

Patient Pathway: Choosing Conservative Kidney Management (CKM)

My Health: My Kidney Function: My Life expectancy:	Stable 15-10 Years	Deteriorating 10-5 Years to months	Rapidly declining 5-0 Last months
Choosing CKM	Consider using the Patient Decision Aid tool to determine if CKM is the right choice for you.		
Conservative Kidney Management	The aim is to balance quality of life with protecting your kidney function. If a test, medication, or diet restriction doesn't make you feel better or is difficult, your team might suggest stopping it.	Over time, the focus will shift to your comfort and quality of life. Your lab work and medications may stop, unless there is a clear benefit to you. Your team may confirm your choice for CKM at this point.	Your care is focused on quality of life and symptom management now. You probably won't have any lab work. The only medications you take will be ones that help you feel better.
Your Symptoms	Many symptoms can be managed without medication. Together with you, your care team will create a plan to address your symptoms. Symptoms may include nausea/vomiting, itch, restless legs, tiredness, anxiety/depression, trouble sleeping, and shortness of breath. You might also have pain from other health conditions.		You might notice confusion, drowsiness, muscle twitching, and have a poor appetite. This is normal and we will do our best to keep you comfortable.
Advance Care Planning (ACP)	Start Advance Care Planning (ACP). Remember to keep your Green Sleeve on your fridge and bring it to your appointments or hospital.	Continue ACP. Ensure your Personal Directive and Goals of Care Designation are up to date.	If you plan to remain at home or hospice at the end of life, your Goals of Care Designation will be C1 or C2.
Care Teams	Your family doctor or nephrologist will guide your kidney care. Palliative Care can be involved at any time to help with symptom management and planning. You can likely care for most of your own needs with occasional help. If you are at home, learn about Home Care early on. Emotional and spiritual support are also available.	At some point, you might decide to come less often to the kidney clinic. You might still connect by Telehealth or phone, or your family doctor may manage your kidney care. You may require quite a bit of assistance and need frequent medical care. If you are at home, consider having Home Care.	Your family doctor may now guide your care. Palliative Care may also be involved. Your kidney team can still support you as needed. You may spend more than half of your time in bed or lying down. Home Care can help you remain at home or arrange other options. Emotional and spiritual support remains available.
Crisis Plan	Talk to your care providers about what matters to you. Together, you will come up with a Crisis Plan for your symptoms.		
End of Life Plan	You can ask for information about what to expect at the end of life. Your family may also need extra support to prepare for your death and afterward.		
Grief & Loss	Grief Support is available for your loved ones.		