



# Self-test for kidney disease from home



## What is CKD?

Chronic kidney disease (CKD) is an ongoing condition where your kidneys do not work as well as they should. Untreated CKD increases your risk of developing cardiovascular disease, which may lead to heart attacks and strokes. If untreated, CKD can progress to complete kidney failure.

## Who is at risk of CKD?

CKD affects 1 in 10 adults across the UK. The most common causes of CKD are diabetes and high blood pressure. For people with these conditions, it is important to routinely screen for CKD, as there are no symptoms in its early stages.

One of the earliest markers of kidney damage can be detected by a simple urine test called the urine albumin:creatinine ratio (ACR).

## What is an ACR test?

An ACR test looks for particles of protein in your urine called albumin. The presence of these particles may suggest first signs of kidney damage.

## Smartphone powered ACR testing

NHS Dorset Clinical Commissioning Group is collaborating with Healthy.io to make it easier to complete annual ACR tests by using smartphone powered, home testing. Using a test kit and mobile app, people can perform the test from the comfort of their homes. Results are automatically sent to your GP practice for review.

### Why am I receiving this?

This is a new service for people with diabetes at your practice to make ACR testing easier and more convenient. Doing an ACR test allows your doctor to identify if you are at risk of CKD. Early identification and treatment of CKD can slow down or stop the kidney damage before it's too late.

To find out more about the annual diabetes checks you should be receiving for your diabetes, click [here](#).

### How does it work?



#### Receive initial call

A member of our team will contact you to explain the service, answer any questions and help you download the app.



#### Self-test at home using test kit and app

You will receive a test kit at your home. Follow the instructions in the app to perform the test.



#### Results shared with your clinical team

If your results are abnormal, your GP will contact you to perform a follow-up test. If your results are normal, no further action is required.

## About the test

Healthy.io's ACR test gives clinical-grade results. The test includes a kit and a mobile app.

The product is CE marked, GDPR compliant and follows the industry standards for privacy and safety.



For any additional questions or if you want to opt out of the service, please contact [ourdorsetdigital@dorsetccg.nhs.uk](mailto:ourdorsetdigital@dorsetccg.nhs.uk).