

Alterations in Health (Diagnosis)

- Kidney disease

Pathophysiology

- Kidneys are damaged and can't filter blood properly (renal fibrosis)
- Damage causes waste to build up in body

Health Promotion and Disease Prevention

- Lose weight
- Control Diabetes
- Take meds when supposed to
- Lower cholesterol
- Be compliant with dialysis and diet

Risk Factors

- Atrial Fibrillation
- Diabetic
- Smokes
- African American
- Older Age

Expected findings

- decreased urine output
- retaining fluids
- elevated potassium (Cardiac problems)
- ulcer on foot
- irreversible damage to kidneys
- Slurred speech
- Bone pain
- Puritis (itching)

Lab tests

- CBC
- CMP (has all electrolytes on it)
- Potassium
- UA
- BUN Creatinine
- A1C
- Lipids
- Cholesterol

Diagnostic

- Chest X-Ray
- Bladder Scan

Safety Considerations

- Fall risk precautions

Medications

- Kayexalate (gets rid of potassium)
- ACE or ARB (HTN) medications
- Statin (people with CKD should be on statins)
- Ca and Vitamin D (bones weak because of CKD)
- Furosemide

Nursing Care

- Erythropoietin replacement if he's anemic
- Consult with home health for Wound Care

Therapeutic Procedures:

- Dialysis (filters waste and products from blood since kidneys aren't working)
- Central Line

Complications:

- Anemia
- Cardiac Arrest - because of high potassium
- Complications of infection - diabetes
- Fluid retention - being short of breath
- Urine output decreases (when to call physician)
- Safety concerns (falls since very fatigued, trying to get to bathroom)

Interprofessional Care

- Dietician to educate on diet (no added salt, low sodium and low potassium foods)
 - Limit protein intake
- Home Health
 - Wound care

Client Education

- Medication adherence
- PT evaluation
- Diet

- Healthy weight
- Activity
- Nicotine Patch
- Managing Chronic Conditions
- Follow-up with physician
- Transportation to dialysis
- Central line education (signs of infection, care of central line)
- Weigh self daily (because of fluid retention)

Took him off of Vancomycin because hard on kidneys and Liver