

Children's Nephrology Clinic



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Clinic information

Office hours: Monday-Friday, 8:30 a.m.-4:30 p.m.

Main office number: 512-628-1860

Fax number: 512-628-1831

24-hour physician line: 512-323-5465

Regardless of location, please use the pediatric nephrology main office number to reach our staff.

Common indications for referral

Indication	Proteinuria
ICD-10 code	Proteinuria (R80.9)
Findings	Definition: Dipstick urine protein > 1+ on more than 2 occasions
Evaluation	<ul style="list-style-type: none"> • Random urine protein to creatinine ratio (abnormal value is > 0.2) • Early morning urine protein to creatinine ratio (abnormal value is > 0.2) • Consider: Serum chemistry panel including electrolytes, BUN, creatinine, and albumin
Treatment	Hydrate and repeat the urine test with quantification, preferably an early morning sample
Red flags	<ul style="list-style-type: none"> • >3-4+ protein on more than 2 urine samples • Urine protein/creatinine ratio > 2 with signs of edema • Oliguria
Referral timeframe	<ul style="list-style-type: none"> • Routine consults should be seen in less than 4 weeks • For red flag symptoms, contact the pediatric nephrologist on-call through Medlink
Additional information	Fax the following items to 512-628-1831 <ul style="list-style-type: none"> • Growth chart • Vitals • Last clinic note • Medication list • Renal sonograms results and images (only if done previously)

Indication	Hematuria
ICD-10 codes	Hematuria (R31.9)
Findings	Definition: Blood on urine dipstick which is confirmed with urine microscopy (>3-5 RBC/hpf)
Evaluation	<ul style="list-style-type: none"> • Urinalysis with microscopy • Consider: <ul style="list-style-type: none"> - Urine culture - Serum chemistries, including electrolytes, BUN, creatinine, and albumin - Renal and bladder ultrasound (if hematuria is persistent)
Treatment	Hydrate and repeat test with urine microscopy
Red flags	<ul style="list-style-type: none"> • Cola-colored urine • Oliguria • Hypertension • Peripheral edema (or unexplained weight gain) • Abnormal renal function tests
Referral timeframe	<ul style="list-style-type: none"> • Routine referrals will be seen in less than 4 weeks • For red flag symptoms, contact the pediatric nephrologist on-call through Medlink
Additional information	<p>Fax the following items to 512-628-1831</p> <ul style="list-style-type: none"> • Growth chart • Vitals • Clinic notes • Medication list • Abdominal images (if available)

Indication	Abnormal renal sonogram
ICD-10 codes	Abnormal renal sonogram (R93.41)
Findings	Hydronephrosis, pelviectasis, abnormal renal sizes, increased echogenicity of kidney and cysts in the kidney
Evaluation	<ul style="list-style-type: none"> • Blood pressure in upper extremity • Renal and bladder ultrasound • Urinalysis • Urine protein and creatinine • Serum chemistries, BUN, creatinine, and albumin
Treatment	None
Red flags	<ul style="list-style-type: none"> • Abnormal renal function • Hypertension • Oliguria
Referral timeframe	<ul style="list-style-type: none"> • Routine referrals will be seen in less than 4 weeks • For red flag symptoms, contact the pediatric nephrologist on-call through Medlink
Additional information	<p>Fax the following items to 512-628-1831</p> <ul style="list-style-type: none"> • Growth chart • Vitals • Clinic notes • Medication list • Ultrasound images

Indication	Elevated blood pressure
ICD-10 codes	Elevated blood pressure (R03.0)
Findings	<ul style="list-style-type: none"> Elevated blood pressures > 1 yr Stage 1 hypertension > 3 months Stage 2 hypertension > 1 week or symptomatic (Refer to definitions in the table below)
Evaluation	<ul style="list-style-type: none"> 3 blood pressure readings 15 mins apart in an upper extremity 4 extremity blood pressures BP logs, if available Urinalysis with microscopy For children with obesity, stage 1 HTN, or stage 2 HTN: obtain serum labs including electrolytes, BUN, creatinine, and albumin, lipid profile, and HbA1c For children less than 6 yrs old, obtain renal ultrasound
Treatment	Lifestyle modification and low-salt diet counseling, weight management
Red flags	<ul style="list-style-type: none"> Headaches Vision disturbance Peripheral edema Oliguria Shortness of breath
Referral timeframe	<ul style="list-style-type: none"> Routine referrals will be seen within 2-4 weeks For red flag symptoms, contact the pediatric nephrologist on-call through Medlink
Additional information	Fax the following items to 512-628-1831 <ul style="list-style-type: none"> Growth chart Vitals Clinic notes Medication list Abdominal images (if obtained)

Updated definitions of BP categories and stages	
For children age 1-13 years	For children age >13 years
Normal BP: <90th percentile	Normal BP: <120/<80 mm Hg
Elevated BP: >90th percentile to <95th percentile or 120/80 mm Hg to <95th percentile (whichever is lower)	Elevated BP: 120/<80 to 129/<80 mm Hg
Stage 1 HTN: ≥95th percentile to <95th percentile + 12 mmHg, or 130/80 to 139/89 mm Hg (whichever is lower)	Stage 1 HT: 130/80 to 139/89 mm Hg
Stage 2 HTN: >95th percentile + 12 mm Hg, or >140/90 mm Hg (whichever is lower)	Stage 2 HT: >140/90 mm Hg

Table above is taken from the 2017 AAP Clinical Practice Guideline for Screening and Management of High Blood Pressure in Children and Adolescents (<https://doi.org/10.1542/peds.2017-1904>). Refer to these AAP guidelines for BP norms based on gender, age, and height percentile.

Indication	Kidney stones
ICD-10 codes	Kidney stones (N20.0)
Findings	Calcification in kidney or stones
Evaluation	<ul style="list-style-type: none"> • Urinalysis • Urine calcium to creatinine • Urine culture • Renal sonogram
Treatment	Increase hydration, low-salt intake, and use pain medications (if needed)
Red flags	Fever
Referral timeframe	<ul style="list-style-type: none"> • Routine referrals should be seen in less than 4 weeks • For red flag symptoms, contact the pediatric nephrologist on-call through Medlink
Additional information	Fax the following items to 512-628-1831 <ul style="list-style-type: none"> • Growth chart • Vitals • Clinic notes • Medication list • Abdominal images

Indication	Electrolyte abnormalities
ICD-10 codes	Electrolyte abnormalities (E87.8)
Findings	Abnormalities in sodium (< 130 or > 145 mmol/L), potassium (< 3 or > 5.5 mmol/L), bicarbonate (< 16 or > 30 mg/dL), calcium (< 8 or > 12.5 mg/dL), or phosphorus (< 3 or > 5.5 mg/dL)
Evaluation	<ul style="list-style-type: none"> • Venipuncture serum electrolytes, BUN, and creatinine (no heel sticks) • Urinalysis • Urine sodium and creatinine
Treatment	None — consult nephrology
Red flags	<ul style="list-style-type: none"> • Poor growth (ie, failure to thrive) • Potassium > 6 mmol/L
Referral timeframe	<ul style="list-style-type: none"> • Routine referrals are seen in less than 2 weeks • For red flag symptoms, contact the pediatric nephrologist on-call through Medlink
Additional information	Fax the following items to 512-628-1831 <ul style="list-style-type: none"> • Growth chart • Vitals • Clinic notes • Medication list • Abdominal images (if obtained)



Contact us

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ascension.org/dellchildrens

