



# Chronic Kidney Disease Treatment and Management Guide

## SELF-MANAGEMENT CHECKLIST

### Daily:

- Check your blood pressure.
- Monitor your glucose levels according to your family physician's recommendations.
- Take a walk.
- Congratulate yourself for doing the hard work to manage your chronic kidney disease.

### Weekly:

- Load your medication organizer for the week.
- Check whether you need to get refills for any of your medications.
- Do something fun!

### Monthly:

- Give monthly personal health data to your care team (if applicable).
- Add any upcoming health care appointments for the month to your calendar.
- Review your medication list and make any necessary updates. Keep a copy on your phone or in your wallet/purse.
- Try a new fruit or vegetable.

### Quarterly:

- If you have diabetes, get an A1C test to measure your diabetes control.
- Give an up-to-date medication list to your care team.

### Annually:

- Get your annual physical.
- Have the following lab tests done:
  - Complete blood count
  - Lipid panel
  - Comprehensive metabolic panel (includes tests for potassium, albumin, calcium and estimated glomerular filtration rate [eGFR])
  - Urinary albumin/creatinine ratio (uACR)
  - A1C
  - Additional lab tests recommended for people with chronic kidney disease, which may include tests for phosphorus and parathyroid hormone
- Set your health goals for the upcoming year and share them with your family physician.

## Progress Tracking Chart for Home Use

	Date	Result	Date	Result	Date	Result	Date	Result
Weight								
Blood pressure								
Nutrition appointment								
	Date	Result	Date	Result	Date	Result	Date	Result
A1C								
Albumin								
Ammonium								
BUN/Cr								
Calcium								
eGFR								
Phosphorus								
Potassium (K <sup>+</sup> )								
PTH								
Sodium (Na)								
uACR								
Vitamin D 1,25								

BUN/Cr = blood urea nitrogen/creatinine ratio; eGFR = estimated glomerular filtration rate; PTH = parathyroid hormone; uACR = urinary albumin/creatinine ratio.