

Kidney Health Evaluation for Patients with Diabetes

Neighborhood News – April 2026

Diabetes is the leading cause of chronic kidney disease (CKD), with approximately **one in three adults with diabetes** diagnosed with CKD. The disease occurs when the kidneys are damaged and unable to filter blood effectively. **As many as 90% of individuals with CKD are unaware they have the condition**, as it often presents with no symptoms. Over time, CKD can worsen and lead to serious complications, including heart disease, stroke, and kidney failure. For this reason, **annual kidney health monitoring is essential for people with diabetes** to help prevent complications and slow disease progression.

The new Healthcare Effectiveness Data Information Set (HEDIS®) **Kidney Health Evaluation for Patients with Diabetes (KED)** measure tracks the percentage of adults ages **18-85** with diabetes who receive an annual kidney health evaluation. This evaluation includes testing for both an **estimated glomerular filtration rate (eGFR)** and a **urine albumin-creatinine ratio (uACR)**. The National Kidney Foundation-developed “kidney profile” emphasizes combined testing, as eGFR assesses kidney function while uACR identifies kidney damage.

Comparison of Measures

Measure Criteria	Centers for Disease Control and Prevention: Medical Attention for Nephropathy	Kidney Health Evaluation for Patients With Diabetes
Denominator	Adults ages 18-75 diabetes	Adults ages 18-85 with diabetes
Numerator	Patients with at least one of the following during the measurement year: <ul style="list-style-type: none"> • Nephropathy screening or monitoring test (urine protein tests) • Treatment for nephropathy or ACE inhibitor/ARB therapy • Evidence of stage 4 CKD • Evidence of end-stage renal disease (ESRD) or dialysis • Evidence of nephrectomy or kidney transplant • A visit with a nephrologist 	Patients who received both of the following during the measurement year, on the same or different dates of service: <ul style="list-style-type: none"> • At least one eGFR lab test, and • At least one uACR

How can you help?

- **Screening:** Order both **uACR and eGFR lab tests annually** for patients with diabetes.
- **Patient Education:** Educate patients on the importance of completing annual kidney function testing.
- **Timely Tests:** Encourage patients to complete lab work prior to appointments to support timely review and discussion;
- **Routine Orders:** Implement standing orders for annual kidney function tests for patients with diabetes.
- **Awareness:** Discuss the impact of diabetes on kidney health and share prevention strategies.
- **Chronic Disease Management:** Emphasize control of blood pressure, blood sugar, cholesterol, and lipids.
- **Medication Management:** Recommend ACE inhibitors or ARBs, when clinically appropriate, to protect kidney function;
- **NSAID Use:** Advise patients to avoid NSAIDS such as naproxen or ibuprofen, which may cause kidney damage.
- **Specialist Care:** Coordinate care with specialists, including endocrinologists or nephrologists, as needed.