



INVESTIGATE ITCH

LEARN, TRACK, TALK.

Supporting people living with kidney disease

This disease awareness material has been developed and fully funded by CSL Vifor

KIDNEY DISEASE:

WHAT'S ITCH GOT TO DO WITH IT?

Itching is a symptom that is easy to misunderstand. Initially, you may not even think of it as a symptom, but it's important to be aware that if you are experiencing itching, it could be linked to your kidney disease. When kidney disease is causing itch, it is known as chronic kidney disease-associated pruritus (CKD-aP).

WHY IS ITCH IMPORTANT?

Itch intensity can vary, but it has the potential to negatively affect the lives of people with kidney disease. People living with kidney disease may experience challenges with both their physical and mental wellbeing, such as sleep deprivation and feelings of depression and isolation.



HOW CAN I TAKE ACTION?

The first step is recording your symptoms, and this booklet is designed to help you do just that.

You will need to note down information about three symptoms: itch intensity, sleep quality, and mood. Simply circle on the three different scales how bad your itch was (at its worst) in the last 24 hours, how much your sleep was impacted by the itch, and how it made you feel.

WHAT NEXT?

Noting these symptoms should only take you a minute, but it will help to form a record of your itch to support your doctor, nurse or pharmacist to work out any patterns there may be. You may even find that your symptoms are staying the same, and that is equally useful information. The record you collect will be very helpful for your healthcare professionals in their management of your kidney disease and its symptoms.

You are their eyes and ears when it comes to your kidney disease symptoms.

Record your itch and its effects below

Fill this in before your haemodialysis appointments to help your doctor and nurses

Date: _____

ITCH INTENSITY

On a scale of 0 (no itch) to 10 (worst imaginable itch), how would you rate your itch in the last 24 hours?

No itch

Worst itch
imaginable



IMPACT OF ITCH ON SLEEP QUALITY

Which of the icons below best reflects your sleep last night?



Great



Good



Okay



Poor



Terrible

IMPACT OF ITCH ON MOOD

Which of the icons below best reflects your mood today?



Great



Good



Okay



Poor



Terrible

Record your itch and its effects below

Fill this in before your haemodialysis appointments to help your doctor and nurses

Date: _____

ITCH INTENSITY

On a scale of 0 (no itch) to 10 (worst imaginable itch), how would you rate your itch in the last 24 hours?

No itch

Worst itch
imaginable



IMPACT OF ITCH ON SLEEP QUALITY

Which of the icons below best reflects your sleep last night?



Great



Good



Okay



Poor



Terrible

IMPACT OF ITCH ON MOOD

Which of the icons below best reflects your mood today?



Great



Good



Okay



Poor



Terrible

Record your itch and its effects below

Fill this in before your haemodialysis appointments to help your doctor and nurses

Date: _____

ITCH INTENSITY

On a scale of 0 (no itch) to 10 (worst imaginable itch), how would you rate your itch in the last 24 hours?

No itch

Worst itch
imaginable



IMPACT OF ITCH ON SLEEP QUALITY

Which of the icons below best reflects your sleep last night?



Great



Good



Okay



Poor



Terrible

IMPACT OF ITCH ON MOOD

Which of the icons below best reflects your mood today?



Great



Good



Okay



Poor



Terrible

Record your itch and its effects below

Fill this in before your haemodialysis appointments to help your doctor and nurses

Date: _____

ITCH INTENSITY

On a scale of 0 (no itch) to 10 (worst imaginable itch), how would you rate your itch in the last 24 hours?

No itch

Worst itch
imaginable



IMPACT OF ITCH ON SLEEP QUALITY

Which of the icons below best reflects your sleep last night?



Great



Good



Okay



Poor



Terrible

IMPACT OF ITCH ON MOOD

Which of the icons below best reflects your mood today?



Great



Good



Okay



Poor



Terrible

Record your itch and its effects below

Fill this in before your haemodialysis appointments to help your doctor and nurses

Date: _____

ITCH INTENSITY

On a scale of 0 (no itch) to 10 (worst imaginable itch), how would you rate your itch in the last 24 hours?

No itch

Worst itch
imaginable



IMPACT OF ITCH ON SLEEP QUALITY

Which of the icons below best reflects your sleep last night?



Great



Good



Okay



Poor



Terrible

IMPACT OF ITCH ON MOOD

Which of the icons below best reflects your mood today?



Great



Good



Okay



Poor



Terrible

Record your itch and its effects below

Fill this in before your haemodialysis appointments to help your doctor and nurses

Date: _____

ITCH INTENSITY

On a scale of 0 (no itch) to 10 (worst imaginable itch), how would you rate your itch in the last 24 hours?

No itch

Worst itch
imaginable



IMPACT OF ITCH ON SLEEP QUALITY

Which of the icons below best reflects your sleep last night?



Great



Good



Okay



Poor



Terrible

IMPACT OF ITCH ON MOOD

Which of the icons below best reflects your mood today?



Great



Good



Okay



Poor



Terrible

Record your itch and its effects below

Fill this in before your haemodialysis appointments to help your doctor and nurses

Date: _____

ITCH INTENSITY

On a scale of 0 (no itch) to 10 (worst imaginable itch), how would you rate your itch in the last 24 hours?

No itch

Worst itch
imaginable



IMPACT OF ITCH ON SLEEP QUALITY

Which of the icons below best reflects your sleep last night?



Great



Good



Okay



Poor



Terrible

IMPACT OF ITCH ON MOOD

Which of the icons below best reflects your mood today?



Great



Good



Okay



Poor



Terrible

Record your itch and its effects below

Fill this in before your haemodialysis appointments to help your doctor and nurses

Date: _____

ITCH INTENSITY

On a scale of 0 (no itch) to 10 (worst imaginable itch), how would you rate your itch in the last 24 hours?

No itch

Worst itch
imaginable



IMPACT OF ITCH ON SLEEP QUALITY

Which of the icons below best reflects your sleep last night?



Great



Good



Okay



Poor



Terrible

IMPACT OF ITCH ON MOOD

Which of the icons below best reflects your mood today?



Great



Good



Okay



Poor



Terrible

Record your itch and its effects below

Fill this in before your haemodialysis appointments to help your doctor and nurses

Date: _____

ITCH INTENSITY

On a scale of 0 (no itch) to 10 (worst imaginable itch), how would you rate your itch in the last 24 hours?

No itch

Worst itch
imaginable



IMPACT OF ITCH ON SLEEP QUALITY

Which of the icons below best reflects your sleep last night?



Great



Good



Okay



Poor



Terrible

IMPACT OF ITCH ON MOOD

Which of the icons below best reflects your mood today?



Great



Good



Okay



Poor



Terrible

Record your itch and its effects below

Fill this in before your haemodialysis appointments to help your doctor and nurses

Date: _____

ITCH INTENSITY

On a scale of 0 (no itch) to 10 (worst imaginable itch), how would you rate your itch in the last 24 hours?

No itch

Worst itch
imaginable



IMPACT OF ITCH ON SLEEP QUALITY

Which of the icons below best reflects your sleep last night?



Great



Good



Okay



Poor



Terrible

IMPACT OF ITCH ON MOOD

Which of the icons below best reflects your mood today?



Great



Good



Okay



Poor



Terrible

Record your itch and its effects below

Fill this in before your haemodialysis appointments to help your doctor and nurses

Date: _____

ITCH INTENSITY

On a scale of 0 (no itch) to 10 (worst imaginable itch), how would you rate your itch in the last 24 hours?

No itch

Worst itch
imaginable



IMPACT OF ITCH ON SLEEP QUALITY

Which of the icons below best reflects your sleep last night?



Great



Good



Okay



Poor



Terrible

IMPACT OF ITCH ON MOOD

Which of the icons below best reflects your mood today?



Great



Good



Okay



Poor



Terrible

Record your itch and its effects below

Fill this in before your haemodialysis appointments to help your doctor and nurses

Date: _____

ITCH INTENSITY

On a scale of 0 (no itch) to 10 (worst imaginable itch), how would you rate your itch in the last 24 hours?

No itch

Worst itch
imaginable



IMPACT OF ITCH ON SLEEP QUALITY

Which of the icons below best reflects your sleep last night?



Great



Good



Okay



Poor



Terrible

IMPACT OF ITCH ON MOOD

Which of the icons below best reflects your mood today?



Great



Good



Okay



Poor



Terrible

Itch is an important symptom in kidney disease.

Learn more, track it and talk to your doctor, nurse or pharmacist.