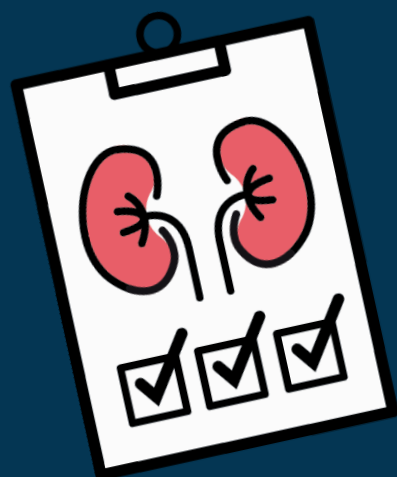




Talking about Kidney Health Checks

Tips for front desk staff



- As the first point of contact for patients visiting the clinic, you have an important role in embedding Kidney Health Checks into regular visits for patients.

Things you can do:

- Set up a Kidney Health Check display at the reception desk to act as a visual prompt for patients to ask about a Kidney Health Check with their GP.
- Be part of the recalling process. Phone calls or SMS can be an effective way to recall patients who should have a Kidney Health Check. Using a list of eligible patients, call to invite them to have a Kidney Health Check.

1. Hello, your Doctor (Name), has asked me to call you to invite you in for a Kidney Health Check.
2. It's a check-up that will be about 10-15 minutes long to complete the assessment and provide you with blood and urine (wee) test referral forms.
3. The check is completely covered by Medicare.

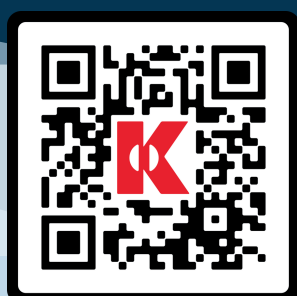
Further information

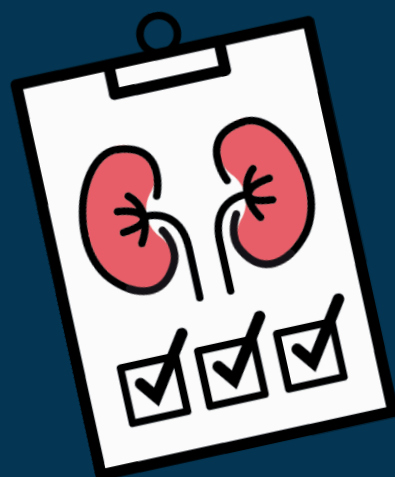
- During the Kidney Health Check the nurse and GP will ask you about your medical history, family history, smoking habits, lifestyle routines, and measure your weight, and blood pressure.
- You will be referred to have a blood test and a urine test and asked to attend the clinic again for the follow up results.

TIP

For questions about risk factors/ or why them, refer the patient to the practice nurse or GP.

Tool kit





FAQs about Kidney Health Checks

Q What is a Kidney Health Check?

A It is a 3-part assessment to be completed with a healthcare professional. For people at risk of chronic kidney disease (CKD), it is recommended to have a Kidney Health Check every 1-2 years.

Q Why should someone get a Kidney Health Check?

A Chronic kidney disease affects 1 in 7 Australian adults - you can lose 90% of your kidney function before you notice symptoms. A Kidney Health Check finds the condition early so management can slow progression of the disease and protect from further risk. A Kidney Health Check is easy to complete and catches the disease earlier than if you waited for symptoms to appear.

Q What does a Kidney Health Check involve?

A It includes a Blood Pressure Check. A Blood Test. And a Urine Test. Your blood test and urine test need to be sent off to a laboratory for testing, a follow up appointment to review results may be required. To confirm your test results, a second set of tests will need to be completed in the following 3 months.



Q Who should have a check for chronic kidney disease?

A Yearly checks for people with diabetes or high blood pressure, or First Nations Australians over 18 years of age. A check every 2 years for current or past smoker/vaper, heart disease, very overweight and obese, family history of kidney failure, history of acute kidney injury, or non-Indigenous Australian over age 60.

Q What will the results of a Kidney Health Check show?

A Will show if there are any signs of kidney disease. If the results are normal, this means your kidneys are functioning well. If there are signs of kidney disease, early diagnosis and treatment can help slow down the disease.

Q How much does it cost?

A Kidney Health Checks for anyone with a Medicare Card should have no out of pocket costs, other than any consultation copayments. The Kidney Health Check can be completed at any regular consultation.

Find out more

kidney.org.au