

*Prevent, Detect, Support, Research.*



## **Audrey**

### **Background**

is a 63 year old accountant who has recently moved to your area. She is a new patient to your practice and today is your first consultation with her.

### **History**

- BMI = 31 kg/m<sup>2</sup>
- Mild intermittent asthma
- Chronic lower back pain
- Mild hypertension

While talking to Audrey, you take a thorough family history and find that her maternal grandmother died of a heart attack in her sixties but also had a history of 'kidney problems'. Her mother has type 2 diabetes and her father has angina and hypertension.

You find out that Audrey smokes 20-25 cigarettes per day and consumes 1-2 glasses of wine on 3-4 nights per week. She has no known allergies and her only medication is Salbutamol 100mcg/dose as needed.

**Does Audrey have an increased risk of CKD? Yes or No**  
**If so, list any risk factors here...**

**What are the elements of targeted assessment for CKD in at risk groups?**

- a) Serum creatinine & eGFR
- b) Renal imaging
- c) Blood pressure measure
- d) Urine Protein:Creatinine Ratio (uPCR)
- e) Urine dipstick
- f) Urine Albumin:Creatinine Ratio (uACR)

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**Today's examination**

You decide that based on Audrey's increased risk of CKD, she should have a kidney health check.

Audrey's kidney health check reveals the following:

Blood Pressure	155/95 mmHg
Urine ACR	5.7 mg/mmol
Creatinine	118 µmol/L
eGFR	55 mL/min/1.73m <sup>2</sup>

**Do Audrey's kidney health check results mean she has chronic kidney disease?**

- a) Yes
- b) No
- c) Maybe?

**Explain your answer**

**2<sup>nd</sup> Visit**

Urine ACR, eGFR and blood pressure tests repeated

**3<sup>rd</sup> Visit**

You see Audrey again three months later and repeat her urine ACR, eGFR and blood pressure.

**Audrey's Results**

Test	1 <sup>st</sup> Visit	2 <sup>nd</sup> Visit	3 <sup>rd</sup> Visit
eGFR	55 mL/min/1.73m <sup>2</sup>	54 mL/min/1.73m <sup>2</sup>	52 mL/min/1.73m <sup>2</sup> ↓
Urine ACR	5.7 mg/mmol	6.2 mg/mmol	8.4 mg/mmol ↑
Blood Pressure	155/95 mmHg	155/95 mmHg	160/95 mmHg ↑

Audrey's diagnosis can now be recorded as CKD stage 3a with microalbuminuria. You ensure that CKD Stage 3a is coded as a diagnosis in her medical record. Audrey's GP should follow the Orange Clinical Action Plan in the CKD Management in Primary Care handbook.

**What are the key elements for Audrey now that you have diagnosed her with CKD?**

- a) Lifestyle modification
- b) Blood pressure management
- c) Cardiovascular risk reduction
- d) Try to delay disease progression
- e) Referral to a nephrologist

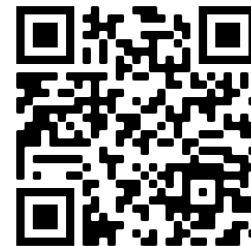
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**Audrey has CKD. Which of the following statements about her CKD diagnosis and cardiovascular disease are correct?**

- a) Audrey has CKD, she is already at high risk
- b) Hypertension is the best indicator of a future CVD event
- c) CKD is a more important risk factor for CVD than diabetes
- d) People with CKD have a 2-3 fold greater risk of cardiac death than people without.

*Thank you for participating in this education!*

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