AZ Delta kidney care clinic

azdelta

Uw ziekenhuis.

Dear patient,

The kidney doctor has referred you to the renal care clinic because your kidney function has declined significantly and may require kidney function replacement treatment in the future. When kidney function is impaired, several health problems can occur. Good follow-up is therefore very important. You will be followed up for months or years to delay kidney function replacement treatment for as long as possible and prepare yourself as well as possible.

The kidney care clinic team

What does the kidney care clinic do?

Maybe you don't feel ill right now and don't understand why your kidneys are not working properly. Only when the function of your kidneys is greatly reduced will you experience one or more symptoms such as: fatigue, reduced appetite, stomach upset, itching, cramps, shortness of breath, etc.

The kidney care nurse will help you make sense of your disease in your daily life. You will be actively involved in your treatment to keep your kidney function stable for as long as possible. This can be done by adopting a healthy lifestyle, taking your medication correctly and an appropriate diet. There is space and time to talk about any complaints, fears and insecurities you may have. If your kidney function continues to deteriorate and kidney function replacement treatment cannot be averted, the kidney care nurse will inform you and help you choose the treatment that suits you best. We will explain to you the different kidney function replacement treatments you are eligible for, such as

- haemodialysis
- peritoneal dialysis
- transplant.

Once you have chosen, the necessary preparations can be made. In consultation with you, the kidney doctor will determine the best time to start renal function replacement treatment.

The kidney care clinic team?

The kidney care clinic team consists of your treating kidney doctor and kidney care nurses. If necessary, the dietician and social worker are also involved. To follow you up as well as possible, we will work with your GP who will draw blood at regular intervals.

When to start dialysis?

By adopting a healthy lifestyle, you may be able to delay the start of dialysis. This could be weeks, months or years after the start of follow-up by the renal care clinic.
Despite an adapted diet, medication and optimal blood pressure control, it is possible for your kidney function to deteriorate further. If you develop symptoms and your blood levels cannot be adequately regulated with medication, dialysis is started. If you (increasingly) suffer from one or more of the below symptoms, it is best to contact the nephrology nurse, GP or nephrologist. This allows timely action to be taken.

- High blood pressure
- Extreme fatigue, difficulty concentrating, muscle weakness, headache
- Decreased appetite, upset stomach
- Itch
- Shortness of breath when lying down or doing things that require an effort
- Muscle cramps
- Short-term weight gain (e.g. swollen feet)

Useful websites

- www.azdelta.be
- www.nierpatientenroeselare.be
- www.nieren.nl
- www.nierstichting.nl
- www.mykidneyjourney.baxter.be

Notes

Contact

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Source: kidney care clinic

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