

Surgery Name

Chronic Kidney Disease Review

Review Status: Review Required (CKD Stage 3-5 with >6 months since last eGFR, ACR >30, or high-risk)
Current EMIS Status: Chronic Kidney disease stage 3

Results Overview

Patient Information

- **NHS Number:** 146989
- **Age:** 55 | **Gender:** Male

CKD Overview

- **Stage:** Stage 3b | **ACR criteria:** A1
- **Albumin-Creatinine Ratio (ACR):** 0.01 mg/mmol
- **Creatinine:**
 - **Current:** 179 $\mu\text{mol/L}$ | **Date:** 2023-12-15
 - **3 Months Prior:** 182 $\mu\text{mol/L}$ | **Date:** 2023-09-15
- **eGFR:**
 - **Current:** 38 ml/min/1.73m² | **Date:** 2023-12-15
 - **3 Months Prior:** 37 ml/min/1.73m² | **Date:** 2023-09-15
- **Anaemia Overview:**
 - **Haemoglobin:** 138 g/L | **Date:** 2023-09-15
 - **Current Status:** Normal
- **Anaemia Management:** No Action Needed

Electrolyte and Mineral Bone Disorder (MBD) Management

- **Potassium:** 4.8 mmol/L | **Status:** Normal | **Date:** 2023-09-15
- **Phosphate:** 1.6 mmol/L | **Status:** Hyperphosphatemia | **Date:** 2023-09-15
- **Calcium:** 2.4 mmol/L | **Status:** Normal | **Date:** 2023-09-15
 - **MBD Status:** Check CKD-MBD
- **Vitamin D Level:** 38 ng/mL | **Date:** 2023-09-15
- **Vitamin D Status:** Normal

Blood Pressure

- **Classification:** Normal | **Date:** 2023-09-15
- **Systolic / Diastolic:** 130 / 82 mmHg
- **Target BP:** <130/80 | **BP Status:** Above Target

Kidney Failure Risk

- **2-Year Risk:** 0.05%
- **5-Year Risk:** 0.18%

The patient's 2- and 5-year kidney failure risk scores estimate the likelihood that their kidney disease will progress to kidney failure within the next 2 or 5 years. These scores are calculated based on the patient's current kidney function and other risk factors such as age, blood pressure, and existing health conditions. Understanding these risk scores helps in predicting disease progression and planning appropriate treatment strategies.

Care & Referrals

- **Multidisciplinary Care:** Not Indicated
- **Modality Education:** Not Indicated
- **Nephrology Referral:** Not Indicated
- **Persistent Proteinuria:** No Referral Needed

Medication Review

- **Current Medication:** Atorvastatin 40mg
- **Review Medications:** No adjustments needed
- **Contraindicated Medications:** No contraindications
- **Suggested Medications:** ACE inhibitors (if not contraindicated) for proteinuria, Phosphate binders (e.g., Sevelamer, Lanthanum carbonate, Calcium acetate)
- **Statin Recommendation:** On Statin

Diabetes and HbA1c Management

- **HbA1c Level:** 48 mmol/mol | **Date:** 2023-09-15
- **HbA1c Management:** On Target

Lifestyle and Preventative Advice

- **Lifestyle Recommendations:** Encourage a balanced, low-sodium diet. Advise moderate, regular physical activity while monitoring for fatigue. Reinforce the importance of smoking cessation, weight management, and avoiding over-the-counter NSAIDs.

NICE Guideline Recommendations

CKD Stage G3b Recommendations:

- **Monitoring and Risk Management:** Continue primary care management with renal function tests every 6 months, or more frequently if ACR is greater than 3 mg/mmol. Use the KFRE to assess progression risk; refer to nephrology if the 5-year risk exceeds 5% or if there's a rapid decline in eGFR.
- **Referral Considerations:** Consider nephrology referral for further evaluation and management, especially if complications like anaemia, electrolyte imbalances, or bone mineral disorders arise.
- **Lifestyle and Preventive Measures:** Aggressively manage BP and cardiovascular risk factors. Optimize dosing of ACE inhibitors or ARBs. Continue statin therapy as indicated.
- **Patient Education:** Reinforce the importance of lifestyle modifications and adherence to treatment plans to slow CKD progression.

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