

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
 - hiccups
- 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 functioning**
- What do the most recent renal function test results show?
- Any rejection episodes? How treated?
- ?more than one transplant?

- Long term effects of immunosuppression:
 - HTN from steroids
 - Recurrent infection
 - Obesity
 - Cushing's symptoms
 - 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: Hyperventilation
- Sallow complexion

Procedure

- Inspect hands:
 - Nails (leuconychia)
 - Asterixis
 - Neuropathy
 - Bony deposits
- Arms:
 - Inspect:
 - Bruising
 - Pigmentation
 - Scratch marks
 - AV fistula – must **auscultate**
↳ continuous murmur
 - Pulse
 - BP: lying and standing
- Face:
 - Mouth: ?infection ?foetor
 - JVP
 - Fundoscopy - ?HT changes:
 - Graded I to IV
 - Arteriolar VC & leakage ⇒ exudates, haemorrhages
 - Silver wiring = thickened arterial walls
 - Narrowed arterioles ⇒ infarction ⇒ cotton wool spot, flame haemorrhages
- Chest:
 - Auscultate heart
 - Listen lungs
- Abdo:
 - Scars – ops, dialysis

- Kidneys –
 - ballot them
 - ?polycystic
 - ?transplant kidney in RIF
- ascites
- bruits
- legs:
 - check odema

Offer to

- urinalysis
- neuropathy