

# Chronic Kidney Disease (CKD) Screening



## PREVENT & MANAGE CHRONIC DISEASE

### Our Kentucky Communities

The Centers for Disease Control and Prevention (CDC) estimates that 30 million American adults are living with chronic kidney disease (CKD) today. Nine of every ten people who have CKD aren't aware of it. Screening in primary care and non-specialty settings is needed to identify, stage, and treat to stop the progression. Many times, CKD isn't discovered until about six months before the patient requires dialysis. **People with hypertension and diabetes are more at risk of developing CKD and, along with others with high risks, should be screened regularly.**

#### Guidance for Identifying Current Screening Gaps and Opportunities to Target Outreach

Recognized CKD risk factors include, but are not limited to the following:

- Diabetes
- Hypertension
- Frequent non-steroidal anti-inflammatory drug (NSAID) use
- Family history of kidney disease
- Age 60 or older (Glomerular filtration rate [GFR] declines normally with age)
- Race/U.S. ethnic minority status: African Americans, Hispanics, Asians/Pacific Islanders, and American Indians<sup>1</sup>
- History of acute kidney injury (including injury from COVID-19)<sup>5</sup>



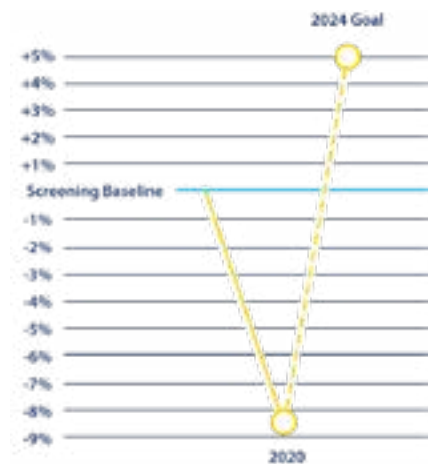
**9 in 10** adults with CKD do not know they have it.

#### Why is Chronic Kidney Disease Screening Important for Alliant Quality's Kentucky Community Partners?

The Centers for Medicare & Medicaid Services (CMS) goal for screening high-risk Medicare beneficiaries for CKD is to **improve screening by 5% by 2024**. Of the estimated 442,682 beneficiaries in our communities, an estimated 300,000<sup>1</sup> have hypertension or diabetes. Of those only about 101,000 were screened in the past year.

**We need to increase screening of Medicare beneficiaries with diabetes and hypertension by 1% each year, to meet our goal.** Here are some quick facts:

- Unfortunately, screenings decreased over 8% during 2020 (FFS Medicare data)
- Early detection and treatment can slow CKD progression
- 25.8% of Kentuckians over 65 report being diagnosed with diabetes and 67.7% report hypertension<sup>2</sup>
- Chronic kidney disease is 4 times higher in Medicare beneficiaries aged 65 or older with high blood pressure than in those without<sup>3</sup>
- More than 35% of adults with diabetes have chronic kidney disease<sup>4</sup>
- It's estimated that the yearly per person medical cost of CKD was \$3,500 for stage three, and \$12,700 for stage four for Medicare beneficiaries<sup>3</sup>



#### Screen for CKD with Two Simple Tests

- ✓ Spot urine for albumin-to-creatinine ratio (ACR) to detect albuminuria
- ✓ Serum creatinine to estimate glomerular filtration rate (GFR)

#### National Kidney Foundation Resources

[Quick Reference Guide on Kidney Disease Screening](#)  
[How to Classify CKD](#)

<sup>1</sup> <https://www.americashealthrankings.org>

<sup>2</sup> <https://nccd.cdc.gov/CKD/detail.aspx?Qnum=Q655>

<sup>3</sup> <https://www.kidney.org/news/newsroom/factsheets/Diabetes-And-CKD>

<sup>4</sup> [Journal of the American Society of Nephrology article \(Published online 2013 Aug 1. doi: 10.1681/ASN.2012040392\)](https://www.kidney.org/news/newsroom/factsheets/Diabetes-And-CKD)

<sup>5</sup> <https://www.kidney.org/coronavirus/covid-19-information#acute-kidney-injury-aki>

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