

Protecting your kidneys



Point-of-Care Kidney Clinic

KING'S
College
LONDON



What is Kidney Function Point of Care Testing?



These are **finger-prick (capillary)**
OR **blood test (venous)**



They are performed using a **portable device**



Capillary samples – requires **5 – 8 blood drops**
from a single finger-prick



You will get a creatinine, potassium and eGFR
result **within 5 minutes**

Why use it?

- ✔ You and the healthcare practitioner see your results straight away.
- ✔ Allows for instant decision making.
- ✔ Keeps you informed on your current kidney function.

The Point-of-Care Kidney Clinic

EXPLAINED

What is it for?

We can quickly and safely get you on the maximum dose of your ACE inhibitor or ARB.

This lets us start you on a flozin (SGLT2 inhibitor). This will protect the health of your kidneys and your heart.

What does it involve?

1. **Blood pressure check**
2. **Blood test:**
 - a. This can be a finger-prick test
 - b. OR a venous blood test. In both cases, we will get the result within 5 minutes.

How often should I attend?

- ① **You will need 1 – 5 clinic appointments.**
Most people will have 2 -3.
- ① The clinics occur every 2 – 4 weeks.

I feel fine, why should I attend?

Often with mild to moderate kidney disease you have no symptoms. With advanced kidney disease (less than 30%) you may develop symptoms and have a higher risk of cardiovascular disease. These medications slow down kidney damage, so you remain feeling well for longer.



2 – 4 week gap in between the 2nd appt.



2-4 week gap



You will need to have routine kidney function tests (blood test and urine test) done at least once a year.

1st clinic:

- You will be met by an advanced nurse practitioner, pharmacist or doctor
- They will explain the clinic process and will give you a 'My Kidney Health' Book
- They will check your blood pressure and check your kidney function (finger-prick or venous blood test)
- Your results will be explained to you and written in your 'My Kidney Health' Book
- Your medication may be changed or you may be started on a new medication depending on your results

2nd clinic:

- We will repeat the same tests.
- Based on your results we may change or start you on a new medication

3rd clinic:

- The process is repeated until you have been optimised
- For most people this will involve 2 - 3 appointments. The maximum is 5 (this is uncommon)
- Please remember to bring your 'My Kidney Health' Book to each appointment
- Once completed, you will be discharged from the clinic

Useful links

Your kidneys explained and chronic kidney disease

Facts about your kidneys

Kidney Care UK

<https://kidneycareuk.org/kidney-disease-information/about-kidney-health/facts-about-kidneys/>



For more detailed information about your kidneys (available in 40 languages)

<https://www.kidneyeducation.com/English/diagnosis-of-kidney-disease/4#High-risk-for-kidney-problems>



How do we check kidney health

CKD Health Check

Kidney Care UK

<https://kidneycareuk.org/get-support/free-resources/patient-information-booklets/ckd-health-check-look-after-your-kidneys-and-keep-yourself-well/>



Kidney Tests

National Kidney Foundation

<https://www.kidney.org/kidney-topics/tests-to-check-your-kidney-health>



Staging your kidney disease

Kidney disease stage

Kidney Care UK

<https://kidneycareuk.org/kidney-disease-information/stages-of-kidney-disease/stages-of-chronic-kidney-disease-ckd/>



Useful links

Diet and lifestyle recommendations

African & Caribbean Eatwell Guide

London Kidney Network

<https://kidneycareuk.org/get-support/free-resources/patient-information-booklets/ckd-health-check-look-after-your-kidneys-and-keep-yourself-well/>



South Asian - Kidney Kitchen Magazine

Kidney Care UK

<https://kidneycareuk.org/get-support/free-resources/patient-information-booklets/ckd-health-check-look-after-your-kidneys-and-keep-yourself-well/>



Medication recommendations

ACE Inhibitors

National Kidney Foundation

<https://www.kidney.org/kidney-topics/ace-inhibitors-and-arbs>



SGLT2 inhibitors

National Kidney Foundation

<https://www.kidney.org/kidney-topics/sodium-glucose-cotransporter-2-sglt2-inhibitors>



What are statins?

National Kidney Foundation

<https://www.kidney.org.uk/what-are-statins>



The Point-of-Care (POC) Kidney Clinic



Well done! You've read everything.

Need a refresh? Revisit the leaflets below

