

Nephrology Clinical Reference Guide

Chronic Kidney Disease (CKD):

- Stages G1 to G5 based on eGFR
- Monitor proteinuria and BP closely
- ACE inhibitors/ARBs recommended for kidney protection
- Watch for hyperkalemia and metabolic acidosis

Acute Kidney Injury (AKI):

- KDIGO diagnostic criteria include rising creatinine levels
- Causes: Prerenal, Intrinsic, Postrenal
- Management: Restore perfusion, avoid nephrotoxins
- Indications for dialysis: AEIOU

Nephrotic Syndrome:

- Heavy proteinuria, hypoalbuminemia, edema, hyperlipidemia
- Treatment includes corticosteroids and diuretics
- Monitor for thrombosis

Key Symptoms Alert:

- Edema and swelling in legs
- Decrease in urine output
- Difficulty breathing
- Sudden weight gain

Dietary Recommendations:

- Reduce sodium (<2g/day)
- Limit fluid intake if edema present
- Adjust protein intake as per CKD stage

Medication Warnings:

- Monitor side effects of diuretics and ACE inhibitors
- Avoid NSAIDs due to nephrotoxicity risks

Follow-Up Care:

- Regular nephrology checkups
- Keep track of urine output and daily weight

Educational purpose only — consult a licensed nephrologist for medical care.