

National Kidney Month

The National Institute of Diabetes and Digestive and Kidney Disease (NIDDK) at the U.S. Department of Health and Human Services has declared March 2021 National Kidney Month. Their focus is on bringing attention and increased awareness to kidney health and managing long-term kidney disease (3).

Find the NIDDK 2021 National Kidney Month toolkit at:

<https://www.niddk.nih.gov/health-information/community-health-outreach/national-kidney-month/toolkit>

The Kidneys

- The kidneys are organs in the body which are about the size of a person's fist, and are shaped like a kidney bean.
- Each person has two kidneys, located in the back of the abdomen, just below the ribcage.
- They function as a filtering system for the blood by cleaning out toxins while keeping fluids and nutrients balanced in the body.
- Kidneys clean the blood through tiny filters, to remove wastes and to make urine.
- Urine flows down from the kidneys through two tubes called ureters and collects in the bladder.
- The urinary tract consists of the kidneys, the ureters, and the bladder.
- The body becomes sick when kidneys aren't filtering properly and fluids are out of balance (5).

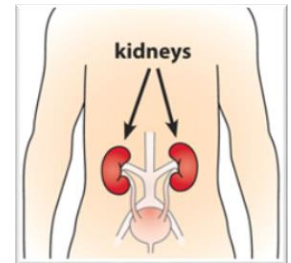
Two Main Risk Factors

Type 2 diabetes is the leading cause of chronic kidney disease (CKD) with high blood pressure (hypertension) coming in a close second. Unbalanced blood sugars can occur in type 2 diabetes which damages nerves and blood vessels throughout the body, especially in the small cells of the kidney filtering system. High blood pressure shrinks the blood vessels causing them to seriously narrow affecting the filtering system in the kidneys too (1).

If hypertension or type 2 diabetes goes untreated it effects how well the kidneys filter waste and extra fluids from the blood. This situation creates a dangerous cycle of increased pressure within the blood vessels, which raises the blood pressure, and can leading to kidney failure and heart attack. Individuals with type 2 diabetes should have their blood pressure and blood sugar levels monitored regularly (4).

Signs & Symptoms of Chronic Kidney Disease (CKD)

- Nausea.
- Vomiting.
- Loss of appetite.
- Fatigue and weakness.
- Sleep problems.
- Changes in urination.
- Muscle twitches and cramps.
- Swelling of feet and ankles.
- Persistent itching and dry skin.
- Chest pain, if fluid builds up around the lining of the heart.
- Shortness of breath, if fluid builds up in the lungs.
- Uncontrollable high blood pressure (hypertension) (2).



Prevention

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Stay connected with your **health care team**—in-person or using your computer, tablet, or smartphone.
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Learn to manage your **blood pressure**, **get vaccinated**, and if you have diabetes, monitor **blood glucose** levels.
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Avoid NSAIDs like ibuprofen and naproxen and take **medicines** as prescribed.
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Work with your doctor to develop a **healthy meal plan** and aim for a **healthy weight**.
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Reduce stress and make **physical activity** part of your daily routine.
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Aim for 7 to 8 hours of **sleep** each night.
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Take steps to **quit smoking**. (3)

App of the Month



KAREL is a FREE chronic kidney disease (CKD) app co-designed by patients and kidney experts. It is fully personalize-able and customizable CKD specific app that helps anyone at any stage of CKD, to take better control of their body, mind and everyday life. (App of the Month is not endorsed by DBHDS Office of Integrated Health. User accepts full responsibility for utilization of app).

References
(1) Lessey, G., Stavropoulos, K., & Papademetriou, V. (2019). Mild to moderate chronic kidney disease and cardiovascular events in patients with type 2 diabetes mellitus. *Vascular Health and Risk Management*, 15, 365-373. Doi: 10.2147/VHRM.S203925.

(2) Pruthi, S. (2021). Chronic kidney disease. *Mayo Clinic*. <https://www.mayoclinic.org/diseases-conditions/chronic-kidney-disease/symptoms-causes/svc-20354521>

(3) The National Institute of Diabetes, and Digestive and Kidney Disease (NIDDK). (2021a). National kidney month 2021. U.S. Department of Health and Human Services (NIH). <https://www.niddk.nih.gov/health-information/community-health-outreach/national-kidney-month#:~:text=March%20is%20National%20Kidney%20Month,into%20managing%20your%20kidney%20disease>

(4) The National Institute of Diabetes, and Digestive and Kidney Disease (NIDDK). (2021b). High blood pressure & kidney disease. U.S. Department of Health and Human Services (NIH). <https://www.niddk.nih.gov/health-information/kidney-disease/high-blood-pressure>

(5) The National Institute of Diabetes, and Digestive and Kidney Disease (NIDDK). (2021c). Your kidneys & how they work. U.S. Department of Health and Human Services (NIH). <https://www.niddk.nih.gov/health-information/kidney-disease/kidneys-how-they-work>

COVID-19 Vaccine Information

DBHDS Provider Questions about COVID-19 Vaccine, please email: rr-eoc_providers@dbhds.virginia.gov

Pharmacy Partnership for Long-Term Care Program for COVID-19 Vaccination Frequently Asked Questions List: <http://www.leadingagency.org/?LinkServID=C9D6AABC-A70E-C2A0-68C1C2C28F268F9B>

CDC COVID-19 Vaccination FAQs: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>

CDC's COVID-19 Vaccination Communication Toolkit: <https://www.cdc.gov/vaccines/covid-19/health-systems-communication-toolkit.html>

ABA Snippets ...

Incorporating elements of positive behavior support in behavior planning



The Association of Positive Behavior Support (2) offers a definition of PBS as a set of research based strategies used to increase quality of life and decrease problem behavior by teaching new skills and making changes in a person's environment. Seminal works on PBS indicate its origins to be a synthesis of applied behavior analysis (ABA), the normalization and inclusion movement, and person-centered values (1). One key researcher in the PBS movement has described PBS as "an approach that blends values about the rights of people with disabilities with a practical science about how learning and behavior change occur" (3, p. 97). When incorporating a PBS approach into behavior treatment plans, it is suggested to address and include the following elements (at a minimum): 1) utilization of functional behavior assessment procedures to determine functions and conditions in which functions occur; 2) focus on promoting an environment in which the acquisition of functionally equivalent (replacement), or other desirable behaviors, can occur; 3) incorporation of interventions which correspond to the outcomes of functional assessment procedures and consider needs, resources, and the individual's preferences; and 4) applying principles of behavior not only to address the individual's challenging behavior, but simultaneously to bolster the larger system of support for the individual and to improve quality of life in accordance with the individual's values (1). Association for Positive Behavior Support. (2).

What is positive behavior support? <https://www.apbs.org/>

References

- (1) Carr, E.G., Dunlap, G., Horner, R.H., Koegel, R.L., Turnbull, A.P., Sailor, W., Anderson, J.L., Albin, R.W., Koegel, L.K., Fox, L. (2002). Positive behavior support: evolution of an applied science. *Journal of Positive Behavior Interventions*, 4(1), 1-20.
- (2) Heineman, M. (2015). Positive behavior support for individuals with behavior challenges. *Behavior Analysis in Practice* 8(1), 101-108.
- (3) Horner, R. H. (2000). Positive behavior supports. *Focus on Autism and Other Developmental Disabilities*, 15(2), 97-105.

Dental Tips and Facts ...

Adaptive Toothbrushes



Oral hygiene and dental care is very important for individuals with intellectual disabilities because they experience more oral disease and tooth decay than the general population. The higher incidence of oral disease is due to a variety of factors, including: dysphagia, poor tongue control, teeth grinding, misaligned teeth and craniofacial malformations (1). There is also a higher incidence of neuromuscular conditions among individuals with intellectual disabilities, which can cause impairments in manual dexterity and grip. Due to this, special needs toothbrushes may help assist individuals and their caregivers with daily brushing recommendations by providing special features. Some individuals have great difficulty tolerating daily brushing altogether, so any device aimed at removing debris and cleaning the teeth quickly is a plus. Curved bristle and three-sided toothbrushes are a couple of options, which can gently clean malpositioned teeth and ensure thorough cleaning at the gum line. There are numerous different toothbrushes to fit everyone's needs, and adaptive solutions. Examples below:



Reference

- (1) Alex, A., Priya, A. J., & Devi, G. (2019). Oral hygiene among people with intellectual disabilities. *Drug Invention Today*, 12(6).

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