



CHRONIC KIDNEY DISEASE

Risk Level	eGFR	Labs	What to do	Medications	Diet		Education	
Low	>60 & microalb <30mg/g	<i>Annually</i> <input type="checkbox"/> GFR (BMP) (if hypertensive or diabetic)	<input type="checkbox"/> Manage comorbidities <input type="checkbox"/> Manage BP <140/90 (no proteinuria) <130/80 (if proteinuria)	<input type="checkbox"/> ACEI or ARB +/- Spironolactone (for diabetic patients)	<input type="checkbox"/> Low sodium <2.3g/d	<input type="checkbox"/> Low total fat <30% cal/d	<input type="checkbox"/> Protein 1.4g/kg/d (18%cal/d) <i>If diabetic:</i> 0.8g/kg/d (10%cal/d)	
	>60 & microalb >30mg/g	<input type="checkbox"/> Urine microalb/cr (if diabetic)						<input type="checkbox"/> ACEI or ARB +/- Spironolactone
Moderate	45-59	<i>Annually</i> <input type="checkbox"/> GFR (BMP) <input type="checkbox"/> Urine microalb/cr <input type="checkbox"/> Hemoglobin <input type="checkbox"/> Calcium <input type="checkbox"/> Phosphorus <input type="checkbox"/> PTH <input type="checkbox"/> 25-Vit D	<input type="checkbox"/> Manage comorbidities <input type="checkbox"/> Manage BP <130/80	<input type="checkbox"/> ACEI or ARB +/- Spironolactone <input type="checkbox"/> Discontinue NSAIDS <input type="checkbox"/> Reduce/Stop Metformin	<input type="checkbox"/> Carbs 5-60% cal/d	<input type="checkbox"/> Emphasize whole-foods: -Vegetables -Whole grains -Nuts -Legumes -Low-fat dairy -Canola oil -Olive oil -Cold-water fish -Poultry	<input type="checkbox"/> Protein 0.6-0.8g/kg/d (10%cal/d)	<input type="checkbox"/> Provide resources -Nephrotoxins -Diet <input type="checkbox"/> Share CKD website for videos and resources
High	30-44	<input type="checkbox"/> Refer if K >5.0 (>3mo) Hgb <10 w/nl iron Phos >4.5 Proteinuria (>3mo) PTH >70 (CKD III) PTH >110 (CKD IV)	<input type="checkbox"/> Refer to case management <input type="checkbox"/> Consult with nephrologist <input type="checkbox"/> Save an arm -No PICC line -Limit blood draw to one arm	<input type="checkbox"/> Reduce/STOP Metformin (STOP if GFR < 30) <input type="checkbox"/> Renal dosing of other medications (BBBlock,dig,statin, narcotics,antimicrob,etc)	<input type="checkbox"/> Phosphorus 0.8-1.0g/d		<input type="checkbox"/> Potassium 2.4g/d	
Very High	15-29		<input type="checkbox"/> Refer to nephrologist <input type="checkbox"/> Refer to KidneyCare:365*	<input type="checkbox"/> No Bisphosphonates			Nephrologist to provide in-depth education -Disease management -Treatment options	
	<15		<input type="checkbox"/> Refer for transplant eval	<input type="checkbox"/> Avoid IV contrast & NaPhos bowel preps				

* KidneyCare:365 – FREE patient education classes from Fresenius – No prior authorization required

Open to all condition appropriate patients

Patient Calls 1-888-392-2393 or fills out the online form to speak with a Fresenius Kidney Care Advocate.

<https://www.freseniuskidneycare.com/ckd-treatment/kidney-disease-education-class>

Trained healthcare professional led classes to educate patients [about CKD](#) & (ESRD)

Provides advice for keeping their kidneys functioning at their best, overview with pros & cons of different [treatment options](#)