

INFO Bulletin

To: Physicians and Nurse Practitioners referring through Central Intake

Published By: Waterloo Wellington Diabetes Central Intake

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Re: At-risk renal disease criteria

With the recent release of both the KDIGO and 2025 Diabetes Canada Chronic Kidney Disease clinical practice guidelines, Waterloo Wellington Diabetes Central Intake will now be screening all incoming referrals to assess for risk of renal disease. If the patient meets the at-risk criteria (listed below), the referrer will receive a message via Ocean or fax to consider completing a Specialist Only referral requesting a nephrology/HTN specialist consult to aid in prevention. There are currently two community-based Nephrologists within the Waterloo Wellington region who have capacity to see at-risk patients. This renal prevention initiative will begin on September 22, 2025, for patients living within Cambridge and North Dumfries regions.

At-risk renal criteria

People living with diabetes who have one of the following:

- ACR \geq 2.0 mg/mmol (on 2 occasions within 3 months)
- ACR > 20 mg/mmol on 1 occasion

OR any two of the following criteria:

- eGFR 30-89 mmol/L (eGFR < 30 mmol/L qualify for referral through the Ontario Renal Network)
- Kidney failure risk equation score of \geq 3% in 5 years
- Retinopathy (non-proliferative, proliferative, or macular edema)
- Hypertension
- Obesity (BMI > 30)
- Obstructive Sleep Apnea
- Cardiovascular Disease (Ischemic Heart Disease, Heart Failure, TIA/Stroke, or Peripheral Artery Disease)
- Family history of kidney failure requiring dialysis and/or kidney transplant

The new process will be:

- If in agreement, complete a new referral including recent lab work, check the box requesting Nephrologist/HTN Clinic consult and ensure your billing number is provided. If completing referral via fax, please indicate on the paper referral form "specialist only referral"
- The referral will be sent to a community Nephrologist in equitable rotation
- Waterloo Wellington Diabetes Central Intake will send a triage report indicating the name of the Diabetes Education Program and Specialist(s) the patient has been referred to
- You will continue to receive Diabetes Education Program Booked Appointment notification by fax or ocean

If you have any questions, please contact Diabetes Central Intake at 519-947-1000, option 2 or wwdci@langs.org.

Thank you for your continued support to improve access to care and the health of the people of Waterloo Wellington region.

Sincerely,

Waterloo Wellington Diabetes Central Intake