

Clinical Signs, Symptoms, and Action Plans for Kidney Disease

EARLY SYMPTOMS OF KIDNEY DISEASE



High blood pressure



Burning or difficulty during urination



More frequent urination, particularly at night



Passage of bloody-appearing urine



Pain in small of back just below the ribs (not aggravated by movement)



Puffiness around eyes, swelling of hands and feet, especially in children

ADVANCED SYMPTOMS OF KIDNEY DISEASE

- ✓ Elevated microalbumin / protein in urine
- ✓ High BUN and Creatinine levels
- ✓ Elevated serum phosphorus and PO₄ levels
- ✓ Glomerular Filtration Rate of <30
- ✓ Anemia
- ✓ Less need for insulin if diabetic
- ✓ Edema
- ✓ Frequent leg cramps
- ✓ Nausea and vomiting
- ✓ Weakness and lethargy
- ✓ Frequent itching

Stages of Chronic Kidney Disease: A Clinical Action Plan

Stage	Description	GFR (mL/min/1.73 m ²)	Action*
1	Kidney damage with normal or ↑ GFR	≥90	Diagnosis and treatment, Treatment of comorbid conditions, Slowing progression, CVD risk reduction
2	Kidney damage with mild ↓ GFR	60–89	Estimating progression
3	Moderate ↓ GFR	30–59	Evaluating and treating complications
4	Severe ↓ GFR	15–29	Preparation for kidney replacement therapy
5	Kidney failure	<15 (or dialysis)	Replacement (if uremia present)

Chronic kidney disease is defined as either kidney damage or GFR <60 mL/min/1.73 m² for ≥3 months. Kidney damage is defined as pathologic abnormalities or markers of damage, including abnormalities in blood or urine tests or imaging studies.

* Includes actions from preceding stages.

Abbreviations: CVD, cardiovascular disease

This reference is provided by:



This information is a part of the National Kidney Foundation Clinical Practice Guidelines. www.kidney.org.