**Polycystic Kidney Disease**

**Summary**

Autosomal Dominant Polycystic Kidney Disease (ADPKD) is the most commonly inherited kidney disorder. In the UK, it accounts for around 1 in 10 people on dialysis and 1 in 8 with a kidney transplant. ADPKD is caused by mutations in one or more genes causing them to function abnormally. ADPKD is characterised by numerous fluid-filled cysts in the kidneys and often the liver and pancreas. Over time, the cysts grow and multiply, replacing normal healthy tissue and causing the kidneys to lose their function. Kidneys can enlarge up to 4 times their regular size and weigh up to 100 times more.

**Symptoms**

* Reduced kidney function can cause extreme tiredness, which can affect concentration.
* Reduced kidney function can cause anxiety. A person may need more time to respond to questions or solve problems, and struggle to think clearly under pressure.
* Enlarged kidneys may cause pain, meaning you can no longer sit in one position for any length of time.
* A person may have restless legs, so may be unable to sit for long periods of time.
* Medication may mean you need to visit the toilet frequently.
* Other symptoms include: high blood pressure, urinary tract infections, kidney stones. aneurysms and polycystic liver disease

**Support**

As each person will be affected differently, in the first instance speak to the student and make use of staff advantage for more individual support strategies

* Allow the student to be able to leave the room easily for toilet breaks
* Student may need to move around if sitting still for long periods
* Give student adequate time to respond to questions or to solve problems
* Ensure student has access to notes and lesson content in case of lack of concentration

For further information visit: [**https://pkdcharity.org.uk**](https://pkdcharity.org.uk)