

Chronic kidney disease essay sample



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The Integration of Adult Nursing Practice

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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

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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

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- 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
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- 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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