

Chronic Kidney Disease (CKD) Screening



PREVENT & MANAGE CHRONIC DISEASE

Our North Carolina 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 Indians¹
- History of acute kidney injury (including injury from COVID-19)⁵



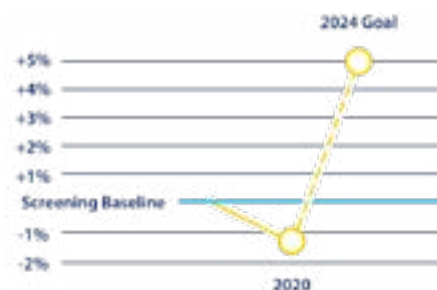
9 in 10 adults with CKD do not know they have it.

Why is Chronic Kidney Disease Screening Important for Alliant Quality's North Carolina 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 720,700 beneficiaries in our communities, an estimated 454,760¹ have hypertension or diabetes. Of those only about 192,500 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 1% during 2020 (FFS Medicare data)
- Early detection and treatment can slow CKD progression
- 23.9% of North Carolinians over 65 report being diagnosed with diabetes and 63.1% report hypertension²
- Chronic kidney disease is four times higher in Medicare beneficiaries aged 65 or older with high blood pressure than in those without³
- More than 35% of adults with diabetes have chronic kidney disease⁴
- 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 beneficiaries³



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](#)

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

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

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

⁴ [Journal of the American Society of Nephrology article \(Published online 2013 Aug 1. doi: 10.1681/ASN.2012040392\)](#)

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

For more information, please contact:

Libby Massiah

Aim Lead: Chronic Conditions

Elizabeth.Massiah@alliantquality.org