

Chronic Kidney Disease

The American Nephrology Nurses Association (ANNA) believes that nephrology nurses can be instrumental in improving clinical outcomes for persons with chronic kidney disease (CKD). Health promotion, prevention of complications, and education are nursing strengths that are vitally needed in management of persons with CKD. Providing nursing actions in these areas may result in improved quality of life, delayed progression to the initiation of kidney replacement therapy (KRT), and reduced costs to the health care system.

It is the position of ANNA that:

- ANNA endorses the recommendations of the National Kidney Foundation (NKF) K/DOQI Clinical Practice Guidelines regarding the evaluation, classification, and stratification of CKD.
- ANNA supports the Kidney Disease Initiatives Global Outcomes (KDIGO) Controversies Conference on Iron Management in CKD. ANNA supports KDIGO's goal for further research and evaluation of iron management of the CKD patient. We propose discussion on the current state of knowledge related to iron metabolism and the mechanisms underlying its pathophysiology in CKD for all cause, glomerular filtration rate categories, and albumin categories (CGA stages), not just patients on kidney replacement therapy.
- ANNA promotes the education of non-nephrology health care providers regarding the early assessment of individuals at risk for CKD and timely referral to nephrology for optimal management of CKD.
- The advanced practice registered nurse (APRN) has an integral role in the management of CKD and improving quality of life and patient outcomes by health promotion, screening and assessment, and preservation of kidney function. Management of the possible complications of CKD can be incorporated into an appropriate patient-specific plan of care.
- Nephrology nurses use a holistic approach in dealing with individuals with CKD, promoting ongoing education, and empowering individuals to achieve optimal health in living with a chronic disease.
- Nephrology nurses utilize evidence-based nursing practice in caring for the patient with CKD.
- Nephrology nurses, regardless of their area of clinical practice, should be aware of, and familiar with, the staging, assessment, and clinical management of CKD.
- ANNA supports programs for early identification and screening for high-risk populations such as the NKF Kidney Early Evaluation Program (KEEP) and National Kidney Disease Education Program (NKDEP).
- ANNA supports patient education efforts about CKD that may lead to better health promotion and outcomes for patients.

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Background and Rationale

Approximately 50 million Americans have some degree of kidney damage with rising incidence and prevalence rates for individuals with stage 5 CKD have doubled over the past 10 years. CKD is a growing worldwide public health problem. Risk factors for CKD such as diabetes, hypertension, obesity, and older age continue to increase in the general population. As a result, there is an expected dramatic rise in the number of individuals diagnosed with CKD, who may require KRT.

ANNA is a special interest group/organization comprised of educated, specially trained licensed nurses who have a commitment and responsibility to ensure that CKD is managed effectively, according to current standards. The mission of ANNA is to promote excellence in and appreciation of nephrology nursing so we can make a positive difference for people with kidney disease. Health promotion, prevention, and treatment of complications as well as education of the patient and family are nursing strengths, which are critically needed in the management of individuals with CKD.

National efforts for early detection and identification of the population at risk are being implemented in order to delay progression to end stage renal disease. The nephrology nurse is a valuable participant in this national initiative and can facilitate the programs outlined by the NKF KEEP and NKDEP.

Glossary

APRN (advance practice registered nurse) – A registered nurse with a minimum of a masters degree in nursing who has received specialized training to diagnose, treat and manage illnesses.

CKD (chronic kidney disease) – an ongoing process that involves the slow progressive loss of the nephrons, the functioning units of the kidney, leading to loss of kidney function. There are five stages of CKD as outlined by NKF K/DOQI.

Diabetes – a disease that accounts for approximately half of the people with chronic kidney disease. There are two types – type 1 which is due to a lack of insulin being produced in the body and type 2, which due to the body's tissues being insulin resistant.

Hypertension – high blood pressure, which is the second most common cause of CKD in the U.S.

KRT (kidney replacement therapy) – use of therapies to replace the function of failed kidneys in maintaining balances of fluid and waste products. Replacement therapies include hemodialysis, peritoneal dialysis, transplantation, or conservative management.

NKDEP (National Kidney Disease Education Program) – an initiative of the National Institute of Diabetes and Digestive and Kidney Diseases of the National Institutes of Health designed to reduce the morbidity and mortality caused by kidney disease and its complications.

NKF (National Kidney Foundation) – a major voluntary nonprofit health organization which is dedicated to preventing kidney and urinary tract diseases, improving the health and well-being of individuals and families affected by kidney disease and increasing the availability of all organs for transplantation.

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NKF KDOQI™ - the National Kidney Foundation Disease Outcomes Quality Initiative has provided evidence-based clinical practice guidelines for all stages of chronic kidney disease (CKD) and related complications since 1997. Recognized throughout the world for improving the diagnosis and treatment of kidney disease, the KDOQI Guidelines have changed the practices of numerous specialties and disciplines and improved the lives of thousands of kidney patients.

KDIGO (Kidney Disease Improving Global Outcomes) is a global non-profit foundation dedicated to improving the care and outcomes of kidney disease patients worldwide. The ISN (International Society of Nephrology) supports KDIGO guidelines dissemination through its journal, *Kidney International* and participates in planning meetings of the KDIGO advisory board.

NKF KEEP - the National Kidney Foundation's Kidney Early Evaluation Program (KEEP®) offers free screening for those at risk - anyone 18 years and older with high blood pressure, diabetes or a family history of kidney disease. It is designed to raise awareness about kidney disease among high risk individuals and provide free testing and educational information, so that kidney disease and its complications can be prevented or delayed.

References

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