

learning zone *assessment*

READER'S PRACTICE PROFILE



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Chronic kidney disease

Sarah Knowles has a better understanding of chronic kidney disease after reading a learning zone article

Before reading this article I had no knowledge of chronic kidney disease, despite the fact that it is a condition that can lead to permanent loss of kidney function and, if left untreated, renal failure.

However, I now have a clearer understanding about the disease and the need for it to be treated as quickly as possible to delay disease progression.

The article has allowed me to make a clear link between theory and practice. It has taught me to be more aware of the risk factors for developing chronic kidney disease when working in clinical practice.

I will now try to look out for the signs and symptoms of this disease in patients, such as fatigue, nausea, headaches, peripheral ankle oedema and a change in urination patterns.

The article also informed me of the need to give health promotion advice to patients. This helps to

reduce risk factors that can lead to the disease developing. For example, if a patient smokes, smoking cessation is important, or if a patient is obese it is important to explain the health benefits of losing weight.

The learning outcomes in the article were clear and relevant, as was the information on the assessment that is required for these patients. The discussion about managing the disease was particularly useful – having never treated a patient with this disease before, I now have a better

This practice profile is based on NS368 Redmond A, McClelland H (2006) Chronic kidney disease: risk factors, assessment and nursing care. Nursing Standard. 20, 10, 48-55.

Sarah Knowles is a nursing student, University of York, Yorkshire.

understanding of what would be required of me in providing nursing care.

I am now more aware of the link between chronic kidney disease, diabetes and cardiovascular disease. It was interesting to learn that cardiovascular disease, such as coronary artery disease, atherosclerosis, stroke and left ventricular hypertrophy, generally begins in the early stages of chronic kidney disease.

Risk factors

In my clinical practice I will now actively look for indications of this disease and ways to educate patients to reduce the risk factors. Knowledge of the risk factors is important because, as the article explains, there are times when patients can be asymptomatic, even in the later stages of the disease.

I plan to do further reading on this subject to gain more in-depth knowledge. I will need to read about how the kidneys work, their excretory and secretory functions and how different diseases can affect their renal function.

I now have a clear understanding about the nurse's role in the management of patients with chronic kidney disease and I understand that, if this disease is left untreated, it can develop into renal failure. Therefore, it is important that chronic kidney disease is treated as soon as possible to delay disease progression **NS**

Write your own practice profile

You can gain a certificate of learning by reading a *Nursing Standard* learning zone article and writing a practice profile. Turn to page 49 for this week's article and on page 60 you can find out how to present and submit your practice profile.

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Write a practice profile

YOU CAN GAIN A CERTIFICATE OF LEARNING BY
READING THIS LEARNING ZONE ARTICLE AND THEN
WRITING A PRACTICE PROFILE

What do I do now?

- ▶ Using the information in section 1 below to guide you, write a practice profile of between 750 and 1,000 words – ensuring that you have related it to the article you have studied. See the practice profile on page 59 and the example given in section 2 below.
- ▶ Write practice profile at the top of your entry followed by your name, the title of the article, which is Recent advances in angina management: implications for nurses, and the article number, which is NS394.
- ▶ Complete all the fields of the cut-out form below and attach it to your practice profile using a paperclip. Failure to do so will mean that your practice profile cannot be considered for a certificate.
- ▶ You are entitled to unlimited free entries. Using an A4 envelope, send for your free assessment to: Practice Profile, RCN Publishing Company, Freepost PAM 10155, Harrow,

Middlesex HA1 3BR by May 30 2008. You can email practice profiles to practiceprofile@rcnpublishing.co.uk. You must provide the same information that is requested on the cut-out form. Type 'Practice Profile' in the email subject field to ensure you are sent a response confirming receipt.

- ▶ You will be informed in writing of your result. A certificate is awarded for successful completion of the practice profile. You are entitled to one retake if you are unsuccessful.
- ▶ Feedback is not provided: a certificate indicates that you have been successful. If you wish your practice profile to be considered for publication in *Nursing Standard* (page 59), indicate this on the form.
- ▶ Add a copy to your professional portfolio – copies of practice profiles are not returned.

1. Framework for reflection

Consider these points before submitting your practice profile.

- ▶ What have I learnt from this article and how does it relate to my practice?
- ▶ To what extent were intended learning outcomes met?
- ▶ What do I know, or can I do, now, that I did not/could not before reading the article?
- ▶ What can I apply immediately to my practice or patient care?
- ▶ Is there anything that I did not understand, need to explore or read about further, to clarify my understanding?
- ▶ What else do I need to do/know to extend my professional development in this area?
- ▶ What other needs have I identified in relation to my professional development?
- ▶ How might I achieve the above?

2. Practice profile example

Example After reading a learning zone article on 'Wound care', Amajit, a senior staff nurse on a surgical ward, approached the nurse manager with concerns about wound infections. Following an audit, which Amajit undertook, a protocol for dressing wounds was established which led to a reduction in infections on the ward and across the directorate. Amajit used this experience for her practice profile and is now taking part in a regional research project.

Practice profile submission form

First name:

Surname:

Job title:

Place of work:

Full title and date of article:

Number of article:

Permanent address:

Postcode:

Daytime telephone:

I would like my practice profile to be considered for publication in *Nursing Standard*:

yes ☐

no ☐

Please cut out this form and send it in an envelope no smaller than A4 size to:

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