



| CKD Resource Guide

Reducing the Progression of Chronic Kidney Disease (CKD)

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- Centers for Disease Control and Prevention: CKD Initiative
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- National Kidney Disease Foundation

Resource Guide Overview

This compilation of evidence-based recommendations, tools, and resources has been created to assist providers and other healthcare professionals who screen for, diagnose, and manage individuals with chronic kidney disease (CKD) to slow its progression and/or prevent end-stage renal disease (ESRD). Each section of the resource guide is broken down by consumer and healthcare team and contains fact sheets, tool kits, and helpful resources.

The information and resources provided come from a number of national and state level organizations listed below.

- Centers for Disease Control and Prevention CKD Initiative
- CKD Surveillance System
- National Institute of Diabetes and Digestive and Kidney Diseases
- National Kidney Disease Foundation

This guide is intended to provide learning opportunities for both staff and patients. For staff, we recommend you make this guide available in both hard copy and digital formats for easy reference. Ask your staff to become aware of the resources within the toolkits and assist in identifying patients' needs for clinical topics.

For patients, we recommend you provide hard copies to each, OR if you have a patient portal, copy/paste the resource's title, description, and URL into the communication with your patient. Keep in mind, many patients may not have access or knowledge of digital resources.

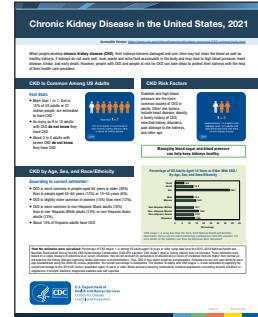
This resource guide is an evolving document. The electronic version may be updated as new information is acquired and will be made available at www.resourcehub.exchange. Qsource is not responsible for outdated links or missing files from external websites and organizations.



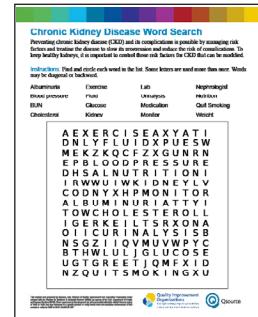
Fact Sheets

Consumer | General Education

- Chronic Kidney Disease in the United States, 2021 – This Fact Sheet from the Centers for Disease Control and Prevention contains statistics, such as the prevalence of CKD; estimates according to age, sex and race/ethnicity; risk factors; prevention; and treatment. | <https://bit.ly/3fg74Wa>



- Chronic Kidney Disease: Common – Serious – Costly | <https://bit.ly/3nk2aw5>
- Chronic Kidney Disease Word Search | <https://bit.ly/3tMgQYI>
- Exercise to Feel Better Crossword | <https://bit.ly/3FCLvKo>
- How Can Coloring Help Me? Kidney | <https://bit.ly/3FDdb9i4>
- Simple Kidney Vocabulary List | <https://bit.ly/3tO3UBt>



Managing Your CKD

- 7 Keys to Success: Kidney-Friendly Eating – Following a kidney-friendly diet can be overwhelming, but watching what you eat and drink will help you stay healthier. This infographic gives you seven tips to overcome some of the challenges of living with a restricted diet. | <https://bit.ly/3nfmz5l>
- AAKP Nutrition Counter: A Reference for Kidney Patients – Within this pocket-sized brochure are nutritional values for standard portions of more than 300 commonly used foods, as well as menu items from 11 fast food restaurants. This 36-page brochure is an excellent guide for kidney patients who wish to develop a proper meal plan. | <https://bit.ly/3zREtQG>
- American Association of Kidney Patients Kidney-Friendly Recipes – The team at AAKP have created recipes for individuals at all stages of kidney disease and with different dietary needs. | <https://bit.ly/3HZZdbG>
- National Kidney Foundation Recipes – Nutrition is key to managing kidney disease and overall health. Visit the National Kidney Foundation website and find a recipe that is right for you. | <https://bit.ly/3rfD9D4>
- Healthy Kidneys Are Happy Kidneys – This infographic from the Centers for Disease Control and Prevention contains facts and tips about Chronic Kidney Disease.
English <https://bit.ly/3JYVkpr> | Spanish <https://bit.ly/33owKxk>
- Pocket Guide to Managing Kidney Disease – The Pocket Guide is a tool to help patients and caregivers have more effective dialogue with their healthcare teams. It includes five key questions to ask your doctor/medical specialist, as well as additional questions for each stage of CKD. | <https://bit.ly/3fecFMW>



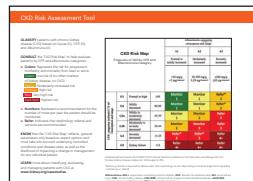
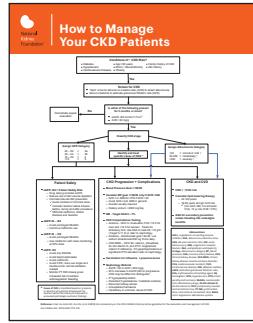
- Take Care of Your Kidneys and They Will Take Care of You – Diabetes can cause kidney disease, also known as CKD. The good news is that there is a lot you can do to prevent kidney problems, including keeping your blood sugar and blood pressure under control.

This handout from the Centers for Disease Control and Prevention highlights what happens if you have kidney damage, how you know if you have kidney problems, what steps to take if you have diabetes, the best ways to keep your kidneys healthy, and how you can prevent kidney failure.

English <https://bit.ly/34LW7tJ> | Spanish <https://bit.ly/3nmksfX>

Providers/Healthcare Team

- Algorithm: How to Manage Your CKD Patients – Implement a clinical action plan based on the patient’s CKD classification. | <https://bit.ly/31PPrth>
- CDC Vital Signs January 2017 Native Americans with diabetes: Better Diabetes Care Can Decrease Kidney Failure - Native Americans (American Indians and Alaska Natives) have a greater risk of having diabetes than any other racial groups in the US. Diabetes is the leading cause of kidney failure, a costly condition that requires dialysis or kidney transplant for survival. Kidney failure can be delayed or prevented by controlling blood pressure and blood sugar and by taking medicines that protect the kidneys.
| <https://bit.ly/3raMgoS>
- CKD Risk Assessment Tool – Classify patients with CKD based on cause (C), GFR (G), and albuminuria (A). Consult the “CKD Risk Map” to help evaluate patients by GFR and albuminuria categories. | <https://bit.ly/3nh0qUK>
- Educate Your Patients on Gout and CKD – One out of 10 people with chronic kidney disease have gout, and an even higher percentage of people with gout have kidney disease. Many people with kidney disease have uncontrolled gout, which can make kidney disease worse, and lead to other complications. Use this handout to educate your patients on the gout-CKD connection, signs and symptoms, how patients are diagnosed, treatments, and what patients can do. | <https://bit.ly/3nGnH2f>
- Kidney Disease Can Be Treated – Kidney disease does not happen overnight. It happens slowly over many years, and in stages. There are five stages of kidney disease. In each stage, the kidneys don’t work as well as in the stage before. With treatment and lifestyle changes, you can help slow or stop your kidney disease from getting worse. | <https://bit.ly/3nmlqJb>
- Nephrotic Syndrome: A Guide to Educate Your Patients – To be used in conjunction with the Patient Tear Off Pad “Nephrotic Syndrome: What You Need To Know,” this card is a reference guide that clinicians can use to educate their patients about nephrotic syndrome. | <https://bit.ly/3r5Fgt6>
- Nephrotic Syndrome: What You Should Know | <https://bit.ly/337BCau>



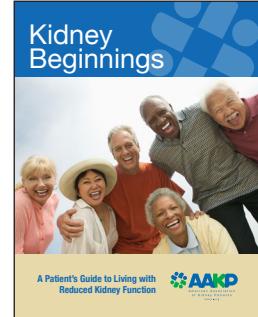
Toolkits

Consumers

- Family Reunion Kidney Health Guide – Family reunion planners – or anyone planning or attending a reunion or family gathering – can use this guide from the National Institute of Diabetes and Digestive and Kidney Diseases to help make kidney health a family affair. | <https://bit.ly/33PmmPk>
- Kidney Beginnings: A Patient's Guide to Living with Reduced Kidney Function – This 62-page book created by the American Association of Kidney Patients addresses the concerns of those at risk for kidney disease and their family members.

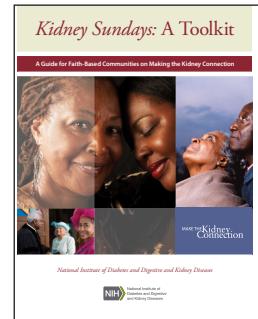
The book features information on the kidneys and how they work, diabetes, hypertension, various medical tests, emotional issues, common medications, and much more. It provides patients and family members with answers to questions about the health of their kidneys, diet, and overall lifestyle.

| <https://bit.ly/3K2yb1T>



- Kidney Sundays: A Toolkit – Health ministry leaders – or anyone interested in bringing health programming to their congregation – can use this toolkit from the National Institute of Diabetes and Digestive and Kidney Diseases to help make the kidney connection.

Toolkit <https://bit.ly/31RYY3d> | Companion Slides <https://bit.ly/3I39xQp>



- Sisters Together: Move More, Eat Better Program Guide – Sisters Together: Move More, Eat Better is a national health awareness program of the National Institute of Diabetes and Digestive and Kidney Diseases that encourages black women ages 18 and older to reach and maintain a healthy weight by being more physically active and making healthier food choices. This recently updated guide outlines six steps to help you start your program. | <https://bit.ly/34E2HCh>
- Understanding Anemia of Chronic Kidney Disease – This brochure created by the American Association of Kidney Patients helps you understand what anemia means, why it's important, and the most effective treatment methods. | <https://bit.ly/3ngDg08>

Toolkits | Providers/Healthcare Team

- Chronic Kidney Disease Change Package – The contents of this document from the National Kidney Foundation represent a list of suggested process improvements that ambulatory care can use to improve CKD screening, recognition, and management.

This also includes discussion of these change concepts and change ideas taken directly from interviews with teams that have integrated CKD care into ambulatory care settings. This document follows the format of the Million Hearts Hypertension Change Package in compiling change concepts, change ideas, evidence- or practice-based tools, and resources. | <https://bit.ly/3qj7qlg>



- Chronic Kidney Disease Disparities: Educational Guide for Primary Care – This guide from Centers for Medicare & Medicaid Services and Office of Minority Health is written for primary care practice teams and is intended to raise awareness of disparities in CKD and improve the care of vulnerable patients with CKD. It also suggests possible approaches to improve the care of vulnerable patients with CKD. | <https://go.cms.gov/3nldx6O>

Helpful Resources | Local/State

- National Kidney Foundation of Indiana | <https://bit.ly/31QecFK>

Helpful Resources | National

- Centers for Disease Control and Prevention Chronic Kidney Disease Initiative | <https://bit.ly/3r9mlhm>
- Chronic Kidney Disease Surveillance System | <https://bit.ly/3FfUTn7>
- National Institute of Diabetes and Digestive and Kidney Diseases | <https://bit.ly/335wQu8>
- National Kidney Disease Foundation | <https://bit.ly/33rZ8Ph>