

Chronic Kidney Disease

There are approximately 37 million Americans with chronic kidney disease (CKD) and an estimated nine out of ten that are unaware they have CKD. CKD is a growing, worldwide, public health problem. Kidney disease health disparities are well recognized and often manifest as an over burden among racial and ethnic minority populations (Walker, CS, 2023). There is a large gap in the provision of healthcare and CKD burden in low and middle income regions. The progression of CKD can potentially be delayed, if detected early and risk factors are addressed. The leading cause of CKD is diabetes, followed by hypertension. Several other risk factors such as aged 65 and older, smoking, and obesity continue to increase in the general population, and as a result, there is a dramatic rise in the number of individuals diagnosed with CKD.

The American Nephrology Nurses Association (ANNA) believes that nephrology nurses are instrumental in improving clinical outcomes for persons with CKD. Health promotion, prevention of complications, and education are nursing strengths that are vitally needed in management of persons with CKD. Providing nursing interventions in these areas result in improved quality of life, delayed progression to the initiation of kidney replacement therapy (KRT), and reduced costs to the health care system.

It is the position of ANNA that:

- We endorse the recommendations of the National Kidney Foundation (NKF) K/DOQI Clinical Practice Guidelines regarding the evaluation, classification, and stratification of CKD.
- We support the Kidney Disease Initiatives Global Outcomes (KDIGO) Controversies Conference on Management in CKD Maintaining Kidney Health in 2023.
- We promote the education of non-nephrology health care providers regarding the early screening and assessment of individuals at risk for CKD and timely referral to nephrology for optimal management of CKD.
- The advanced practice registered nurse (APRN) has an integral role in the management of CKD and improving quality of life and patient outcomes by health promotion, screening and assessment, preservation of kidney function, education, and management of the CKD complications.
- Nephrology nurses use a holistic approach in dealing with individuals with CKD, promoting ongoing education and empowering individuals to achieve optimal health in living with a chronic disease.
- Nephrology nurses utilize evidence-based nursing practice in caring for the patient with CKD.
- Nephrology nurses, regardless of their area of clinical practice, should be aware of, and familiar with, the staging, assessment, and clinical management of CKD.
- We support programs for early identification and screening for high-risk populations..
- We support patient and family CKD educational efforts that may lead to improved health promotion and outcomes for patients.

References

Kidney Disease: Improving Global Outcomes (KDIGO) CKD work group. KDIGO 2024 Clinical Practice Guideline for the evaluation and management of chronic Kidney disease. *Kidney Int*, 2024; 105 (4s): S117-S314.

Walker, C.S. & Gadegbeku, C.A. (2023). Addressing kidney health disparities with new national policy; the time is now. *Cardiovasc Diagnosis and Therapy* (2023). 13(1): 115-121.

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