Renal Exam

Functions of Kidney

- Regulation of body fluid volume & composition
- Acid-base balance
- Metabolism & excretion of drugs
- Control of bp
- Endocrine:
  - EPO
  - Vit D
  - Ca & Phosphate metabolism

History

- General symptoms of renal failure:
  - Anorexia
  - Vomiting
  - Fatigue
  - Pruritis
  - Bruising
  - Oedema
  - Hicups
- Symptoms indicating complications:
  - Bone pain
  - Symptoms of hypercalcaemia:
    - Constipation
    - Polyuria & polydipsia
    - Depression/anorexia/fatigue/confusion
    - Pyrexia
    - ↑bp
- Emergencies:
  - Neuropathy
  - IHD
  - Hypertension
  - Cardiac failure
  - Pericarditis

Questions if No transplant

- Complications of dialysis:
  - Peritonitis if CAPD
  - Vascular access for haemo
  - (Hypotension - acute)
  - (Anticoagulation side effects)
- Special questions:
  - Dialysis: Haemp or CAPD?
  - Are you fluid restricted?
  - What is your target weight?
  - Can still pass urine?
  - Special diet?
  - On renal transplant list?

Questions if Had a Transplant

- Don’t ask about dialysis
- How well is graft functionning
- What do the most recent renal function test results show?
- Any rejection episodes? How treated?
- >more than one transplant?
• Long term effects of immunosuppression:
  o HTN from steroids
  o Recurrent infection
  o Obesity
  o Cushings symptoms
  o Development of cancers

RFs for Coronary Artery Disease
• Rattle them off

PMH
• UTIs
• Calculi
• DM or Gout
• HTN

FH
• HTN
• DM

SH
• ICE
• Triple diagnosis

Examination
Inspection
• Mental state
• RR: Hyperventillation
• Sallow complexion

Procedure
• Inspect hands:
  o Nails (leuconychia)
  o Asterixsis
  o Neuropathy
  o Bony deposits

• Arms:
  o Inspect:
    ▪ Bruising
    ▪ Pigmentation
    ▪ Scratch marks
    ▪ AV fistula – must auscultate
      \[\Rightarrow\] continuous murmur
  o Pulse
  o BP: lying and standing

• Face:
  o Mouth: ?infection ?foetor
  o JVP
  o Fundoscopy - ?HT changes:
    ▪ Graded I to IV
    ▪ Arteriolar VC & leakage \[\Rightarrow\] exudates, haemorrhages
    ▪ Silver wiring = thickened arterial walls
    ▪ Narrowed arterioles \[\Rightarrow\] infarction\[\Rightarrow\] cotton wool spot, flame haemorrhages

• Chest:
  o Auscultate heart
  o Listen lungs

• Abdo:
  o Scars – ops, dialysis
Kidneys –
  - ballot them
  - ?polycystic
  - ?transplant kidney in RIF

- ascites
- bruits

legs:
  - check odema

Offer to
- urinalysis
- neuropathy