

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**
 - 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
 - 80 to 100 grams/day, BUN 50-100 better Protein intake, 1.3 to 1.5 gm./kg.
 - **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

