

|   |  |
|---|--|
| reduce excretory demands on kidneys and provide sufficient calories and protein for growth.   | reduce kidney demands  |
| Limit phosphorus, salt, and potassium as prescribed.  | To prevent mineral excess  |
| Monitor growth closely since short stature is a significant side effect.  | To provide early detection of growth failure and, if appropriate, treatment with growth hormone  |
| Monitor cardiovascular status including blood pressure measurement.   | Early identification and treatment of hypertension decreases the risk of end organ damage such as left ventricular hypertrophy and further kidney damage |
| Minimize renal bone disease by maintaining optimal calcium, phosphorus, and intact parathyroid hormone levels, and acid-base balance. | Prevention and early treatment of renal bone disease optimizes growth  |
| Monitor for anemia. Child may require school accommodations and rest periods due to fatigue.  | Early identification of anemia allows for treatment with iron supplement and erythropoiesis stimulating medication maximizing energy level               |
| Identify patient and family stressors that may accompany a diagnosis of CKD.  | Providing financial and emotion support for family can help decrease some of the stressors associated with this condition.                               |
| Review disease, medication, dietary, and other information at every encounter.  | Understanding the medical condition and therapies allows family to make informed decisions about care  |

## Expected Outcomes

The child will exhibit no evidence of waste product accumulation.

Sufficient calories and protein for growth maintained.

Excretory demands made on the kidney are limited.

Metabolic bone disease (osteodystrophy) is minimal.

Fluid and electrolyte disturbances are managed.

Hypertension is managed.

Patient/family indicate understanding of CKD and treatments.

## Case Study (Continued)

Susie is now being followed by a nephrology specialty team and has returned to the clinic for her monthly evaluation. The nurse performing the assessment finds Susie's blood pressure to be elevated, and she notices that her skin appears pale and sallow in