Glomerulonephritis, Chronic

What is it?

- Loss of renal tissue, kidney function, lost filtering ability, can't concentrate urine
 - excess urine to rid body of wastes- protein/blood lost in urine
- Vascular Changes blood pressure rises, chronic renal failure may be a result
- **Proteinuria Decrease** improved prognosis
- **Hypertension** delays improvement

Signs and Symptoms:

- No Symptoms for Years- then protein/blood cells in the urine
- **Symptoms** nausea, vomiting, difficulty in breathing, fatigue, itching, fluid retention (edema), high blood pressure is common

Facts:

- Protein Restriction .4 to .6 gm/kg of body weight slows progression of renal disease with or without diabetes
- Children with Uremia need Vitamin D3 for growth, appetite
- Fluids- better controlled with sodium restriction rather than just restricting fluids
- Controlling blood pressure and restricting sodium helps
- **Kidney Failure** must be treated with transplantation or dialysis

What can I do?

- See your Health Care Provider
 - o Control hypertension, proteinuria, urinary tract infections, edema, breakdown of protein, growth failure in children
- See a Registered Dietitian- for help with your diet plan
- Calorie Intake- essential to prevent Protein Calorie Malnutrition
- **Dialysis** Push Protein if getting clearance, low albumin increases mortality rate
 - o 80 to 100 grams/day, BUN 50-100 better Protein intake, 1.3 to 1.5 gm./kg.
 - o Creatinine- don't address, use protein supplement with meals
- Pre Dialysis Restrict Protein, Sodium, Phosphorus, may restrict Potassium, Fluids
- Goal- to get albumin up
- Restrict- Sodium, Potassium, Phosphorus, Fluids as prescribed



