

MEDICAL REPORT – CHRONIC KIDNEY DISEASE

Patient Name: John

Age: 52 Years

Gender: Male

Patient ID: CKD-2026-021

Date of Examination: 22 January 2026

Chief Complaints

- Fatigue and weakness
- Swelling of feet and ankles
- Decreased urine output
- Loss of appetite
- Headache and dizziness (associated with elevated blood pressure)

Medical History

- History of hypertension for 8 years (poorly controlled)
- Type 2 diabetes mellitus for 10 years
- No history of renal surgery
- No known drug allergies

Physical Examination

- **Blood Pressure:** 170/105 mmHg (significantly elevated)
- Pulse Rate: 86 bpm
- Pallor present
- Bilateral pedal edema noted

Laboratory Investigations

Test	Result	Normal Range
Serum Creatinine	3.2 mg/dL	0.6 – 1.3 mg/dL
Blood Urea	78 mg/dL	15 – 45 mg/dL
eGFR	28 mL/min/1.73m ²	> 90 mL/min/1.73m ²
Serum Potassium	5.6 mEq/L	3.5 – 5.0 mEq/L
Hemoglobin	9.2 g/dL	13 – 17 g/dL

Diagnosis

Chronic Kidney Disease – Stage 4

Uncontrolled Hypertension

Treatment Plan

- Strict blood pressure control (ACE inhibitors/ARBs, dose adjustment required)
- Glycemic control
- Low-protein, low-sodium diet
- Treatment of anemia (iron supplementation)
- Lifestyle modification (salt restriction, weight management, regular monitoring)
- Regular nephrology follow-up

Prognosis

Disease progression can be slowed with strict blood pressure control, medical management, and lifestyle modifications.

Doctor's Signature: _____

Date: _____