What causes CKD?

The two main causes of CKD are diabetes and high blood pressure, which are responsible for up to two-thirds of the cases. Diabetes happens when blood sugar is too high, causing damage to many organs in the body, including the kidneys and heart, as well as blood vessels, nerves and eyes. High blood pressure, or hypertension, occurs when the pressure of blood against the walls of blood vessels increases. If uncontrolled, or poorly controlled, high blood pressure can be a leading cause of heart attacks, strokes and CKD. CKD can also cause high blood pressure.

Other conditions that affect the kidneys are:

- **Glomerulonephritis**, a group of diseases that cause inflammation and damage to the kidney’s filtering units. These disorders are the third most common type of kidney disease
- Inherited diseases, such as polycystic kidney disease, which causes large cysts to form in the kidneys and damage the surrounding tissue
- Malformations that occur as a baby develops in its mother’s womb. For example, a narrowing may occur that prevents normal outflow of urine and causes urine to flow back up to the kidney. This causes infections and may damage the kidneys
- Lupus and other diseases that affect the body’s immune system
- Obstructions caused by problems like kidney stones, tumors or an enlarged prostate gland
- Repeated urinary infections

Facts About Chronic Kidney Disease from the National Kidney Foundation

- 37 million American adults have chronic kidney disease (CKD) and millions of others are at increased risk
- Early detection can help prevent the progression of kidney disease to kidney failure
- Heart disease is the major cause of death for all people with CKD
- Glomerular filtration rate is the best estimate of kidney function
- Hypertension causes CKD and CKD causes hypertension
- Persistent proteinuria (protein in the urine) means CKD is present
- High risk groups include those with diabetes, hypertension and family history of kidney failure
- African Americans, Hispanics, Pacific Islanders, Native Indians and seniors are at increased risk

1 in 3 American adults is at risk for kidney disease.
Chronic Kidney Disease (CKD) and CDK with Other Conditions

What are Symptoms of CKD?
Most people may not have any severe symptoms until their kidney disease is advanced. However, patients may notice that they:
- feel more tired and have less energy
- have trouble concentrating
- have a poor appetite
- have trouble sleeping
- have muscle cramping at night
- have swollen feet and ankles
- have puffiness around their eyes, especially in the morning
- have dry, itchy skin
- need to urinate more often, especially at night

Tests Used to Diagnose CKD
- **Glomerular Filtration Rate**: This test helps you determine the state of kidney disease and the appropriate treatment. It is calculated from blood creatinine, age, race, gender and other factors.
- **Albumin-to-Creatinine Ratio**: This is a urine test for albumin, a type of protein.

ICD-10 Coding and Documentation
- **I12.9** Hypertensive CKD
- **N18.x** CKD specifying stages
- **I13.x** Hypertensive heart and CKD
- **N18.x, Z94.0** CKD and kidney transplant status

Chronic kidney disease with other conditions:
- See ICD-10-CM Guideline I.C.9.a.2 Hypertensive CKD
- See ICD-10-CM Guideline I.C.19.g.3 CKD and kidney transplant complications

**E10.22, N18.X** CKD and Type 1 diabetes mellitus:
- See ICD-10-CM Guideline I.C.4.a. diabetes mellitus

**E11.22, N18.x** CKD and Type 2 diabetes mellitus

Earn CEUs through Coding Webinars
Florida Blue offers on-demand webinars that provide detail about how to support diagnoses per the Centers for Medicare and Medicaid Services and U.S. Department of Health and Human Services guidelines. These courses are updated for 2020 and are eligible for 1.5 continuing education unit credits each.

Topics include:
- Atrial fibrillation
- Chronic kidney disease
- Major depression
- Rheumatoid arthritis
- Diabetes
- Cancer
- Mental health

References
- kidney.org
- cms.gov

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