

# Living Well with Chronic Kidney Disease



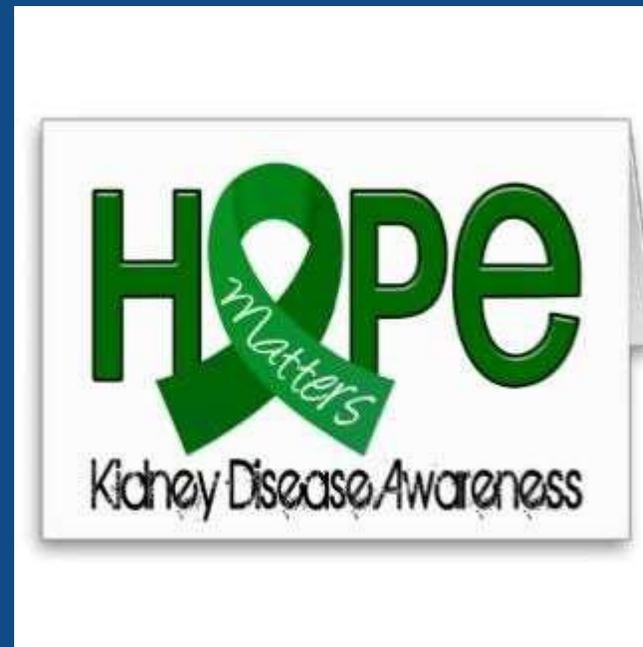
Presented by:  
Home Health Monitoring Service

# 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?*



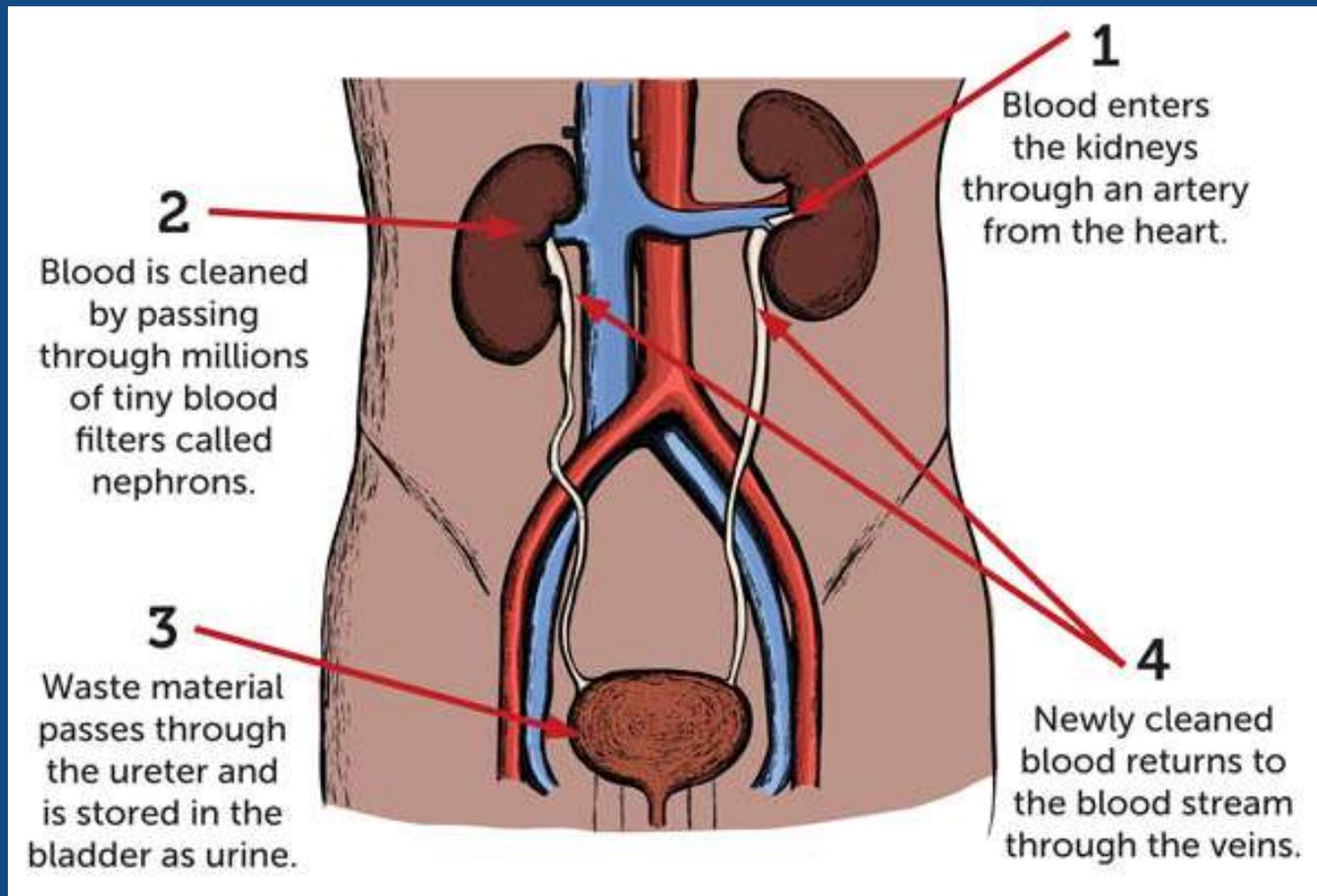
# Chronic Kidney Disease

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CKD cannot be cured, but it can be treated.



# How Kidneys Work

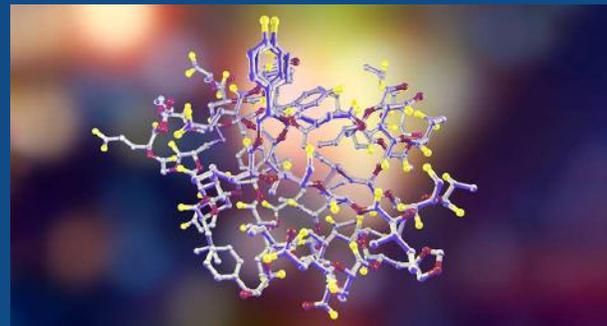


# Why are Kidneys So Important?

## 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

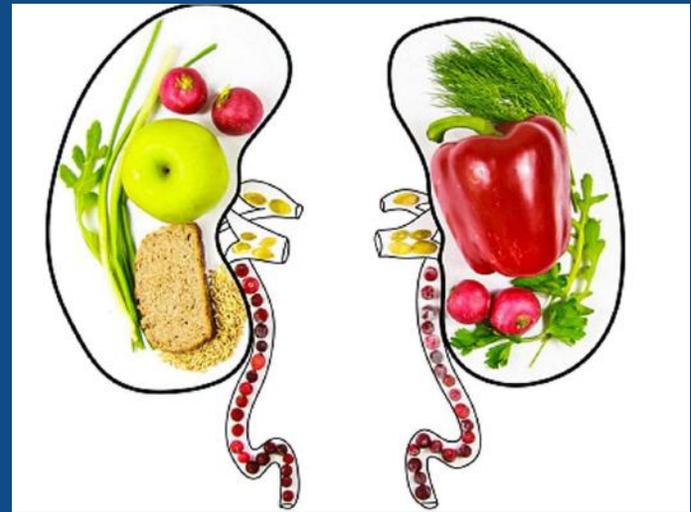
# Vaccinations

*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<sup>®</sup>, HalfSalt<sup>®</sup>)
- Replace processed foods with homemade



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

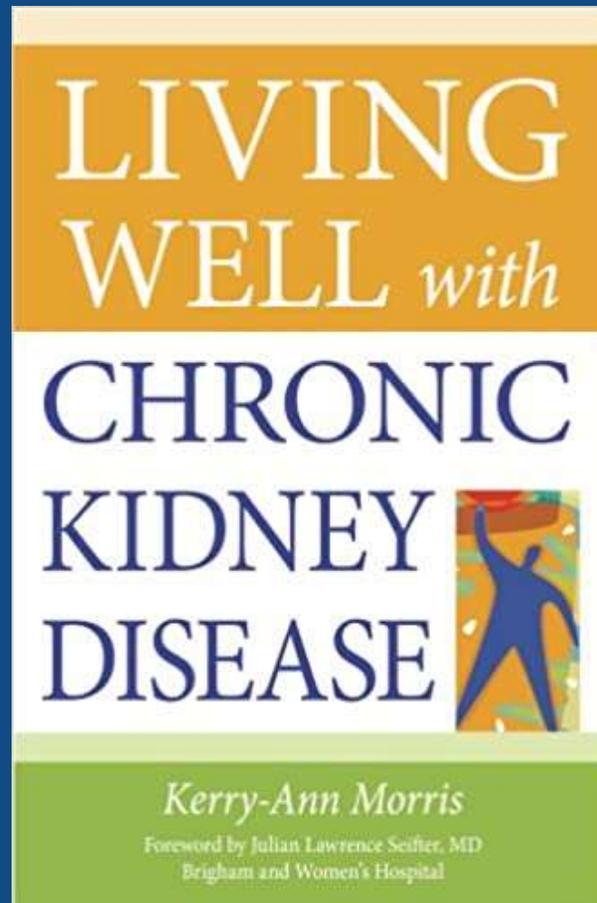
## Phosphate Additives

- 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



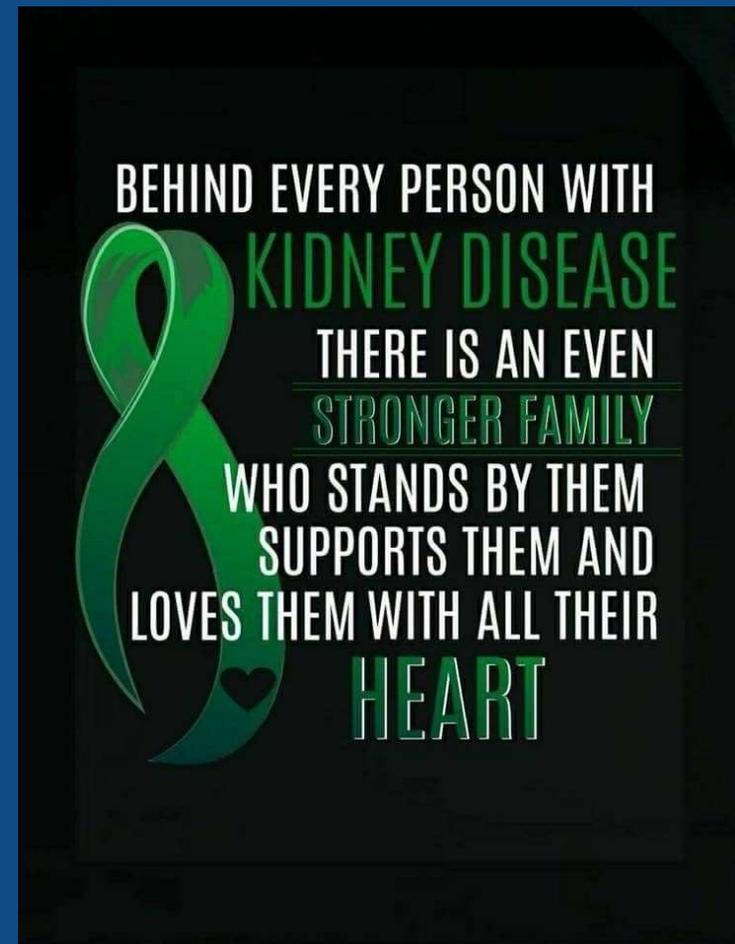
*A diagnosis of chronic kidney disease can affect you physically, emotionally, socially and spiritually*

## 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



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