Your Name

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Clinical Discussion: Chronic Kidney Disease

Chronic kidney disease is also known as the failure of a chronic kidney. It can be described as the gradual loss of kidney functions. The function of the kidney is to filter excessive fluids and waste from the body’s blood that is excreted in the form of urine(“Chronic Kidney Disease - Symptoms and Causes”). When this disease reaches the mature stage, it leads to dangerous fluid levels, waste, and electrolytes in the body. Initially, some of the symptoms and signs can be noticed but become apparent when its function is impaired significantly. Its treatment includes slowing the kidney damage process which can be controlled through symptoms (Naqvi and Collins). However, in the last stage, the only solution is kidney transplant and artificial filtering (dialysis).

# **Symptoms**

If the kidney is continuously damaging, a person can observe some of the symptoms with time. It includes anorexia, nausea, vomiting, sleep issues, weakness and fatigue, chest pain, persistent itching, uncontrolled blood pressure, ankles and feet swelling. It can also affect mental sharpness(“Chronic Kidney Disease - Symptoms and Causes”).

**Risk Factors or Causes**

This disease occurs when kidney functions are already damaged. The chronic kidney disease worsens this damage further over many months or even years. The conditions which become the reason of kidney disease include diabetes of type 1 and 2, a disease in blood vessel or heart, high level of blood pressure, obesity, smoking, and abnormal structure of the kidney. Family history of this disease can be the other factor which increases the risks of chronic kidney disease. Most of the people who are affected by kidney disease are old and belongs to American, African Americans and Asian ethnicity ("Facts About Chronic Kidney Disease"). The major reasons for chronic kidney disease are infection in kidney, kidney stones, and some cancer-associated with kidney. The serious condition is vesicoureteral reflux which is the specific condition in which the urine flows back towards the kidney.

These are some of the signs associated with chronic kidney disease, however, it produces potential complication that affects almost every part of the kidney. It causes blood vessel and heart disease, damage of nervous system, risks of complication during pregnancy, anemia, and have bone fracture risks(“Chronic Kidney Disease - Symptoms and Causes”). The two major causes related to chronic kidney disease are high blood pressure and diabetes as reported in almost 2/3 of the cases associated with this disease. Diabetes damage almost every body organ including eyes, heart, and kidney(Naqvi and Collins). If the blood pressure is not controlled, it will cause chronic kidney disease and heart attack.

**Treatment**

Currently, there is no treatment linked to chronic kidney disease. Although, it’s complicated risks can be controlled by some of the therapies through its symptoms. A huge amount of medication is given to patients of chronic kidney disease which include phosphate balance, anemia treatment, an anti-sickness medicine.

The end-stage condition is the one in which the kidney is working on the normal capacity of about 10-15%. Patients who are at the end-stage cannot keep the waste in the body and need the process of fluid elimination(“Chronic Kidney Disease - Symptoms and Causes”). There are two treatments for patient survival which are kidney transplant and dialysis.

## *Kidney dialysis*

It has two types one is hemodialysis and the other is peritoneal dialysis. In the first one blood is pumped from the patient’s body and went into the dialyzer which is the artificial kidney(“Chronic Kidney Disease - Symptoms and Causes”). In peritoneal dialysis, a catheter is implanted into the patient’s abdomen this will drain out the excess fluid and wastes(Naqvi and Collins).

## *Kidney Transplant*

For the kidney transplant recipient and donor must have the same blood group with the same protein and antibodies in the cell surface(“Chronic Kidney Disease - Symptoms and Causes”).

**Works Cited:**

“Chronic Kidney Disease - Symptoms and Causes.” *Mayo Clinic*, https://www.mayoclinic.org/diseases-conditions/chronic-kidney-disease/symptoms-causes/syc-20354521. Accessed 11 Dec. 2019.

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