

Chronic Kidney Disease (CKD) Action Plan

When you have CKD, your kidneys can no longer remove enough waste and fluid from your blood to keep you healthy. There are 5 stages of CKD. Each stage of CKD is based on the result of a blood test called the estimated Glomerular Filtration Rate or eGFR.

Make sure you take your medication as prescribed. Talk to your provider before taking any new medicines, including ones you can get over the counter. Review this plan with your provider once a year. Use the back of this plan to help manage your blood pressure and diabetes.

Stage of CKD	Overview of the Stages of CKD and Action Plans
<p>Stage 1: eGFR is 90 or higher Stage 2: eGFR is 89 - 60</p>	<p>In CKD 1 and CKD 2, your kidneys have mild damage. Choose an action plan to slow down or prevent advanced CKD. See your provider at least 1 time a year.</p>
<p>Stage 3:</p> <ul style="list-style-type: none"> • Moderate kidney damage • eGFR is 59 - 30 	<p>In this stage it is still possible to slow down or prevent severe CKD. You may have symptoms of CKD, including high blood pressure, anemia, swelling in your hands and feet, and bone health problems. You can have CKD 3, even if you don't feel sick. Create an action plan to:</p> <ul style="list-style-type: none"> ✓ See your provider and check your eGFR – do both every 6 months ✓ Talk to your provider before making major changes to your diet ✓ See a nephrologist (kidney specialist) if your eGFR reaches 30 – ask your provider for a referral
<p>Stage 4:</p> <ul style="list-style-type: none"> • Severe kidney damage • eGFR is 29 - 15 	<p>In this stage you may have symptoms of CKD, including itching, feeling weak or tired, feeling sick and throwing up, swelling in the hands and feet, and too much urine (pee) or less urine than normal. You can have CKD 4, even if you don't feel sick. Create an action plan to:</p> <ul style="list-style-type: none"> ✓ See your kidney specialist and check your eGFR – do both at least every 4 months ✓ Learn about kidney treatment options: dialysis, conservative management, and kidney transplant ✓ Talk to your providers before making major changes to your diet ✓ See your provider at least once per year
<p>Stage 5:</p> <ul style="list-style-type: none"> • Kidney failure • eGFR is less than 15 	<p>In this stage you will either start dialysis or conservative management. If you qualify, you can get a kidney transplant. You may have symptoms of CKD, including itching, odd odor, or bad taste in your mouth, swelling in the hands and feet, and too much urine (pee) or less urine than normal. Create an action plan to:</p> <ul style="list-style-type: none"> ✓ Ask about doing dialysis at home or talk to your kidney team about your care at every dialysis visit ✓ See your kidney specialist 1 time per month if you chose conservative management ✓ Talk to your providers or kidney team about changes you need to make to your diet ✓ See your provider at least 1 time per year

The leading causes of Chronic Kidney Disease or CKD are diabetes and high blood pressure. Know your blood pressure. Get tested or keep getting care for diabetes. If needed, use the action plan below to keep track of your blood pressure and diabetes.

1. Each day, check what zone you are in.

2. Then, based on your zone, decide what to do.

Blood Pressure Action Plan

Are you in the GREEN zone? 

You are if ALL the following apply to you:

- ✓ Your blood pressure is below 130/80mm Hg most of the time
- ✓ You are taking your blood pressure daily

If so, follow the GREEN zone action plan:

- ✓ Keep taking your medicines as prescribed
- ✓ When you have a choice, pick the low salt food option
- ✓ Be active and move daily as much as you can
- ✓ Continue to take your blood pressure daily

Are you in the YELLOW Zone? 

You need help, if EVEN ONE of the following applies to you:

- ✓ Your blood pressure is outside of your normal
- ✓ Signs of high blood pressure: headache, light-headed, shortness of breath, rapid or strong heart beats

Important: Most people don't feel signs of high blood pressure. Take your blood pressure to confirm your numbers.

If so, follow the YELLOW zone action plan:

- ✓ If your blood pressure is higher than usual:
 - First, make sure you took your blood pressure medicine
 - Then, rest, sit down or try to do breathing exercises
 - Lastly, re-check your blood pressure
- ✓ If your blood pressure doesn't go back to normal in **24 hours** call your provider or the Nurse Advice line from your health insurance.

Diabetes Action Plan

Are you in the GREEN zone? 

You are if ALL the following apply to you:

- ✓ No symptoms of high or low blood sugar
- ✓ Blood sugar before breakfast is between 80 - 130 mg/dL
- ✓ Blood sugar 1 to 2 hours after a meal is below 180 mg/dL

If so, follow the GREEN zone action plan:

- ✓ Keep taking your medicines as prescribed
- ✓ Choose healthy delicious food options
- ✓ Be active and move daily as much as you can
- ✓ Check your blood sugar at home as recommended
- ✓ Check your feet daily for redness or sores

Are you in the YELLOW Zone? 

You need some help if EVEN ONE of the following applies to you:

- ✓ Your blood sugar is often below 70mg/dL
- ✓ One or more signs of **low** blood sugar – feeling drowsy, dizziness, blurred vision, feeling weak, slurred speech
- ✓ One of more signs of **high** blood sugar – feeling more thirsty than usual, need to pee more, blurred vision

If so, follow the YELLOW zone action plan:

- ✓ Apply the “15-15 Rule” when your blood sugar is below 70 mg/dL
- ✓ Check your Diabetes Action Plan
- ✓ Call your provider or the Nurse Advice line from your health insurance.

For diabetes or blood pressure. Are you in the RED zone? 

You need help right away if you have ANY of these:

New or worsening confusion, chest pain or chest tightness that won't go away, sudden loss of balance, falling or fainting, weakness in your face/arms/legs, nausea, vomiting.

If so, get help right away!

- ✓ **Call 9-1-1**