

In Nephrology



Whom should I screen for kidney disease? Should I screen all patients who visit my clinic?

CKD is common

Urine protein and eGFR are useful tools for screening



In India we do not have any policy to screen the entire population as it is not cost-effective

Physicians should screen the following patients whom they see in the clinic for kidney disease

1. All Type 2 diabetics right from onset of diabetes should be screened once every year
2. Type 1 diabetics should be screened 5 years from onset of diabetes
3. All hypertensives
4. Those with cardiovascular disease
5. Those with family history of kidney disease
6. Obese individuals
7. Those with systemic diseases like SLE, HIV
8. Those who have a past history of renal failure (AKI) and have recovered



9. Those on pain killers for chronic pain
10. Those who have abnormal kidneys ie solitary kidney or abnormal urinary tract or stones

Make sure all these patients coming to your clinic have urine albumin, creatinine and eGFR report on their prescription

***Dr Manisha Sahay
Professor and Head, Department of Nephrology, Hyderabad***