

Helping Patients Manage Chronic Kidney Disease

With our accountable, coordinated care model, KelseyCare helps patients with chronic kidney disease better manage their condition and any health-related ailment, like diabetes or hypertension. Chronic Kidney Disease Care Management includes personalized outreach to involve patients in making healthier choices in managing chronic conditions and diseases. Our case managers are registered nurses who share the same electronic medical record as our doctors and KelseyCare affiliate specialists.



Clinical resources for patients with chronic kidney disease include:

- **The Kelsey-Seybold electronic medical record (EMR):** The EMR allows Kelsey-Seybold physicians and KelseyCare affiliate specialists to coordinate care with a full picture of a patient's recent test results, best practice alerts, and compliance monitoring.
- **Online resources:** With their secure MyKelseyOnline accounts, patients can email their doctors' offices, check most test results, and schedule appointments.
- **After-Hours Nurse Hotline:** Patients can call 713-442-0000 after regular business hours, on weekends, and on holidays to speak to a Kelsey-Seybold registered nurse. The after-hours nurse can answer questions, page the doctor on call, and schedule appointments.
- **Coordination of outpatient dialysis:** If chronic kidney disease progresses, patients may be referred to Galen Care Partners for outpatient dialysis. The patient's primary care physician continues to coordinate care and stays in communication through the interconnectivity of the EMR system.

The Chronic Kidney Disease Care Management team includes:

- The patient's primary care physician.
- Chronic Kidney Disease nurse case manager.
- Referrals to KelseyCare affiliate specialists, including board-certified nephrologists.

The physicians, affiliate specialists, case managers, and nurses on the care team share a common EMR system to ensure coordinated care.

By the numbers: According to the National Kidney Foundation, 1 in 3 Americans is currently at risk for developing kidney disease; that risk increases to 1 in 2 over the course of a lifetime. In addition, 1 in 9 American adults has kidney disease—and most of them don't know it.

How Coordinated Chronic Kidney Disease Care Management Works

Step 1

We start by creating a partnership. The goal is to help reduce further kidney damage and help slow the progression of the disease.

Prevention of kidney damage is a two-way process. The patient's primary care physician (PCP) creates a personalized treatment plan. It is imperative that the patient remain compliant throughout this plan. He or she should follow the recommended lifestyle changes and take the prescribed medication to help protect against further kidney damage.

Step 2

Comprehensive, monitored, ongoing care is the key to protecting kidneys from further damage.

The nurse case manager personally reaches out to patients with moderate to severe kidney damage and stays in regular contact to help ensure compliance with the doctor's prescribed treatment plan. The case manager can see in the patient's electronic medical record (EMR) when he or she is due for a recommended screening and remind the patient to keep appointments and take prescribed medications. Anyone who cares for the patient – whether it's a Kelsey-Seybold primary care or specialty care physician, or a KelseyCare affiliate specialist – has access to the same clinical notes and test results because they share a common EMR.

Step 3

We provide ongoing support if the disease progresses.

If chronic kidney disease progresses, it is imperative to try to stay ahead of it. This is why our doctors and case managers work closely with the patient's family to help coordinate medical necessities like catheters and ports before outpatient dialysis even begins, as this procedure may take months to heal. This helps to avoid costly emergency dialysis in a hospital.

Chronic Kidney Disease Stages

- Stage 1:** Kidney damage with a normal or elevated glomerular filtration rate (GFR), which is a GFR equal to or greater than 90 mL/min/1.73m²
- Stage 2:** Kidney damage with a mildly decreased GFR (a GFR between 60 and 89 mL/min/1.73m²)
- Stage 3:** A moderately decreased GFR (a GFR between 30 and 59 mL/min/1.73m²)
- Stage 4:** A severely decreased GFR (a GFR between 15 and 29 mL/min/1.73m²)
- Stage 5:** Kidney failure (a GFR less than 15 mL/min/1.73m²)