

A healthcare team who work well together can mean better health results for people living with type 2 diabetes mellitus and chronic kidney disease

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WHAT IS THE KEY TAKEAWAY OF THIS ARTICLE?

A healthcare team that includes different types of healthcare professionals who work well together can mean better detection and treatment of chronic kidney disease (CKD for short) and improved health results for people living with type 2 diabetes mellitus (T2DM for short) and CKD



Does having T2DM increase the risk of getting CKD?

- People living with T2DM are at risk of developing CKD
- Having CKD means that over time the kidneys may not work as well as they should

- Some people with CKD will eventually need a new kidney (transplant) or will need to use a machine that does the job of their kidneys (dialysis)
- Detecting and treating CKD early can help to slow down how quickly CKD gets worse

Who are the key members of the healthcare team working with people living with T2DM and CKD?

Different types of healthcare professionals work together with the person living with T2DM to help prevent or treat CKD

Kidney doctor
(called a **nephrologist**)
Will get involved if the CKD becomes advanced

These can include:

Primary care provider
(at least one) Usually a person's first point of contact

Kidney doctor
(called a **nephrologist**)
Will get involved if the CKD becomes advanced

Clinical pharmacist
(sometimes included)
Makes sure medicines are given in the correct amount at the correct time

Other members of the multidisciplinary team may include nurses, dietitians, mental-health professionals, education specialists, and exercise specialists (depending on the amount of help the person needs).

How can a team-based approach result in better healthcare for people living with T2DM and CKD?

Some issues can prevent better healthcare for people with T2DM and CKD; *these include:*

- Not having enough healthcare insurance or limited access to healthcare because of medical or social factors
- Primary care providers and patients may have a poor understanding of CKD and CKD treatments
- Not enough kidney doctors (nephrologists)
- Expensive medicines

Solutions to help address these issues *include:*

- **Shared decision making:** this means including the person with CKD and their family members or carers (if needed) in care decisions
- Good **communication** and **planning** across the healthcare team
- **Teaching** the team/person with CKD, more about CKD and CKD treatments
- Including a **clinical pharmacist** in the team who will make sure the right medicines, at the right dose, are given to make sure they are safe and effective for each person.

