

- No diagnostic tests are done at Kidney Health Clinic visits, but may be ordered at these visits.
- The nephrologist or NP will decide how often you need to visit the clinic.
- If your kidney function goes below an eGFR of 30, we will review your care goals and treatment options to help you stay at home at your healthiest. We may prepare you for treatment such as home dialysis, kidney transplant, conservative care to prevent and treat symptoms when no dialysis is desired, or dialysis outside of the home.

Goal of the Kidney Clinic

Not everyone with CKD will progress to end-stage kidney disease. The goal of the Kidney Clinic is to stop or slow down the progression of kidney disease.

Wellness is a state of physical, mental, and social well-being. Many people with CKD find that taking a wellness approach helps their ability to maintain a good quality of life.

You can take a wellness approach by working with members of your health care team on factors including:

- › healthy, balanced eating
- › regular exercise
- › good blood pressure control
- › good sugar control (if you have diabetes)
- › stopping smoking
- › weight control
- › limiting daily alcohol
- › taking medications as prescribed

Contact

The Kidney Foundation of Canada

Atlantic Branch

Phone: 1-877-453-0533 (toll-free)

www.kidney.ca/atl-home

Kidney Health Clinic

Kidney Care Services

Yarmouth Regional Hospital

Wellness Centre, 4th floor

Phone: 902-742-3542, ext. 1646

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The information in this pamphlet is to be updated every 3 years or as needed.

Kidney Health Clinic

Yarmouth Kidney Care Services

Kidney Health Clinic

Our clinic is for patients diagnosed with Chronic Kidney Disease (CKD).

A referral is sent to the nephrologist (kidney doctor) by your primary health care provider. The nephrologist will review your referral and see you at his office, then refer you to the Kidney Health Clinic, if needed.

Patients with CKD come to the clinic for continued monitoring by a multidisciplinary team. The team helps patients learn how to live with this chronic disease.

Team members

Our team members include a nephrologist, a Nurse Practitioner (NP), nurses, a dietitian, a social worker, and a pharmacist.

Depending on your plan of care and how you are doing, you will see different team members on your visits.

The Kidney Health Clinic team works in partnership with your primary health care provider (e.g., family doctor or primary health care nurse practitioner). Together, we all make a plan of medications and

monitoring to help you manage your kidney disease and to support the care of your high blood pressure and diabetes.

The Kidney Health Clinic team sees patients for kidney health care, and does not replace the very important role of your primary health care provider. You should see your primary health care provider regularly for health screening and treatment of any other illnesses, injuries, or problems.

What is CKD?

CKD means having kidney damage or a lower level of kidney function for 3 months or more. Usually, the kidney disease starts slowly and without symptoms, and gets worse over years.

In CKD, kidney function is lost bit by bit. During the early years, there may be no warning signs or symptoms.

Simple lab tests done before your visit will find out how well your kidneys are working and determine how much kidney damage you have.

These tests include urinalysis and blood tests to measure creatinine level. The creatinine test is an important part of how we will figure out your kidneys' creatinine clearance, or eGFR (estimated rate at which your kidney is filtering).

Other blood tests, a kidney ultrasound, and X-rays may be needed as well.

What to expect

- When the Kidney Health Clinic receives the referral, you will be contacted with an appointment date and time.
- When you first come to the clinic, the nurse will see you to collect information and do a health check. The nephrologist and/or another team member will also see you, and talk with you about a plan of care to meet your needs.