

# [Chronic kidney disease essay sample](https://assignbuster.com/chronic-kidney-disease-essay-sample-essay-samples/)

The Integration of Adult Nursing Practice   
Sophie Dickens

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INTRODUCTION AND AIMS   
• This presentation will be approximately 10 minutes long. However, this is a limitation as I was unable to discuss chronic kidney disease in great details   
• To discuss the normal anatomy and physiology of the kidneys   
• To explore the pathophysiological changes in the kidneys   
• The signs and symptoms that occur and the changes to be expected   
• To outline diagnosis and interventions

• To discuss what are the implications for the nursing care of a person with the condition

ANATOMY AND PHYSIOLOGY OF   
THE KIDNEYS   
FUNCTIONS OF THE KIDNEYS   
• CONTROLS FLUID LEVEL   
BALANCE   
• REGUALTES ACID BASED   
BALANCE   
• REMOVAL OF TOXINS AND   
WASTE   
• REGUALTES BLOOD   
PRESSURE AND RENIN

ANATOMY AND PHYSIOLOGY OF   
THE KIDNEYS

http://www. healthline. com/vpvideo/kidney-physiology

CHRONIC KIDNEY DISEASE   
PATHOPHYSIOLOGICAL CHANGES   
• Chronic kidney disease (CKD) is long-standing, progressive deterioration of renal function. Function is measured using THE GLOMERULUS FILTRATION RATE (GFR). These are the stages of CKD;   
Stage

Mildly reduced kidney function, test results point to some kidney damage

Moderately reduced kidney function

Severely reduced kidney function

• Decreased urination   
• Blood or protein in the urine   
• Cloudy urine   
• Shortness of breath   
• Fatigue   
• Loss of appetite/weight loss   
• Nausea and vomiting   
• Thirst   
• Muscle cramping   
• High blood pressure   
• Fluid retention   
• Oedema   
• Lower Back Pain   
(KIDNEYHEALTH 2015)

CAUSES AND RISK FACTORS   
• The Two main causes are:   
HIGH BLOOD PRESSURE

DIABETES

High blood pressure can damage the kidneys as the force of blood flow weakens the kidneys blood vessels therefore this can reduce the kidneys ability to function properly.

Consistently high blood sugar levels can cause pressure on the GFR causing them to leak protein.

Factors that may increase your risk of chronic kidney disease include: Diabetes   
High blood pressure   
Heart disease   
Smoking   
Obesity   
High cholesterol   
Being African-American, Native American or Asian-American   
Family history of kidney disease   
Age 65 or older

DIAGNOSIS OF CKD   
To determine chronic kidney disease there are tests and procedures that can be done.   
Biopsy’s   
Blood Tests

Tests and   
Procedures   
Imaging Tests:   
Ultrasound Scan

Urine Tests

INTERVENTIONS AND TREATMENT   
Depending on your stage of Chronic Kidney Disease depends on the level of intervention and treatment required.   
• Interventions for stage one, two and three of chronic kidney disease   
• Proteinuria Screening   
• Blood Pressure Screening   
• Smoking Cessation   
• Glycaemic Control

Treatment for Stages four and Five   
Kidney transplant   
Dialysis   
Provide   
Physical patients with   
Management of pain   
Emotional   
Support with   
Support

Provide Spiritual   
Support

Manage   
Disease Control   
Emotional

NURSING IMPLICATIONS   
Intellectual

Provide   
Physical   
Support

Spiritual

Encouraging   
Referrals

Educate   
patients on   
Chronic Kidney   
Disease

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