

Community Chronic Kidney Disease (CKD) Service

What do we do?

- Raise awareness of Chronic Kidney Disease (CKD) and the health effects that may happen if you have this condition.
- Assist GPs (primary care teams) to investigate if patients have CKD and support them caring for high-risk groups (e.g., people with pre-existing diabetes, cardiovascular disease (CVD)).
- Provide advice and guidance to primary care so they can support patients with lower CVD risk and reduce the speed their CKD develops.
- Work with patients to create a plan to help them manage their CKD. Suggest useful resources that can support their education; ensuring their care needs are balanced with any risks.
- Provide local community clinic reviews by a Kidney Specialised Consultant and an Advanced Clinical Practitioner for patients with CKD.
- Educate CKD patients and their families on how best to support self management of their condition.
- Work closely with secondary care services such as kidney disease, heart failure and diabetes so the transfer of CKD patients care is transitioned smoothly between services.
- Where dialysis is not appropriate, we provide support for individuals and other healthcare staff in delivering high quality end of life care.

How to access CKD service?

- Referrals are accepted from GP's and multi-disciplinary teams e.g., Diabetes Team, Heart Failure Team, District Nurses, and other adult services.
- Referral forms can be downloaded from the Birmingham Community Healthcare NHS Foundation Trust website:

<https://www.bhamcommunity.nhs.uk/patients-public/adults/chronic-kidney-disease/>

Referrals can be posted to the CKD Service, St Stephens Centre, 171 Nineveh Road, Handsworth, Birmingham B21 0SY
Or sent via Fax2Mail :0116 227 3073
or email via **bchnt.ckdreferrals@nhs.net**

How we deliver our service?

- We prioritise patients' health care needs and safety to achieve the best clinical outcomes.
- We value patients' choices and offer the following options for appointments:

Face to face appointments at one of our city-wide clinics.

A telephone or video consultation/call.

Home visits to patients that are house bound and/ or requiring palliative care.

If you would like to bring somebody with you to support you at the appointment, you are free to bring one person with you.

What will happen at my first appointment?

- If your first language is not English, we can organise an interpreter for you. If this is required, please contact the office on 0121 466 3680.
- You will be assessed by an Advanced Clinical Practitioner or Renal Consultant. You have a choice to decline any part of the assessment or request further information at any time.
- With your consent the Advanced Clinical Practitioner or Renal Consultant nurse will assess your health and well-being. This may include asking information about your current conditions, general health, past medical history, current medications, and how you manage your daily activities of living/ life.
- You may also be asked to provide a urine sample to test.
- This may be followed by a physical examination, in which you may be asked to remove items of clothing so that an examination by touch can be performed. A chaperone (a person to be with you) is allowed if you prefer.
- As part of your assessment, your blood pressure and weight will also be recorded.
- Following your assessment, the Advanced Clinical Practitioner or Renal Consultant will discuss your blood results, changes or alterations in your medication and a management plan that is specific to your needs.

- The management plans may include information and education on:
 - CKD (Chronic Kidney Disease)
 - modifying lifestyle changes
 - blood test monitoring
 - recommended medications
 - follow up appointments. (The Frequency of monitoring and follow up appointments will be tailored to your health needs).
- To obtain the best outcomes from your treatment, you will be supported and empowered to be more involved in your care to prevent and ensure you are able to manage your risks at home such as:
 - keeping yourself hydrated
 - encouraging you to check your blood pressure at home
 - taking regular medications
 - keeping up to date with your blood tests
 - taking regular exercise.
 - if you are diabetic, being able to ensure that your blood glucose is well-controlled.

How long will my appointment take?

- Your first appointment will take approximately 60 minutes depending on your needs.
- Follow up appointments will be agreed depending on the outcome of the initial assessment.
- A copy of the clinical letter will be sent to you and your GP. If you wish to opt out, please contact 0121 466 3680.

Appointment changes and cancellations:

It is important to keep your appointment. If you need to cancel or make any changes on your appointment, please contact the office on **0121 466 3680**.

Keeping yourself healthy

- Speak to your GP about safe ways to increase movement and physical activity such as walking or light exercise.
- Always keep hydrated and choose healthy choices with your diet such as lots of fresh food, salads and vegetables.

Useful Contact Numbers:

If you have any comments about your care, you can contact **Birmingham Community Healthcare NHS Foundation Trust Customer Services on 0800 917 2855**

Non-Emergency Patient Transport:

0800 035 6511

Social Services: Birmingham City Council Adults and Communities Access Point (ACAP):

0121 303 1234

Diabetes UK:

0345 123 2399

Out of hours: Please contact your local GP out hours service.

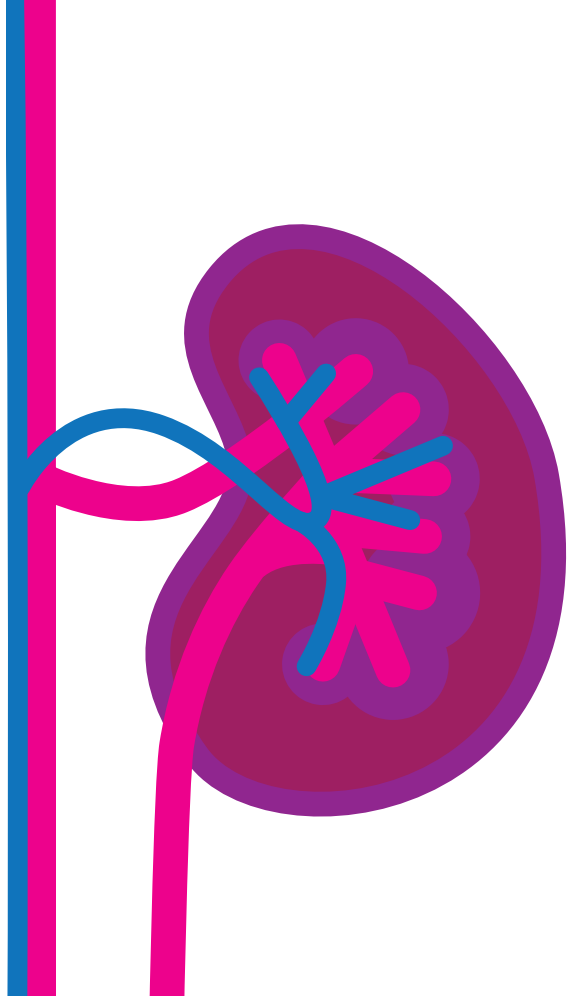
For more information, please visit the following sites:

- **Kidney Care UK (Leading Kidney patient's support charity providing advice support and financial assistance)**
<https://www.kidneycareuk.org/about-kidney-health/conditions/ckd/>
- **National Kidney Federation**
<https://www.kidney.org.uk/>
- **Think Kidneys**
<https://www.thinkkidneys.nhs.uk/ckd/information-for-the-public/>

Do you need this information in another language or format?

If you require this leaflet in an alternative language or format such as Braille or large print, or in a different language please contact us on **0800 917 2855**.

If you have limited English and require a translator to speak to us, please call Language Line on **0845 310 9900**.



Contact details:

**Chronic Kidney Disease Service (CKD)
St Stephens Centre
171 Nineveh Road, Handsworth
Birmingham B21 0SY**

**Tel. no. 01214663680 – Office hours 09:00am to 17:00pm
Monday to Friday excluding bank holidays and weekends.
Email: bchnt.ckdreferrals@nhs.net**