

Living Well with Chronic Kidney Disease



Presented by:
Home Health Monitoring Service

Plan for today

- Introductions
- What is Chronic Kidney Disease?
- How You Can Support Your Kidney Health
- Managing Your Medications
- Your Diet and Nutrition
- Living Well with Reduced Kidney Function
- Developing an Action Plan

Introductions

*What do you
have to say
about CKD?*

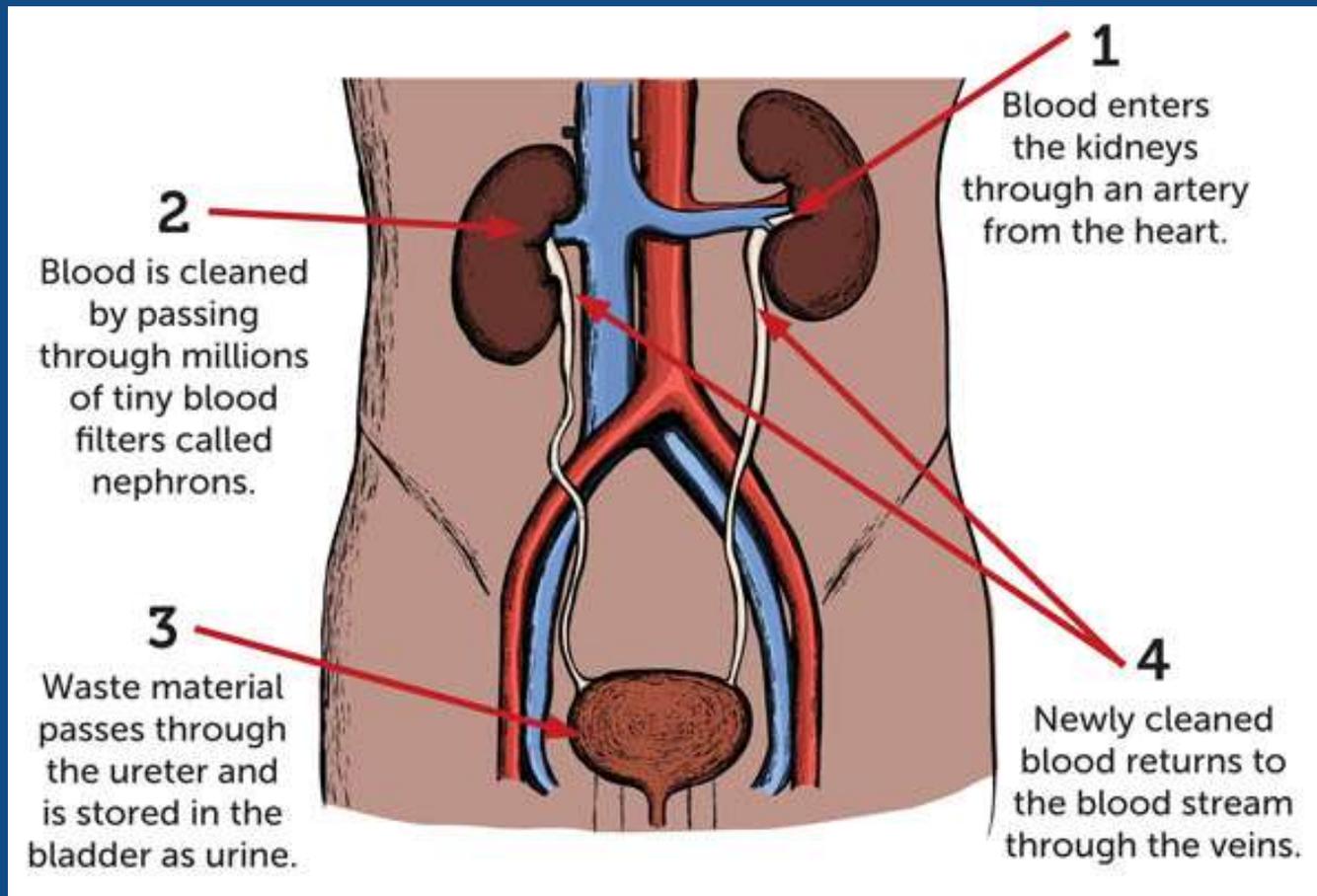


Chronic Kidney Disease

CKD cannot be cured, but it can be treated.



How Kidneys Work

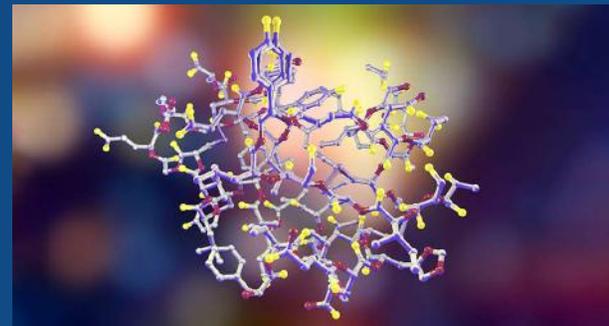


Why are Kidneys So Important?

1. Water Regulation



2. Waste Removal



3. Hormone Production

What is CKD?



Chronic Kidney Disease is the presence of kidney damage, or a decreased level of kidney function, for a period of three months or more.



Did you know?

- Kidney disease can range from mild to severe
- Often starts slowly and develops over a number of years
- Most people do not progress to end-stage kidney disease, especially when diagnosed early
- Protein in the urine is one of the earliest signs of kidney damage

Risk Factors

There are a number of risk factors for CKD:

- Diabetes
- High Blood Pressure
- Family history of kidney disease
- Improper kidney development at birth
- People of Aboriginal, Asian, South Asian, Pacific Island, African/Caribbean and Hispanic descent

There are many different kidney diseases and disorders

Causes

- Diabetes
- High Blood Pressure
- Chronic Kidney Inflammation (Glomerulonephritis)
- Polycystic Kidney Disease
- Urinary Tract Obstruction
- Kidney Stones
- Drug and Medication-Induced Kidney Problems
- Other

Managing Other Conditions & Taking Medications



One of the most important ways to preserve your kidney function is to gain control over other medical conditions you may have

Other Medical Conditions

- Diabetes
- High Blood Pressure
- Maintain a Healthy Weight
- Smoking

Diabetes

- Control blood sugar levels
- Maintain a healthy lifestyle and weight
- Don't smoke
- Decrease cholesterol levels
- Manage blood pressure
- Treat infections right away



High Blood Pressure

- Aim for a blood pressure below 130\80 mm Hg
- Monitor your readings regularly
- Take medications as prescribed
- Stay active and eat healthy foods
- Don't smoke



Healthy Weight Maintenance

- Being overweight or underweight can both affect your kidneys
- Where you carry your weight is just as important as how much weight you carry
- Staying active and eating a well-balanced diet can help with maintaining a healthy weight



Smoking

- Smoking increases risk of heart attack, stroke, lung disease, kidney disease and cancer
- Smoking can increase the risk of progression to end-stage kidney disease
- Benefits of quitting smoking include:
 - Return of sense of smell and taste
 - Breathing becomes easier
 - Improved circulation
 - Increased energy
 - Decreased risk of heart attack and lung cancer



Commonly Used Medications



Managing Your Medications

- Blood pressure medications
- Diuretics
- Cholesterol medications

Commonly Used Medications Cont'd

- **Blood Pressure Medications**
 - Include ACE inhibitors, ARBs, beta-blockers, calcium-channel blockers and alpha-blockers
- **Diuretics**
 - “water pills”, help get rid of extra sodium and water
- **Cholesterol Medications**
 - Types include statins, fibrates and ezetimibe

Kidneys play an important role in removing medications from your body

What You Should Know

- Name of the medication(s)
- Strength of the medication(s)
- Dose (how much to take)
- How often and what time of day to take your medications
- What the medication is used for
- Common side effects to watch out for
- What to do if you miss a dose or doses
- Whether any tests are needed to monitor how the medication is working

General Tips

- Need help remembering to take your medications?
- Have trouble swallowing?



What You Should Do

- Bring all bottles and/or packages to your appointments with your care providers
- Keep a current list of all your medications
- Tell your pharmacist you have Chronic Kidney Disease
- Don't stop taking your medications without speaking to your care provider first



When to Contact the Pharmacist or Care Provider

- If you have a serious reaction to a medication
- If you are ill (vomiting, diarrhea, dehydration)
- If you have new and/or irritating side effects
- If you think your medication is not working
- If you run out of medications – try to think ahead and refill your medications two weeks before they will run out
- If you are prescribed a new medication by someone who is not part of your regular healthcare team (i.e. emergency room physician) who may not be familiar with your level of kidney function

Even if you are eligible for coverage under one of the public plans, you may still have to pay some of the costs

Covering Medication Costs

- Do your research
- Contact your Provincial Ministry or Department of Health
- Talk to your pharmacist
- Contact your benefits company

Medications and Remedies to Avoid

- NSAID's - ibuprofen (Advil, Motrin) or naproxen (Aleve)
- High dose ASA
- Cold and Flu Remedies Containing Decongestants
- Vitamins or Food Supplements Containing Potassium, Magnesium or high doses of Vit A

Medications and Remedies to Avoid Cont'd

- High Dose Vitamin C
- Enemas and Laxatives Containing Phosphates, Magnesium, Calcium or Aluminum
- Milk of Magnesia and Other Antacids Containing Magnesium or Aluminum
- Herbal Remedies
- CT Scan Contrast Dye

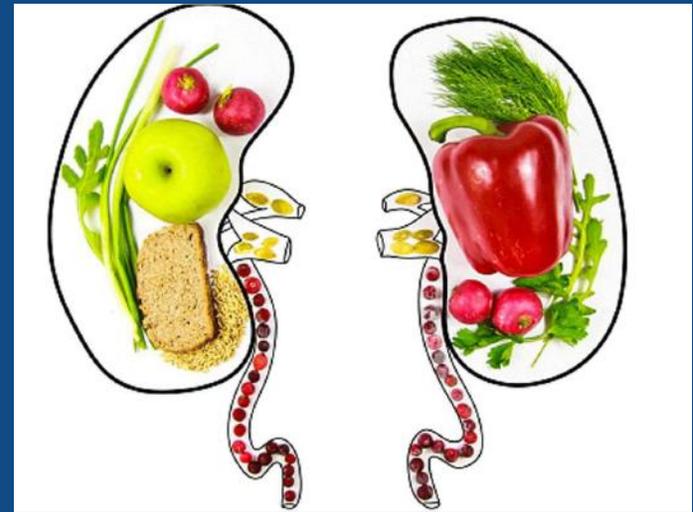
Vaccinations

It is recommended that all people with advanced CKD keep up to date with their vaccinations



- Flu Shot
- Pneumococcal Vaccine
- Hepatitis B

Your Diet and Nutrition for Kidney Health



*What You Eat
Affects Your
Kidneys*

Tips and Hints

- No standard “kidney diet”
- Start with small changes
- Incorporate changes daily for a week, then a month
- Diet may change as kidney function or medications change

The Role of Protein

- Required to fight infections and heal wounds
- Most Canadians get more than they need
- Excessive protein can put extra stress on the kidneys
- High protein foods include milk, eggs, legumes, nuts, and fish, chicken or lean meat
- A modest serving of meat is ½ cup (2.5oz)

The average Canadian gets over twice the amount of sodium (salt) that the body needs!



Sodium (Salt)

- High levels of sodium can increase blood pressure
- Can also cause swelling in the ankles and lower legs
- Limit salt intake to 1500-2000 milligrams (mg) per day
- 1 tsp of salt contains 2300mg of sodium

Sodium (Salt) Cont'd

- Most of the sodium we eat is not from the saltshaker – it is “hidden” in foods
- Food labels contain “% Daily Value” and this can be used as a general guide
- % Daily Value tells you if there is a little or a lot of a nutrient.
- 5% or less is a *little* and 15% or more is a *lot*.

What Can You Do?

- Read food labels
- Do not add salt to foods
- Use other spices in cooking
- Avoid salt replacement products (NoSalt[®], HalfSalt[®])
- Replace processed foods with homemade



Phosphorus in food additives is extremely well absorbed and may damage the kidneys.

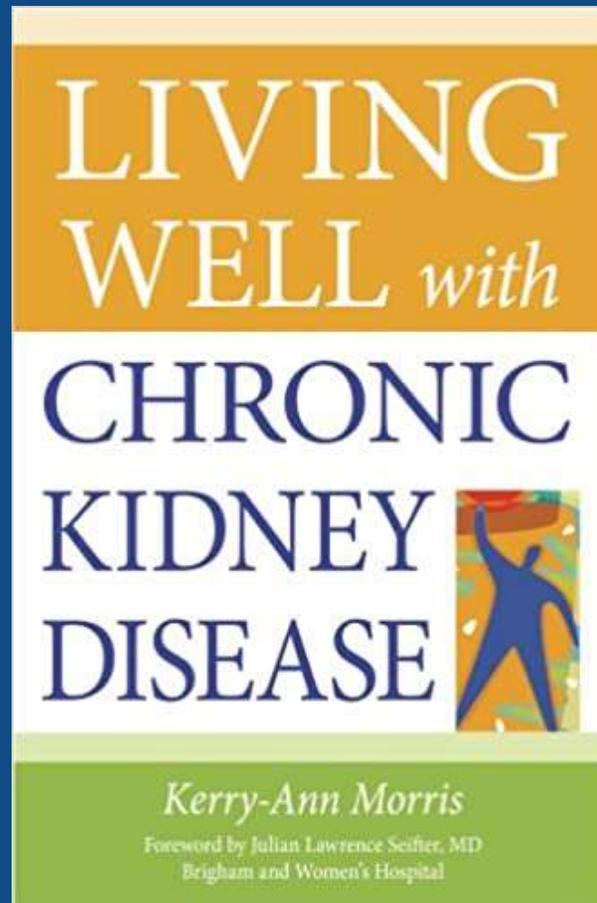
Phosphate Additives

- Avoid foods with phosphate additives
- May also need to avoid naturally occurring phosphorus
- Medication can help control levels
- Foods to avoid include “seasoned” meats, fast food, processed meats and cheeses and certain beverages

When to Seek Help from a Dietician

- Have more than one diet and need help putting them together; for example, if you also have diabetes
- Are losing weight or are having trouble eating
- Need meal plan ideas or want to learn how to adapt your favourite recipes

Living Well with Reduced Kidney Function



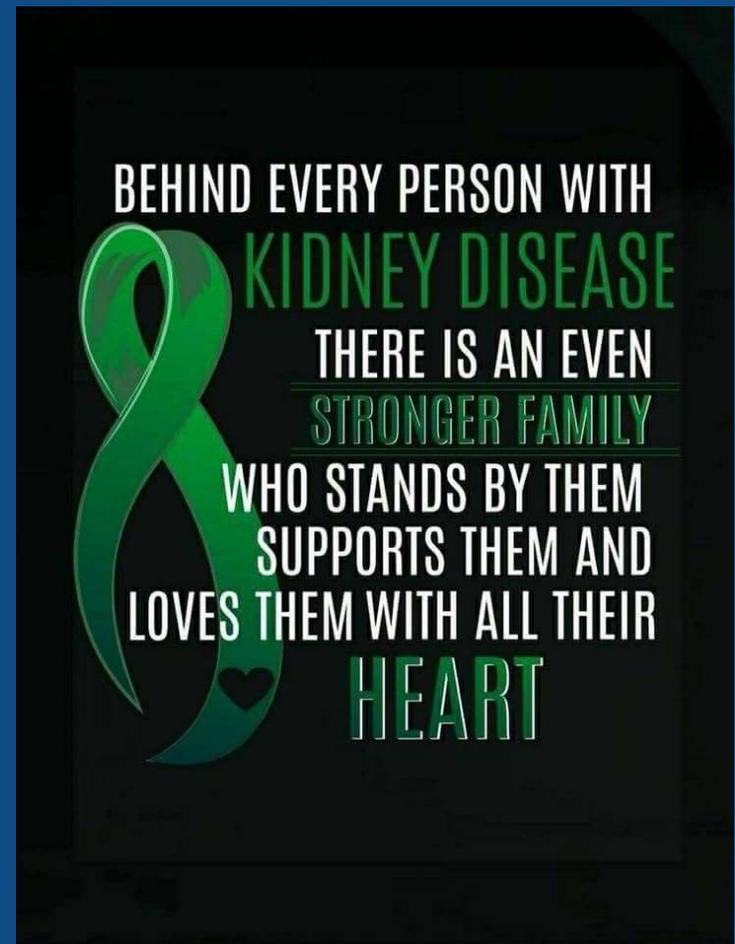
A diagnosis of chronic kidney disease can affect you physically, emotionally, socially and spiritually

What Can You Do?

- Build a support network
- Be physically active
- Be an active member of your healthcare team

Support Network

- Inform others
- Share your feelings and experiences
- Connect with others who have CKD



Physical Activity

One of the most powerful things you can do for your health is to stay physically active.

- Benefits include:
 - enhanced mood
 - improved sleep
 - better stress management
 - improved mobility
 - being independent longer



What Can You Do?

- 30min of moderate exercise, 5 times per week
 - Walking, cycling, swimming
- Start slowly, build gradually
- Avoid sitting for long periods
- Find activities you enjoy and work for you
- Set goals and create a strategy
- Keep an activity journal
- Speak to your healthcare team

The more you know about kidney disease and protecting your remaining kidney function, the more you will feel in control and confident in making decisions about your health.

Be an Active Member of Your Healthcare Team

- Review educational material
- Ask questions
- Learn as much as you can
- Attend workshops and information sessions
- Be cautious when using the internet for health information

Questions to Ask

- Who supports the site? Who maintains it? Who pays for it?
- How current is the information? Does the site post the date and when it was last updated?
- If the information on the site is not original, does the site provide references about the source of the information?
- Does the site display the name/logo of the institution or organization responsible for the information?
- Does the site display the author's name, qualifications and credentials, if relevant?
- What is the purpose of the site? Is it to give you information or to sell you a product? Is the site a vehicle for advertising?
- Is the information balanced or more one-sided?
- Does the site post links to other appropriate sites?
- Is there a way to send comments and feedback?

Your Healthcare Team

- You
- Primary care provider (doctor or nurse practitioner)
- Pharmacist
- Nephrologist
- Nurse
- Dietician
- Social worker
- Physiotherapist



Your CKD Action Plan



Date: _____ My goal: _____

To reach my goal I will:

1. _____

2. _____

3. _____

What are some things that might make it more difficult for me to achieve my goal and how will I overcome them?

1. _____

2. _____

3. _____

Who could help me to achieve this goal?

How will I reward or acknowledge my successes?

What Can You Do?

- Take an active role in developing your care plan
- Give accurate information about your situation
- Speak up and voice your concerns.
- Follow the health advice and recommendations of your team.
- Learn as much as you can about how to manage your disease.
- Prepare for all of your health appointments
- Make sure that you receive copies of all your medical tests – blood work, urinalysis, ultrasound, x-rays, etc.

Creating a Health Diary

- Important contacts
- Appointment log
- Health status
 - Goals vs current status for weight, blood pressure, creatinine, eGFR, hemoglobin and others
- Medications
- Exercise log
- Personal well-being (thoughts, feelings, questions)

Goal Setting

- Specific and realistic
- Write it down and share with others
- Break a larger goal into smaller steps
- Identify barriers and ways to overcome them
- Think about your confidence and readiness
- If you lack confidence about your progress, start by taking a smaller, more manageable step
- Keep track of your progress and reward yourself for your successes!
- Ask for help if you are having trouble staying motivated

Living Well With Chronic Kidney Disease

We don't know how
STRONG **WE**
ARE
until being strong
is the **CHOICE**
ONLY
 **WE HAVE.**
Kidney Disease Awareness

All information in this
presentation is based on
Book One from The Kidney
Foundation of Canada
www.kidney.ca
Additional Video Resource:
Getting Into the Driver's Seat
– YouTube Video