

Chronic Kidney Disease Sample Flow Sheet

Patient Name:		Sex <input type="checkbox"/> M <input type="checkbox"/> F	Age at Diagnosis	Date of Birth
CARE OBJECTIVES			SELF MANAGEMENT (discuss with patient)	
Diagnosis		Renal U/S (if indicated)		<input type="checkbox"/> Explain diagnosis and implications of CKD <input type="checkbox"/> Self monitor with flow sheet <input type="checkbox"/> Review medication list (see next page) <input type="checkbox"/> Discuss CVD risk assessment & management strategies <input type="checkbox"/> Kidney-specific education <input type="checkbox"/> Identify support team and resources <input type="checkbox"/> Smoking cessation hotline (1-866-366-3667) <input type="checkbox"/> Weight, exercise and nutrition status <input type="checkbox"/> Promote psychosocial health
Type Of CKD: <input type="checkbox"/> HTN <input type="checkbox"/> Polycystic KD <input type="checkbox"/> DM <input type="checkbox"/> Other:		Date:	Result:	
RISK FACTORS AND CO-MORBID CONDITIONS				
<input type="checkbox"/> Smoker <input type="checkbox"/> Alcohol/ substance abuse <input type="checkbox"/> Obesity (target BMI <25)		<input type="checkbox"/> Diabetes <input type="checkbox"/> HTN <input type="checkbox"/> CAD <input type="checkbox"/> Cardiomyopathy <input type="checkbox"/> CHF <input type="checkbox"/> Other:	<input type="checkbox"/> Atrial fibrillation <input type="checkbox"/> Other arrhythmia <input type="checkbox"/> Valvular HD <input type="checkbox"/> PVD <input type="checkbox"/> Lipid abnormality	<input type="checkbox"/> Asthma <input type="checkbox"/> COPD <input type="checkbox"/> Liver disease <input type="checkbox"/> Depression

VISITS						
DATE	BP	WEIGHT	LABS (most recent)			NOTES: CLINICAL STATUS, RISK STAGE, CARE OBJECTIVES AND FOLLOW UP ISSUES
	Every visit	Lbs Every visit	A1C (DM only) q3m	ACR q6-12m	Cr/eGFR q6m	BASELINE REVIEW
	<140/90	BMI < 25	≤ 7%*	≥ 50% ↓ from baseline	Stable**	

REMINDERS:

- 1) Establish regular visit & lab work schedule
- 2) Refer to nephrology team
- 3) *A1C target may not be appropriate for all populations
- 4) ** ΔeGFR <10-15% annual decline

ANNUALLY OR AS CLINICALLY INDICATED							
LAB WORK (at least annually)					VACCINATIONS		
DATE	LIPIDS	POTASSIUM	MINERAL METABOLISM			Annual flu:	Pneumovax:
	↓ LDL from baseline	K+ <5.5	Ca 2.2 - 2.5	Phos 0.75 - 1.4	Albumin WNR	DATE	DATE (in 5 years)
Hepatitis B (series completed):							
DATE							



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MEDICATION			
NAME OF DRUG	DOSE/FREQUENCY	NOTES AND START/STOP DATES	PRESCRIBED BY

