

Management of Chronic Kidney Disease Stages 3-5

Date: 24 October 2019

Venue: Derby

Facilitator: Fiona Willingham

This course has been developed to help dietitians to obtain the necessary knowledge and skills to undertake the appropriate dietetic assessment, management and monitoring of patients who have chronic kidney disease (CKD) stages 3-5 and are on the CKD patient care pathway. The day aims specifically to support the development of registered dietitians in the autonomous care and treatment of individuals diagnosed with CKD stages 3-5. Produced in partnership with the BDA Renal Nutrition Group, this course has been developed for specialist or advanced dietitians working in both primary and secondary care, at NHS Band 6-7.

Aim

To provide the registered Dietitian with the necessary knowledge and skills to ensure an evidence-based approach is used when advising / treating patients with chronic kidney disease (CKD) stages 3-5.

Learning Outcomes

By the end of the course delegates will be able to:

- Identify the national guidelines relating to the identification and management of individuals with CKD
- Identify the classification of CKD according to estimated Glomerular Filtration Rate (eGFR)
- Describe the most common causes of CKD
- Describe the clinical pathways for the medical diagnosis and management of individuals with CKD stages 3-5
- Understand the options available for renal replacement therapy to patients with CKD
- Explain the underlying causes and contributing factors to the development of specific nutrition related problems requiring intervention in CKD stages 3-5
- Explain the underlying causes and contributing factors to the development of malnutrition in CKD
- Demonstrate an understanding of how to obtain and interpret relevant information including diagnosis, biochemistry, medication, and complications of CKD
- Demonstrate increased confidence in undertaking appropriate dietetic assessment and initiating dietetic intervention and monitoring as part of the patient care pathway.
- Understand the practical aspects of diet therapy in individuals with CKD stages 3-5.

Approximate Programme

9.30 – 9.45	Welcome and Introduction, current experience and expectations of the day	13.00 – 13.30	Lunch
9.45 – 10.45	An Overview of the Medical Management of CKD Stages 3-5 Recap main functions of the kidney Symptoms associated with CKD Prevalence of CKD Causes of kidney disease Identification, classification and monitoring progression of CKD Comorbidity in CKD and relevance to other health conditions Morbidity & Mortality risks Clinical management plans for CKD and managing co- morbidities Dialysis	13.30 – 14.45	Dietetic Management of CKD Stages 4 – 5 (Session 2) Recap: Guidelines for nutritional management of CKD Chronic Kidney Disease – Mineral and Bone Disorder Phosphate Fluid Management Vitamins and minerals Common nutritional problems for dialysis patients
10.45 – 11.15	Introduction to Dietetic Management of CKD Stages 3-5 Nutritional causes and complications of CKD Aims of dietary treatment in CKD and clinical guidelines Nutritional priorities across the stages of CKD	14.45 – 15.00	Refreshment Break
11.30 – 13.00	Dietetic Management of CKD Stages 4 – 5 (Session 1) Protein and energy requirements in CKD stages 3-5 Sodium and potassium Interpretation of data Assessment and Treatment Planning	15.00 – 16.15	Dietetic Management of CKD Stages 4 – 5 (Session 3) Defining Protein Energy Wasting (PEW) Rates of PEW in CKD Compounding factors affecting nutritional intake Screening & assessment for PEW Energy & Protein requirements in CKD Dietary treatment including food first, nutritional supplements and enteral nutrition.
		16.15 - 16.30	Questions, evaluation and close

Pre-course reading and work

There is some pre-and post course work associated with the course. Details will be sent to you with your booking confirmation.

Contacts

Please direct queries to:

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