CHOOSE "ALL OF THE ABOVE" CARE

Individuals at risk for cardiovascular disease, kidney disease and metabolic conditions like diabetes and obesity are often at risk for all conditions.

While health systems still treat these conditions in silos, the only right answer is "All of the Above" when approaching cardio-kidney-metabolic (CKM) care.

A KIDNEY DISEASE

B CARDIOVASCULAR DISEASE

C METABOLIC CONDITIONS

D ALL OF THE ABOVE

Managing CKM conditions requires an integrated primary care approach that screens for and manages all conditions together to:



Achieve early diagnosis



Improve long-term outcomes



Reduce the burden on health systems

OPPORTUNITIES FOR EARLY INTERVENTION

Make risk-based screening routine
Embed combined CKM screening (blood pressure, HbA1c, lipids, eGFR, urine albumin-creatinine ratio) into primary care, women's health visits, pharmacies and community clinics, especially for individuals with obesity, family history, prior gestational diabetes or social risk factors.

Stand up integrated CKM pathways
Replace siloed specialty handoffs with shared CKM protocols across primary care, cardiology, nephrology and endocrinology. Use interoperable records that trigger risk alerts and standardize the next steps. Assign care coordinators to help patients navigate.

Empower non-physician providers
Enable nurses, pharmacists and community health workers with standing orders and e-consult back-up to screen, interpret basic results, initiate first-line interventions and route high-risk patients to care sooner.

Raise awareness
Build awareness that CKM risks are connected and reversible if caught early. Promote annual CKM check-ups and targeted outreach in high-burden communities. Provide simple, multilingual tools so patients can ask for the right tests.

By prioritizing prevention, access to screening, and early-stage diagnosis and treatment with a holistic and integrated "early is better" primary care model, health systems can dramatically reduce the burden of cardio-kidney-metabolic conditions.

For more information, visit the **Cardio-Kidney-Metabolic (CKM) Policy Forum page**.

GLOBAL PATIENT ALLIANCE for KIDNEY HEALTH