

# Nephrology

A Pediatric Nephrologist is a physician who treats kidney disease in children, regulates blood pressure, balances fluids and administers dialysis.

The patients should be referred to a pediatric nephrologist when demonstrating signs/symptoms of any of the following:

Chronic kidney disease

Hematuria

Hypertension

Nephrotic syndrome

Proteinuria

## Children's Access Center

24/7 access for referring physicians

**(866) 353-KIDS (5437)**

## Outpatient Referral

Referral forms online at: [www.childrenscentralcal.org/services/medicaloffice/refer](http://www.childrenscentralcal.org/services/medicaloffice/refer)

FAX: (559) 353-8888

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## Nephrology Office Numbers

Main Number: (559) 353-5770

FAX: (559) 353-5822

Physician Line: (559) 353-5786

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Physician Liaison: (559) 353-7229

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## Medical Staff:

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Syed Kamal, MD

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# Pediatric Nephrology Consultant Reference Guide

Condition	Pre-referral Workup	When to Refer
Chronic Kidney Disease	<p>Pertinent medical records, including growth charts.</p> <ul style="list-style-type: none"><li>• Relevant laboratory studies</li><li>• List of all medications</li><li>• Blood pressure readings</li></ul>	<p>Any patient with known chronic kidney disease from an underlying condition.</p>
Hematuria	<p>Pertinent medical records, including growth charts.</p> <ul style="list-style-type: none"><li>• Relevant laboratory studies</li><li>• List of all medications</li><li>• Blood pressure readings</li></ul>	<p>2 or more consecutive urinalyses or dipsticks are positive for &gt;5 RBCs/HPF:</p> <ul style="list-style-type: none"><li>• Microscopic hematuria is present in multiple family members</li><li>• Recurrent episodes of painless gross hematuria have occurred</li><li>• Proteinuria is seen along with hematuria</li><li>• Hypertension is present</li><li>• Signs of constitutional illness are seen (weight loss, fever, arthralgia, rash, fatigue)</li></ul>
Hypertension	<p>Pertinent medical records.</p> <ul style="list-style-type: none"><li>• List of all medications</li><li>• Blood pressure readings</li><li>• If the family has obtained BP readings at home and school, please encourage them to bring them to the appointment.</li></ul>	<p>Pre-hypertension:</p> <ul style="list-style-type: none"><li>• 90th percentile – 95th percentile or if BP is &gt;120/80 mmHg</li><li>• Recheck in 6 months – refer if elevated when repeated</li><li>• Note: 120/80 occurs typically at 12 years old for SBP and at 16 years old for DBP</li></ul> <p>Stage 1 hypertension:</p> <ul style="list-style-type: none"><li>• 95th percentile – 99th percentile plus 5 mmHg</li><li>• Recheck in 1-2 weeks or sooner if patient is symptomatic</li><li>• If persistently elevated on 2 additional occasions, evaluate or refer to source of care within 1 month</li></ul> <p>Stage 2 hypertension</p> <ul style="list-style-type: none"><li>• &gt;99th percentile plus 5 mmHg</li><li>• Recheck within 1 week; if persistent</li><li>• Evaluate or refer to pediatric nephrology within 1 week or immediately if patient is symptomatic (severe headache, nausea, vomiting, blurred vision accompanying blood pressure above the 95th percentile)</li></ul> <p>(Adapted from The Fourth Report on the Diagnosis, Evaluation, and Treatment of High Blood Pressure in Children)</p>

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Condition	Pre-referral Workup	When to Refer
Nephrotic Syndrome	Pertinent medical records, including growth charts. <ul style="list-style-type: none"><li>• List of all medications</li><li>• Blood pressure readings</li><li>• All labs</li><li>• Results of PPD testing and varicella titer</li></ul>	Positive physical findings

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## Insurance Plans\*

Aetna EPO/HMO/PPO

AllCare IPA

Bakersfield Family Medical Center/ Heritage Physician Network

Blue Cross HMO/ Prudent Buyer PPO/ Healthy Families EPO

Blue Cross Medi-Cal/ Healthy Families HMO

Blue Shield HMO/ PPO/ Healthy Families

Capp Care (Beachstreet)

Catholic Healthcare West-Bakersfield

CCS – California Children’s Services

Central California Alliance for Health

Central Valley Medical Group CVMG

Choice Care

Cigna/ Greatwest

Delano Regional Medical Group

EHS IPA (Blue Cross Managed Medi-Cal Patients/Healthy Families)

Emmanuel Employee Benefit Plan

First Health/ CCN

Foundation HealthCare Administrators/ California Foundation for Medical Care

GemCare IPA/ Managed Care Systems

Health Net HMO/ PPO/ Healthy Families/ Healthy Kids

Health Net Medi-Cal / CalViva

Health Plan San Joaquin Medi-Cal/ Healthy Families

Hill Physician Medical Group

Interplan

Kaiser HMO/ Healthy Families/ Medi-Cal

Kern Health Systems Medi-Cal/ Healthy Families

Key /Mosaic Medical Group IPA

LaSalle IPA (Blue Cross Managed Medi-Cal)

Medicare

MediCal – California State

MedCore Medical Group

Multiplan/ PHCS

Sante IPA

Sutter Gould Medical Foundation

Sutter Hospital System (Modesto Memorial, Memorial Los Banos, Sutter Tracy)

TriWest (Formally TRICARE/CHAMPUS)

United HealthCare /PacifiCare

Universal Care

\* Contracted Status subject to change. If you have questions or to verify coverage please call 559.353.8800/888.824.5439