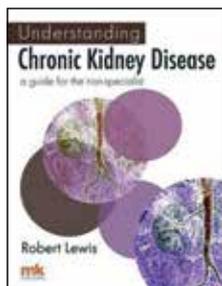


Book review



Review by: Danielle Field, Clinical Nurse Educator, Renal Department, St George Hospital, Sydney, NSW

Understanding Chronic Kidney Disease a guide for the non-specialist

Author: Robert Lewis

Publisher: M&K UPDATE LTD

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The intended purpose of this book is to provide non-specialist practitioners with a clinically based, practical understanding of how to diagnose and manage chronic kidney disease (CKD). The author, Robert Lewis, has been a consultant renal physician at the Wessex Regional Renal and Transplant service, Portsmouth, United Kingdom, for 15 years.

The author suggests that up until recently, patients with signs of CKD were referred to a renal consultant who was the primary carer from then on. There has been a change in this thinking, especially due to the increase in interest in early CKD management and the increased number of patients with diabetes and hypertension who are at risk of CKD. The author therefore suggests that there is a requirement for those with general medical knowledge to improve their level of understanding of renal disease. Without this knowledge there is a risk of misinformed patients, inappropriate referral to specialists and poor use of financial resources.

The book incorporates 19 chapters: 1. Why chronic kidney disease has become such an important issue; 2. The definition and classification of CKD; 3. Normal kidney function and what goes wrong in CKD; 4. Estimated GFR: Is it a good measure of renal function?; 5. Tests for proteinuria: What do they all mean?; 6. CKD as a marker of cardiovascular risk; 7. Kidney function in older people: CKD or benign decline?; 8. The first step in management: Establishing the cause in CKD; 9. Preventing

progression of CKD: Hypertension and ACE-Inhibitors; 10. When renal function takes a dip; 11. Long-term systemic effects of CKD: Blood and Bones; 12. Diet and nutrition in CKD; 13. Managing heart disease in the context of CKD; 14. Diabetes and renal disease; 15. Fertility and pregnancy in the context of CKD; 16. Medicines management in CKD; 17. When all else fails: Management of end stage renal disease; 18. Symptom control and end of life care in CKD; and 19. Management and referral: A quick reference summary.

Each chapter of the book contains definitions, a series of pictures, tables, statistics where necessary, key points, references and further reading. The book does not intend to be a detailed account of pathophysiology or histology; it aims at providing an increased understanding of guidelines, protocols and recommendations for CKD. With this in mind, some chapters reveal discrepancies between CKD Guidelines utilised in the UK and the *Chronic Kidney Disease Management in General Practice Guidelines 2012* compiled by Kidney Health Australia which have been reviewed previously in this journal. For example, the guidelines referred to in this book do not include people who are obese, elderly (greater than 60 years) and, not surprisingly, do not include people of Aboriginal and Torres Strait Islander background as being at risk for CKD. For this reason the book is informative and a good reference but should be read in conjunction with the Australian Guidelines.

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