-of-ckd-in-adults>

⁶⁷ <https://www.nice.org.uk/guidance/ng203/chapter/Recommendations#classification-of-ckd-in-adults>

⁶⁸ <https://www.nice.org.uk/guidance/ng203/chapter/Recommendations#frequency-of-monitoring>

⁶⁹ <https://www.nice.org.uk/guidance/ng203/chapter/Recommendations#risk-assessment-referral-criteria-and-shared-care>

⁷⁰ <https://www.nice.org.uk/guidance/ng203/chapter/Recommendations#diagnosing-and-assessing-anaemia>

⁷¹ <https://www.nice.org.uk/guidance/ng203/chapter/Recommendations#other-complications-in-adults>

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<ul style="list-style-type: none"> ▪ Smoking cessation.⁷² ○ Be able to discuss the medications used in the management of CKD. ○ Be able to explain the type and frequency of monitoring needed ⁷³ ○ Be able to explain the steps to take prior to monitoring to ensure accurate results⁷⁴: <ul style="list-style-type: none"> ▪ Not to eat meat 12 hours prior to serum test for Creatinine. ▪ Where possible urine albumin/Creatinine ratio's (ACR) should be performed on an early morning urine. • Review <ul style="list-style-type: none"> ○ Be able to review the patient, following the care plan set by a Registered Nurse or GP, at the appropriate interval. ○ Be able to perform the tests necessary to review CKD classification including: <ul style="list-style-type: none"> ▪ Serum Creatinine/eGFR test. ▪ Urine ACR. ○ Be able to escalate the patients care to a Registered Nurse or GP where risk factors for the progression of CKD⁷⁵ are identified: <ul style="list-style-type: none"> ▪ Performing Blood Pressure (BP) review. ▪ Investigating for Diabetes Mellitus. ▪ Smoking status and providing cessation advice where appropriate. ▪ Chronic use of NSAIDs. ▪ Any issues with urinary flow. ○ Be able to participate in the review of results and ensuring patient receives follow up from a suitable senior clinician where appropriate. ○ Be able to administer appropriate vaccinations, under a Patient Specific Direction (PSD), to patients with CKD as per local and national guidance.⁷⁶ ○ Be able, in conjunction with a suitable senior clinician, identify where patient requires onward specialist referral.⁷⁷ ○ Be able to recognise when patient complexity exceeds competence and refer on as appropriate. 				

⁷² <https://www.nice.org.uk/guidance/ng203/chapter/Recommendations#information-and-education-for-people-with-ckd>

⁷³ <https://www.nice.org.uk/guidance/ng203/chapter/Recommendations#frequency-of-monitoring>

⁷⁴ <https://www.nice.org.uk/guidance/ng203/chapter/Recommendations#investigations-for-chronic-kidney-disease>

⁷⁵ <https://www.nice.org.uk/guidance/ng203/chapter/Recommendations#frequency-of-monitoring>

⁷⁶ <https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

⁷⁷ <https://www.nice.org.uk/guidance/ng203/chapter/Recommendations#risk-assessment-referral-criteria-and-shared-care>