

The Optimisation of Treatment in Stage 3B CKD

Using an MDT approach to improving CKD outcomes

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Aim

To reduce the deterioration and cardiovascular complications of Chronic Kidney Disease (CKD) following up-to-date guidance by NICE and London kidney network.

Method

Our Multidisciplinary Team includes – GP Lead, Advanced Nurse Practitioner (ANP), Pharmacist, 2 members of the digital team, Trainee Nurse Associate (TNA) and Care Coordinator(CC).

We adopted a Multi-Disciplinary (MDT) Team approach;

- Searches were run by the digital team
- Care Coordinators contacted patients and created virtual clinics
- Full discussion and explanation given to patients including medication review, initiation and follow up

Summary of results

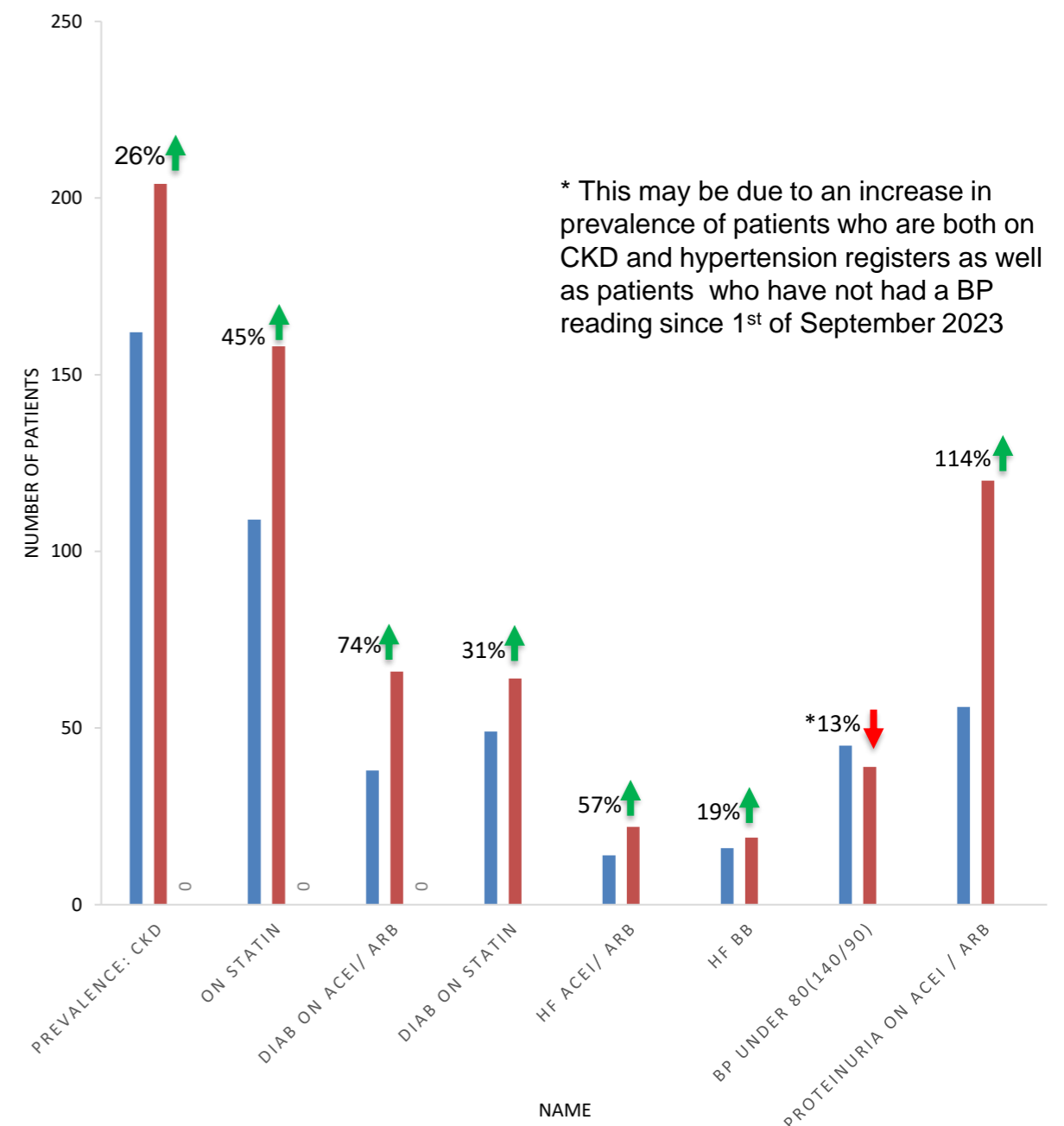
Positive outcomes in most domains:

- 1-Improved prevalence of CKD diagnosis by 26%
- 2-Increased statin therapy up by 45%
- 3-Patients with CKD & Diabetes:
 - On ACEI/ARB up by 74%
 - On statin up by 31%
- 4-Patients with CKD & Heart Failure:
 - On ACEI/ARB up by 57%
 - On B-Blocker up by 19%
- 5-Patients with CKD & Hypertension:
 - BP <=140/90 and under 80 y/o decreased by 13%
- 6-CKD/Proteinuria
 - On ACEI/ARB up by 114%

Next steps

- I will encourage other Medicus sites to run a quality improvement project for patients on their CKD register.
- The team will aim to improve BP control in patients with CKD by encouraging BP home monitoring.
- The team will expand the search by reviewing SGLT2i treatment in patients with CKD associated with proteinuria and HF.

CKD: 09/2023 - 08/2024



* This may be due to an increase in prevalence of patients who are both on CKD and hypertension registers as well as patients who have not had a BP reading since 1st of September 2023

Key

- Number of patients before review
- Number of patients after review

Staff feedback

Members of the MDT are now more aware of CKD as a long-term condition with increased risk of cardiovascular multimorbidity and mortality. They are more confident in managing CKD patients-coding, counselling and when to seek appropriate advice from GPs.

Patient feedback

Patients are grateful to being made aware of this condition, feeling more informed and willing to engage in its management

Abbreviations

- ACEI – Angiotensin Converting Enzyme Inhibitor
- ARB –Angiotensin Receptor Blocker
- BB – Beta Blocker
- BP – Blood Pressure
- CKD – Chronic Kidney Disease
- HF – Heart Failure
- SGLT2i - Sodium-Glucose Transport Protein 2 (SGLT2) Inhibitors

Contact Details