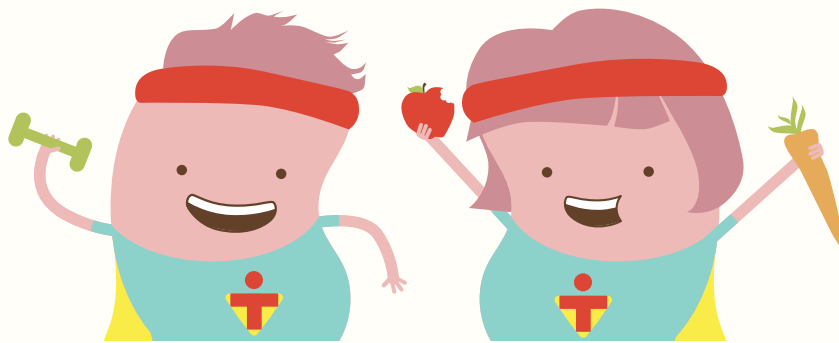


HEALTHY KIDNEYS

YOUR KIDNEY HEALTH TEAM



PRE-SCHOOL LEVEL



SCHOOL AGE LEVEL



ADOLESCENT LEVEL



RESOURCES MENU

1. YOUR KIDNEY HEALTH TEAM

2. Meet Your Kidneys!
3. Balance
4. Connections
5. Healthy Eating
6. Being Active
7. Taking Medicines
8. Healthy Blood
9. Bone Health
10. Blood Pressure
11. Acid Balance
12. Growth
13. Chronic Kidney Disease
14. Family Coping Resources
15. My Coping Resources
16. Glossary







HEALTHY KIDNEYS

The Kidney Health Learning Resource is to help children, parents, families, and caregivers living with kidney disease live well with the disease.

The Kidney Health Learning Resource is also for the health care team. The resource helps open the doors to conversations, learning and relationship-building with children, youth and families about kidney disease by presenting simple, age-appropriate design and medically and clinically accurate information and concepts.

The Kidney Health Learning Resource Advisory Group thanks parents and children who welcomed us into their private experience of living with chronic kidney disease. Children and families shared experiences and took time to let the consultant know what has been - and what would have been - helpful to know as they coped with chronic kidney disease in their families. To the children and families: thank you for sharing so that other families and health care providers can benefit from your wisdom. Your openness, enthusiasm and courage inspires us all.

We thank the members of Pediatric Nephrology, Children's Hospital, Health Sciences Centre Winnipeg who provided input, shared expertise and gave encouragement in the development of the learning resources. We also thank members of CANN-NET for their reviews of materials and their enthusiastic support.

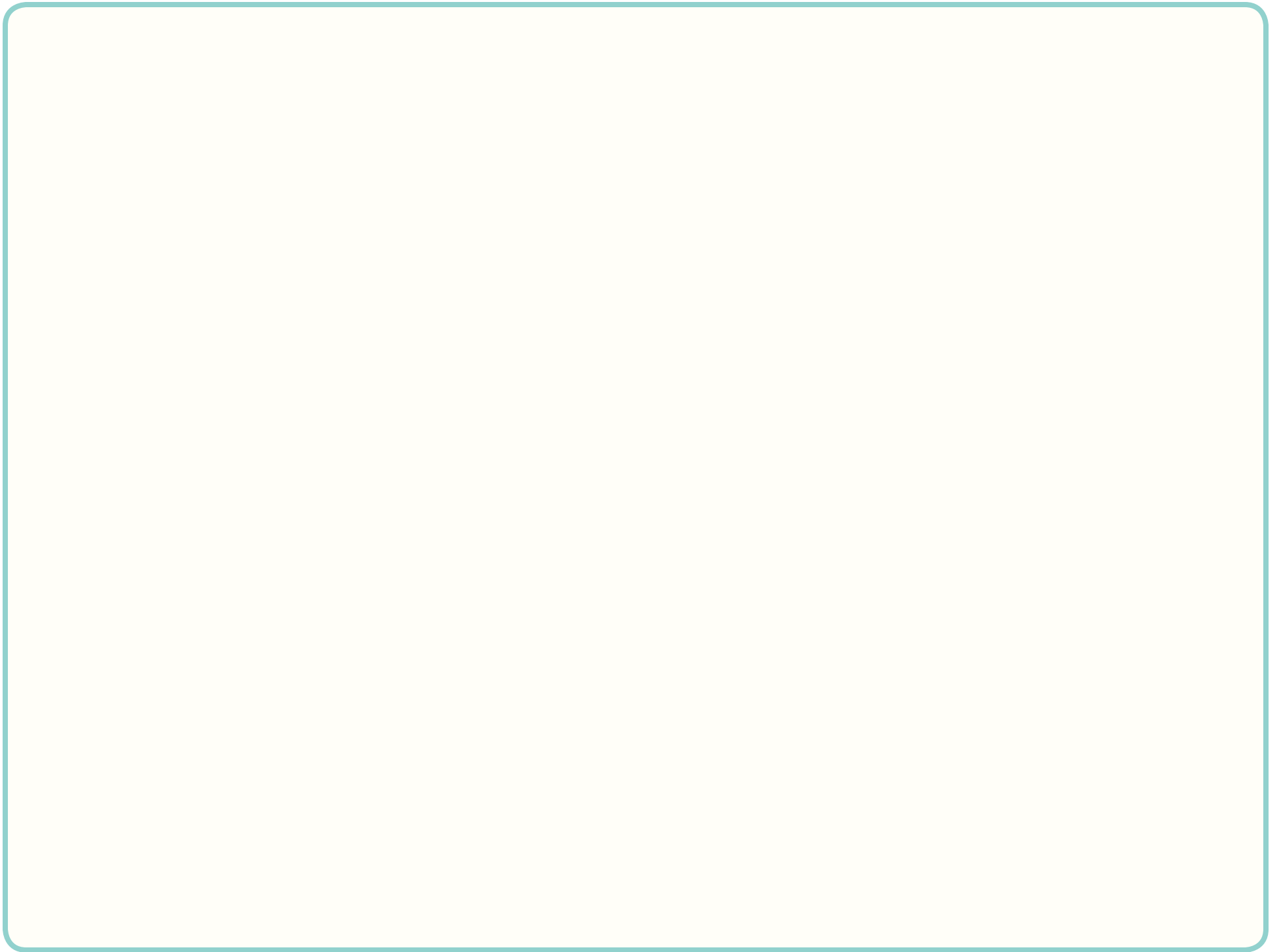
Finally, we thank the Children's Hospital Foundation of Manitoba for their financial support in the development of this resource.

Developmental levels within this resource:

PRE-SCHOOL LEVEL

SCHOOL AGE LEVEL

ADOLESCENT LEVEL



YOUR KIDNEY HEALTH TEAM

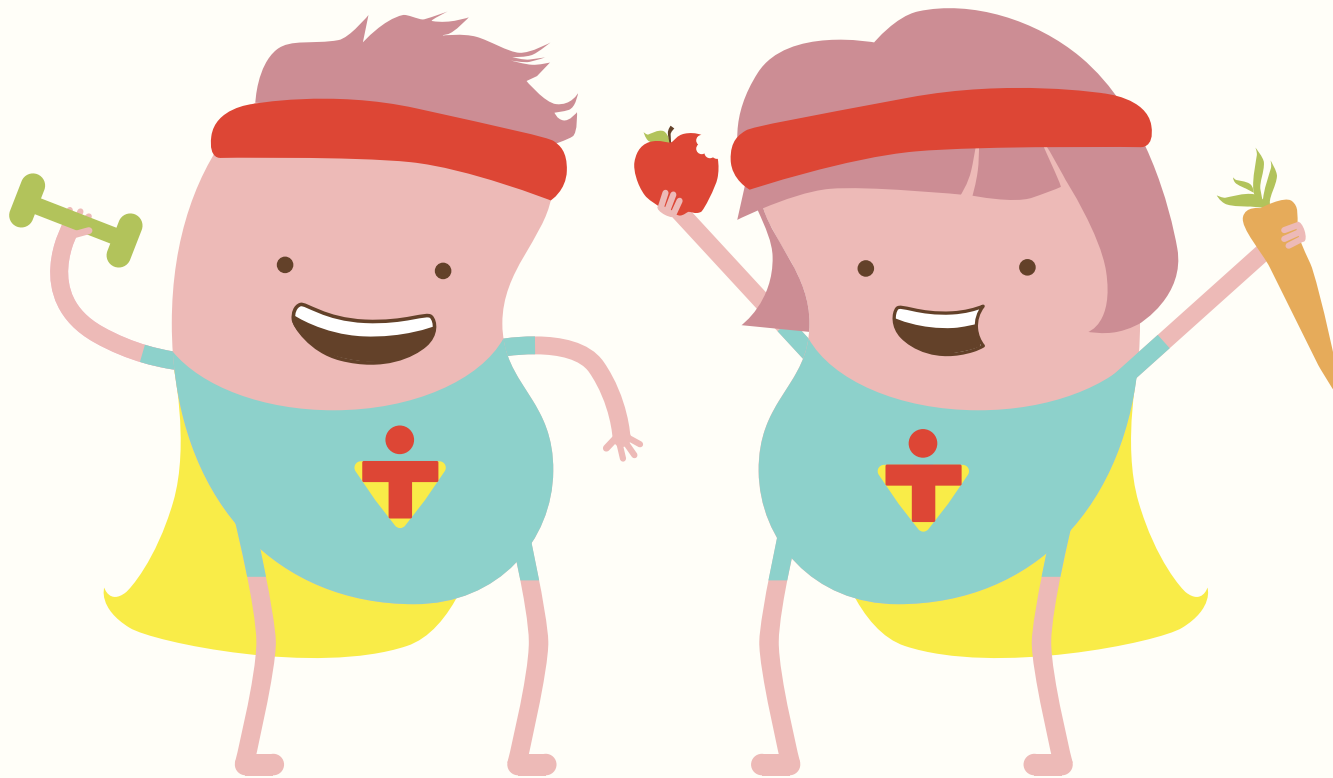
PRE-SCHOOL LEVEL



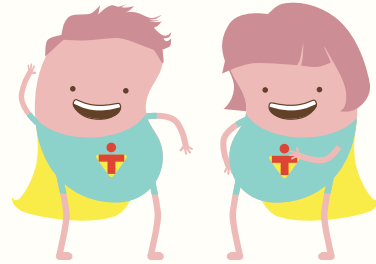
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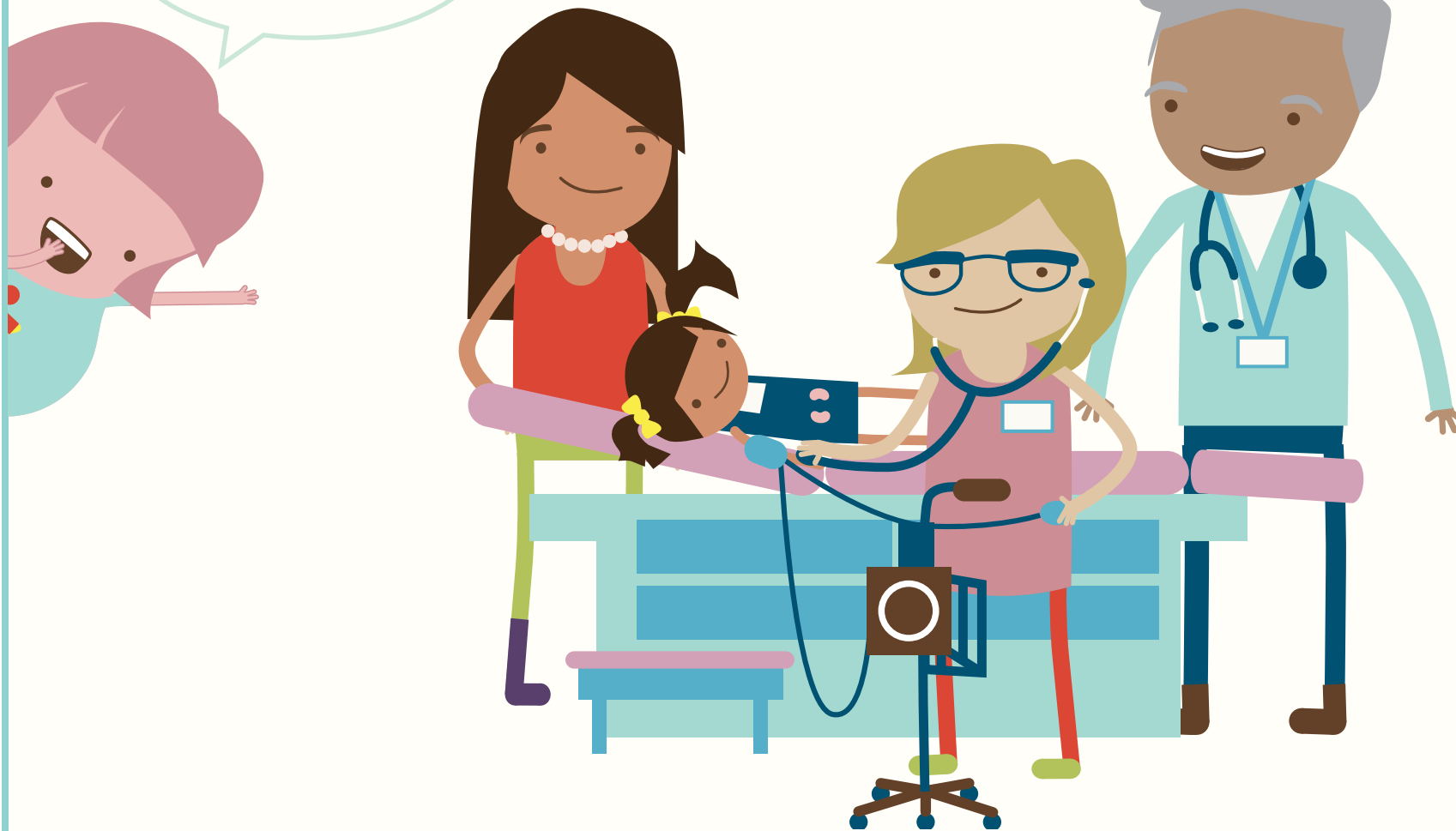
Hello! We are the ***Kidney Twins!***



We are happy you are here at the **Kidney Health Clinic**. We can help.



You are here to get your
kidneys checked!

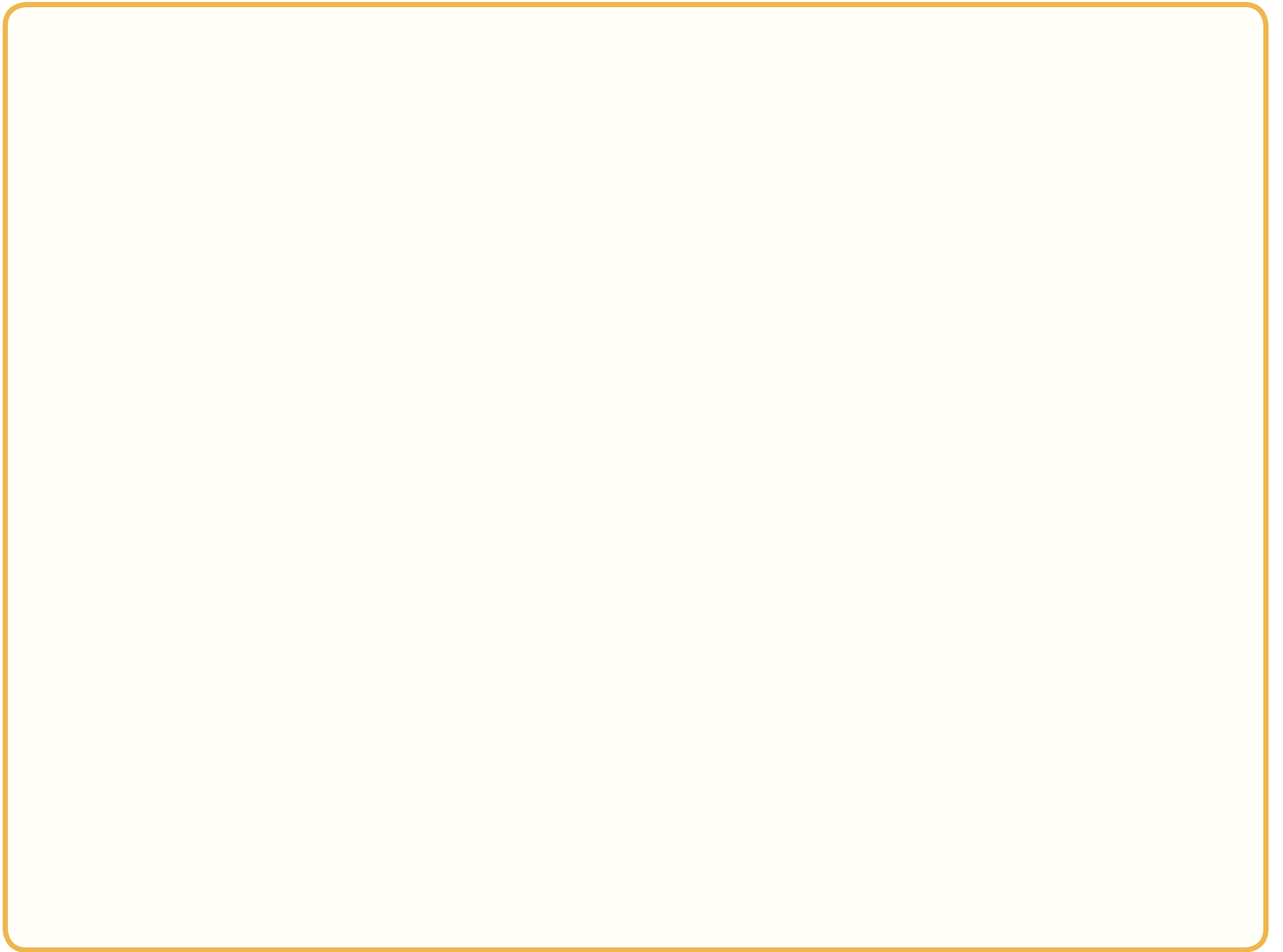




Let's meet some of the people you will see at **Kidney Health Clinic!**



UP NEXT: SCHOOL AGE LEVEL



YOUR KIDNEY HEALTH TEAM

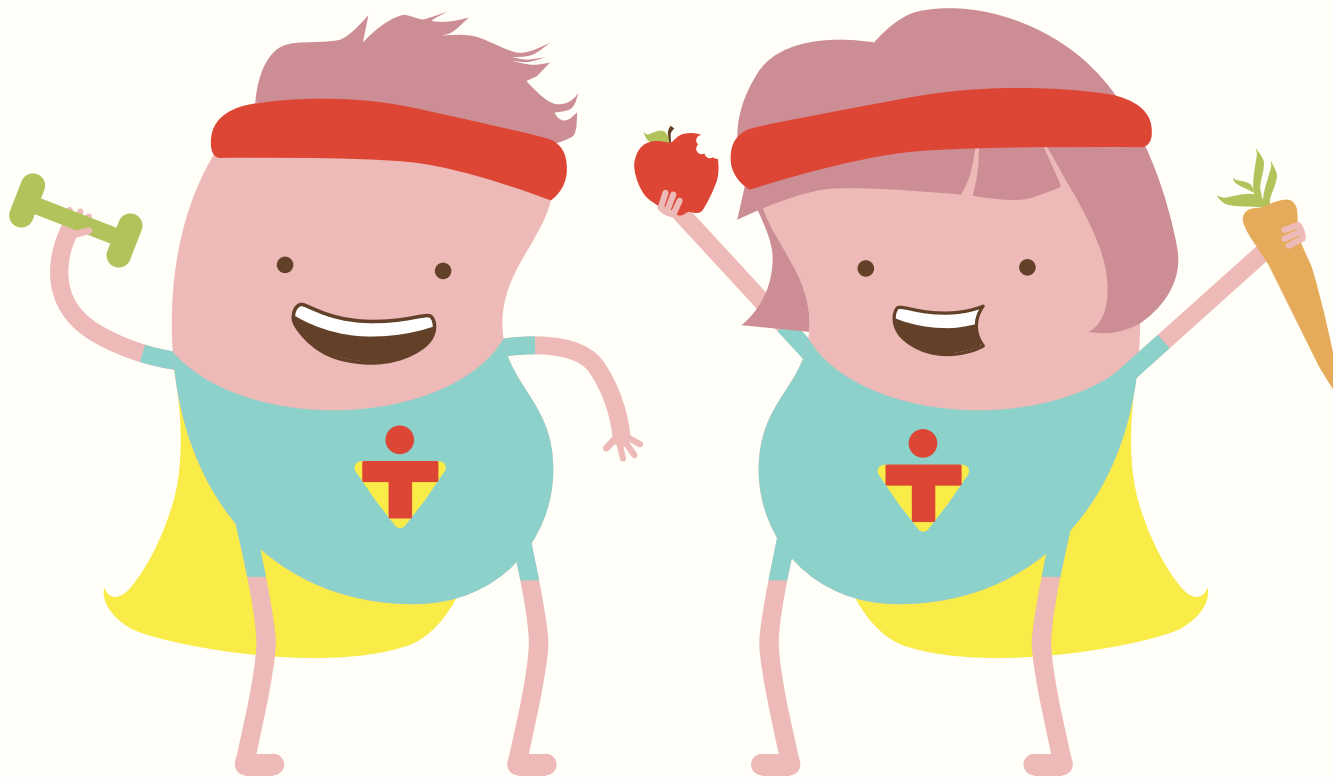
SCHOOL AGE LEVEL



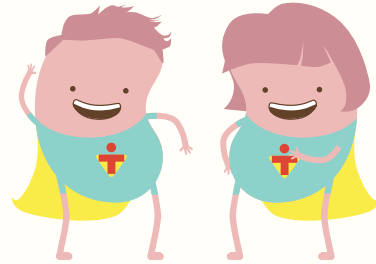
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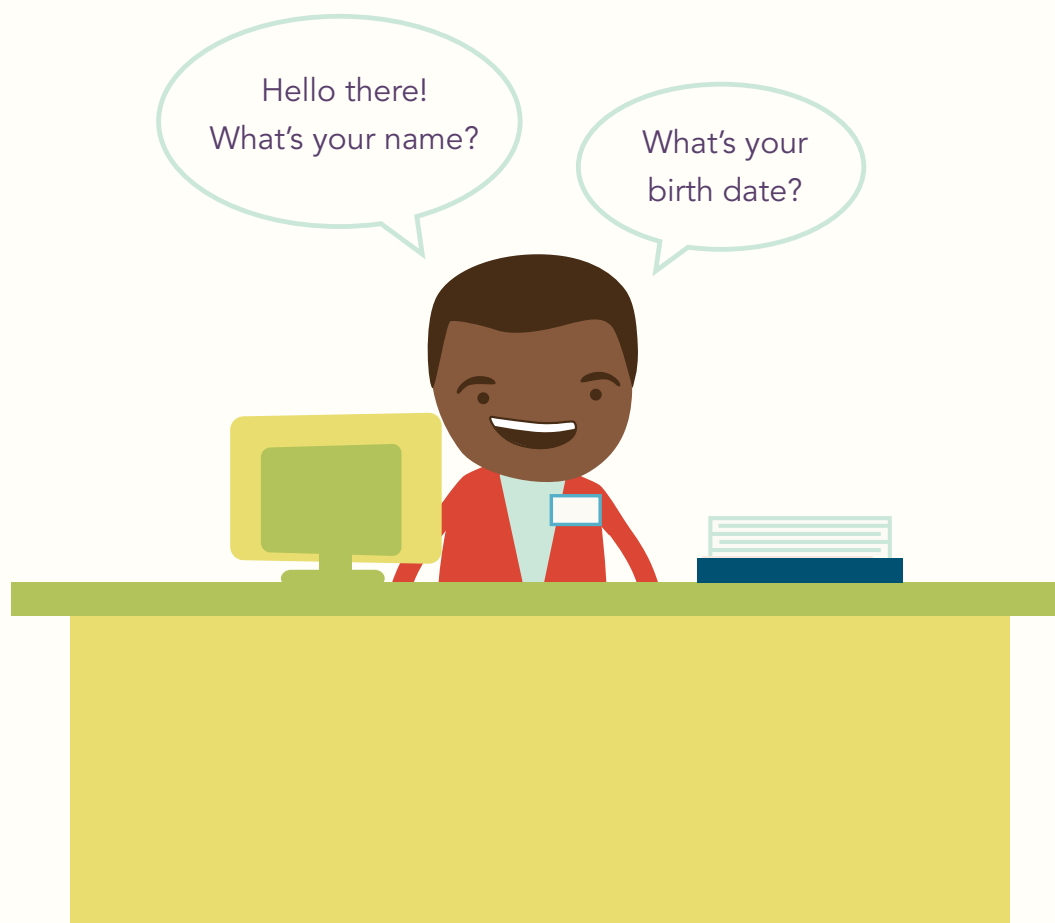
Hello! We are the ***Kidney Twins!***



Welcome to the **Kidney Health Clinic**! You are here to get your **kidneys** checked.



The first step:
You go to the desk and the **Clerk** will check your information.

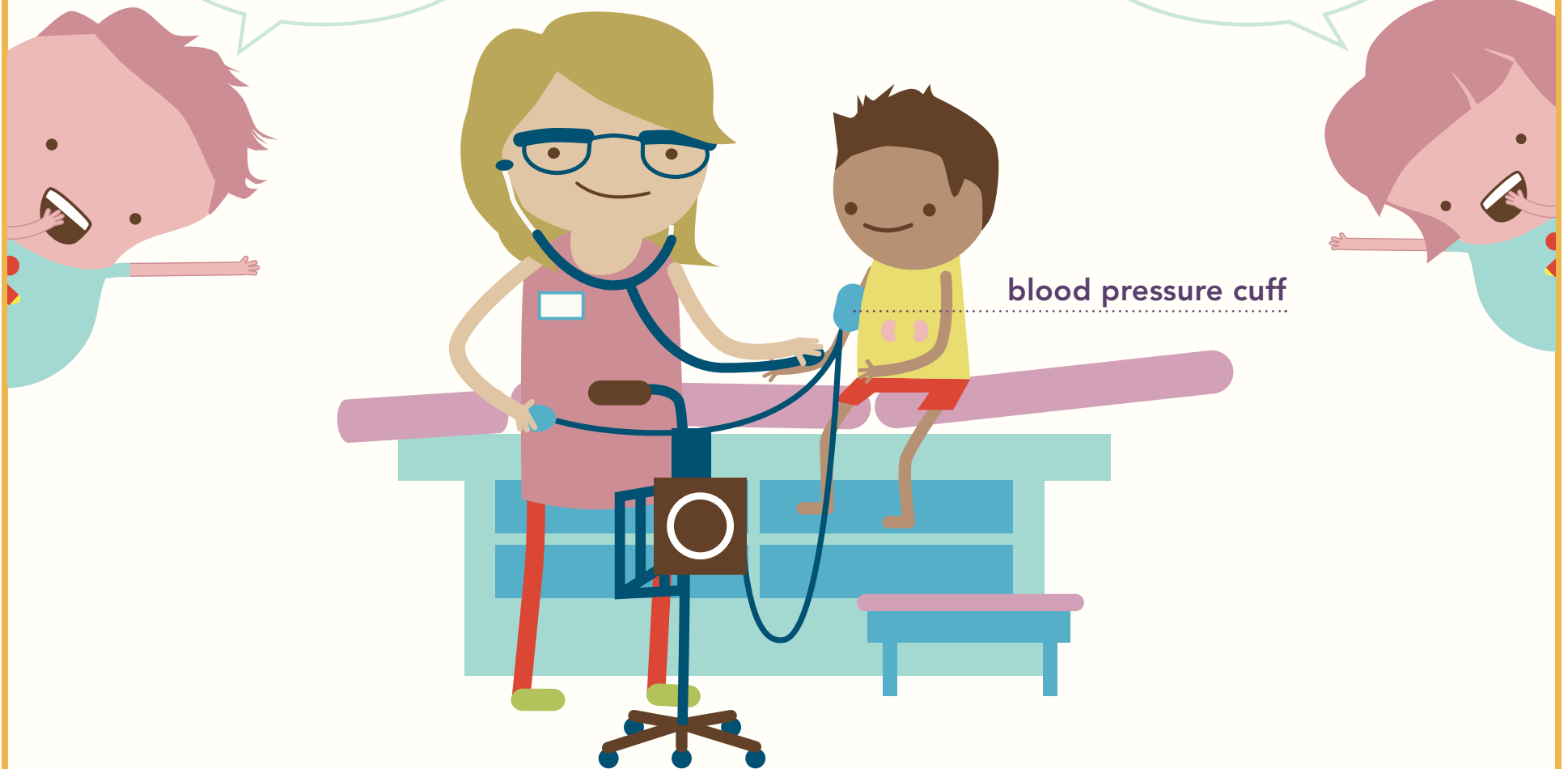


We will call your name. Then we will see how tall you are and how much you weigh.



A **Nurse** will take you into a room and check your **blood pressure**.

The Nurse will put the **blood pressure cuff** around your arm.



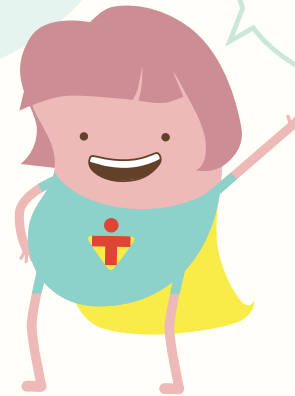
blood pressure cuff

When the Kidney Health Team measures your blood pressure, you need to sit quietly and be still. No talking please.

Shh..



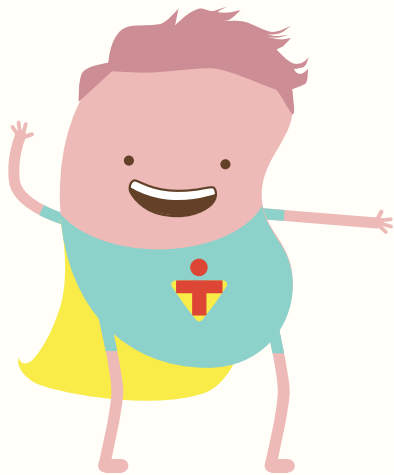
You will feel the cuff around your arm get tight and then get loose.



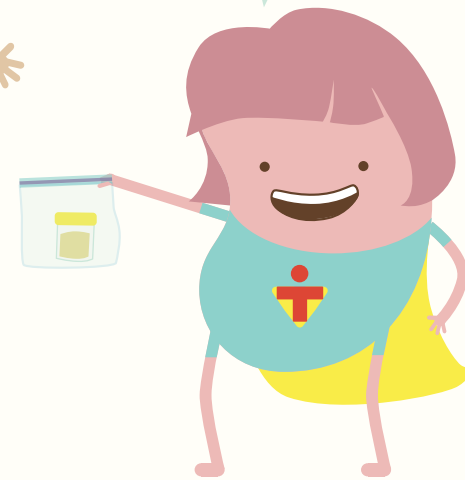
The Nurse will check your **medicines** and ask you and your Mom or Dad some questions.



There are some **tests** that help the Kidney Health Team understand how healthy your kidneys are.



You will do the **urine (pee) test** almost every time you come to the Kidney Health Clinic.



1. Home



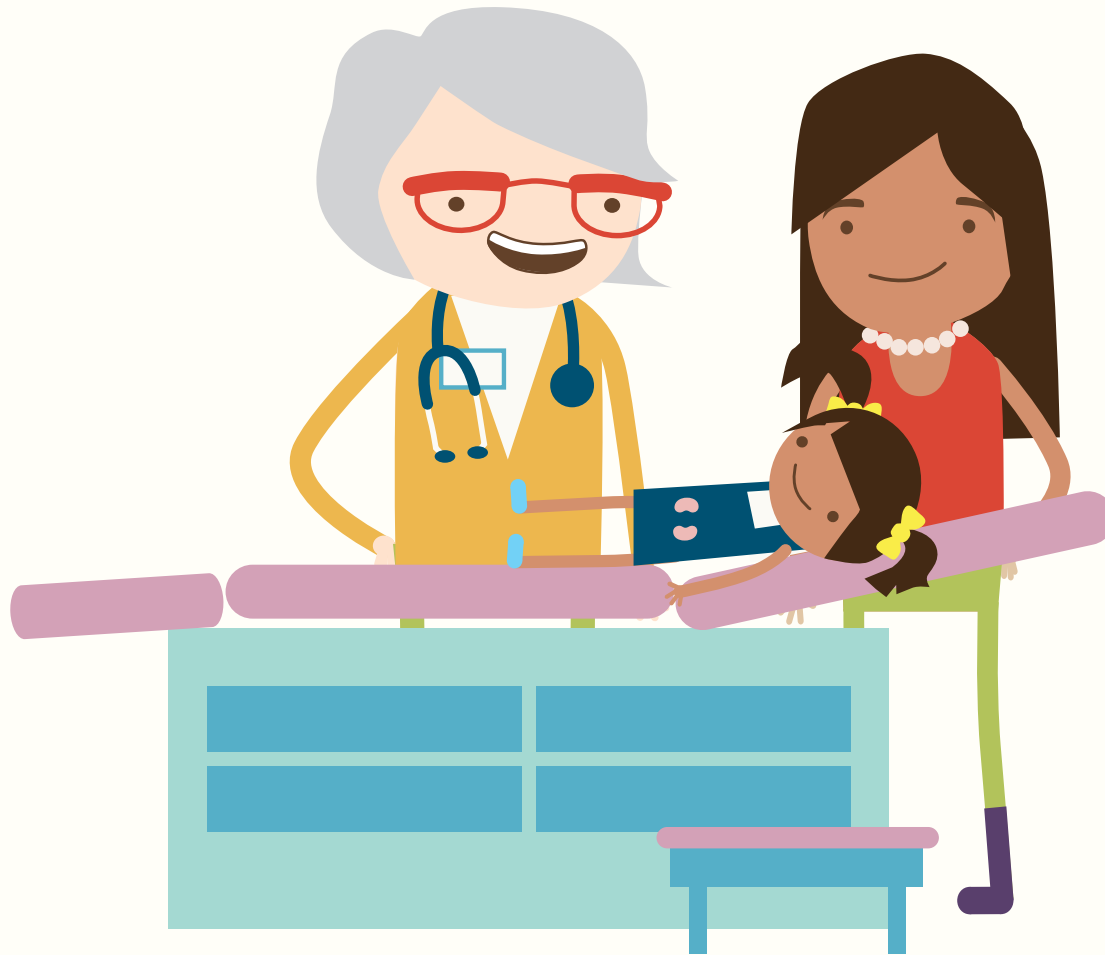
When you come to the Kidney Health Clinic, you get **blood tests**.

There is a cream that numbs your arm. Your parents could put it on your arm before you come to clinic.

2. Clinic



After the Nurse asks you questions, the **Doctor** will come in and check you.

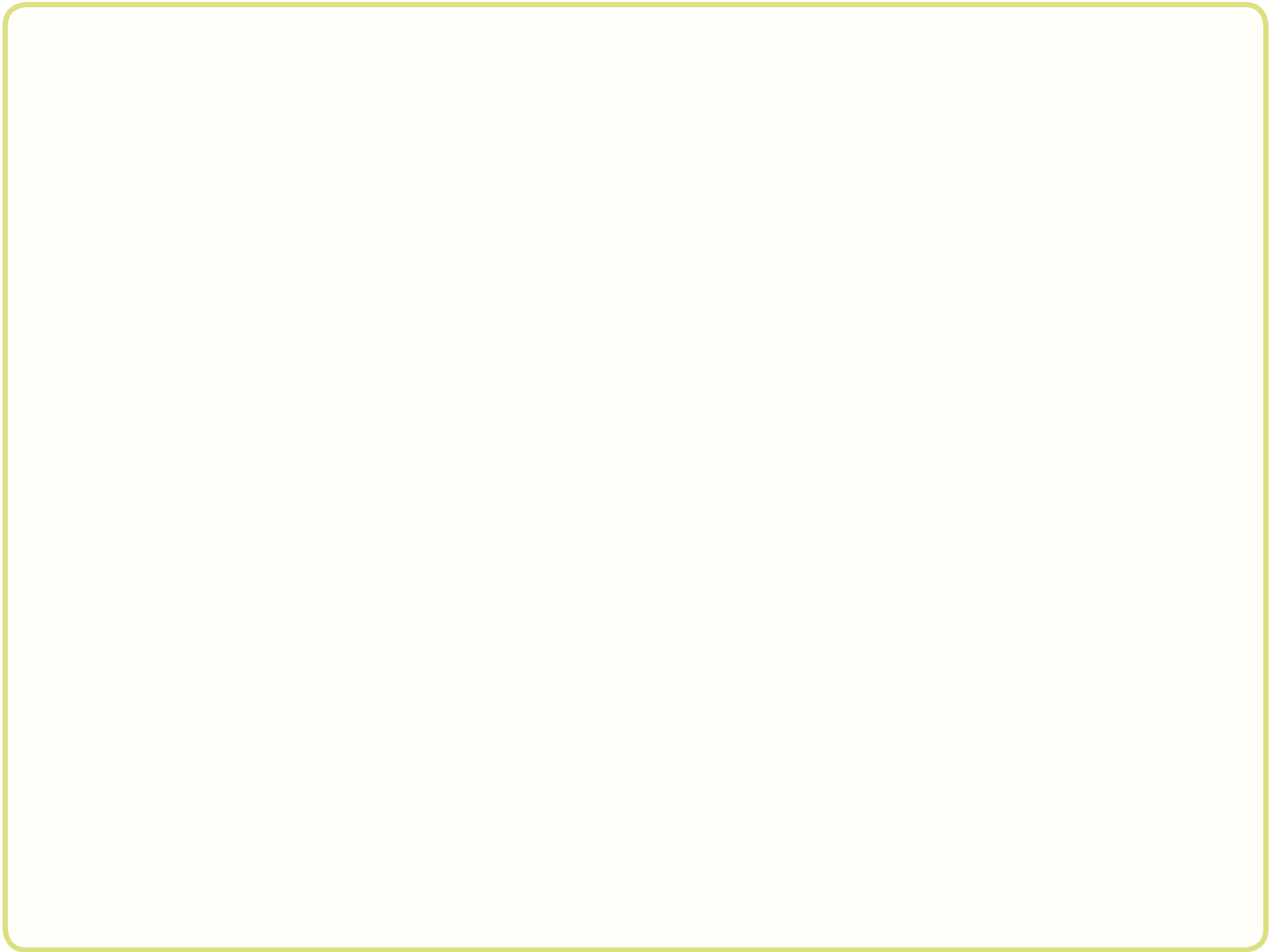




The Doctor will talk to you and your Mom and Dad about keeping your kidneys healthy. The Doctor will give your Mom and Dad a **prescription** and instructions.



UP NEXT: ADOLESCENT LEVEL



YOUR KIDNEY HEALTH TEAM

ADOLESCENT LEVEL

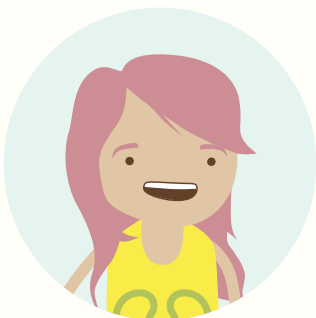


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YOUR KIDNEY HEALTH TEAM

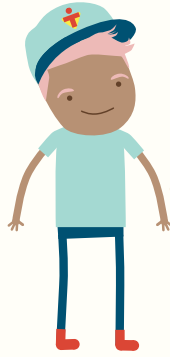


I have some trouble with my **kidneys** so I'm going to the **Kidney Health Clinic**.



The Kidney Health Clinic is the place to be. You will meet your **Kidney Health Team**. Their job is to work with you to keep your kidneys as healthy as possible. You will be learning how to look after your kidneys.

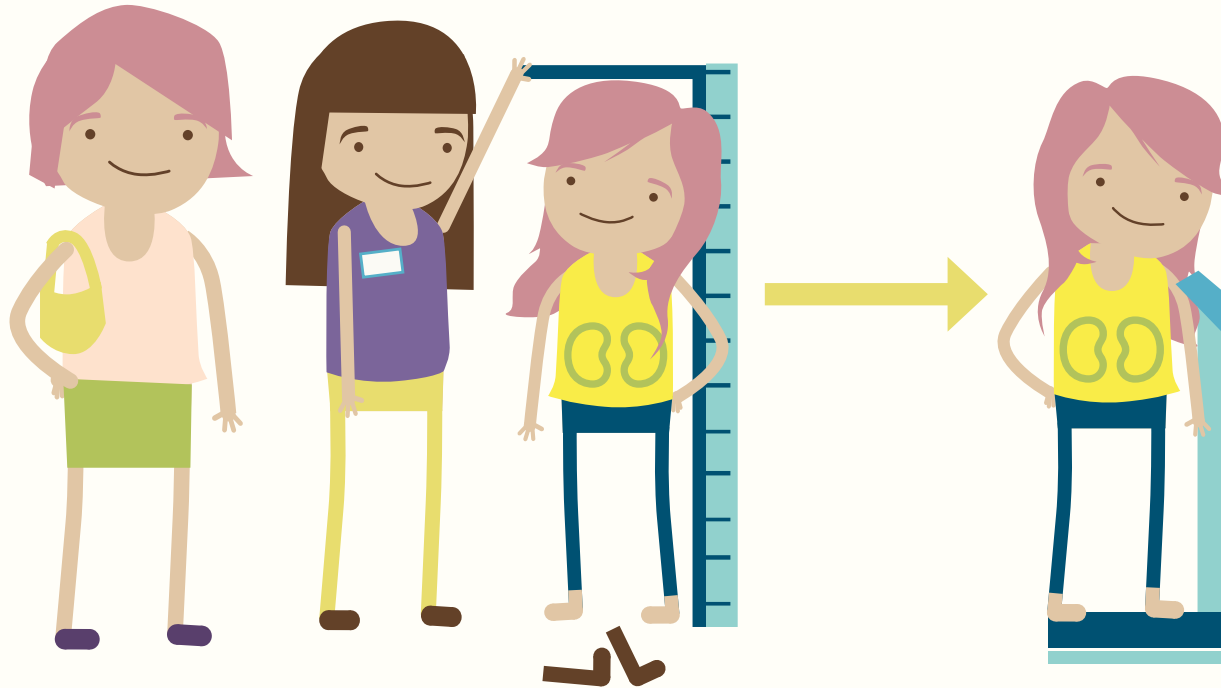




When you come to the Kidney Health Clinic, you need to check in.



After I take off my shoes, a **Clerk** or a **Nurse** will check my **height** and **weight**.



The Nurse will take you into a room. Then the Nurse will check your **medicines** and **blood pressure**.



Do we have everything we need for clinic?

We do, including our bag of medicines. I've got my original pill bottles and my **pill organizer**. Let's go!





The Nurse checks my blood pressure. The Nurse puts the **cuff** around my arm. The cuff gets tight and then loose again.

It's important to sit quietly during this test.



Hmmm, I might start keeping notes on my phone or in a little notebook so I can tell the Nurse or someone else on the Kidney Health Team how I have been feeling.

That's a great idea. It can be hard to remember everything when you get to the clinic. Of course, my parents are there to help too!



The Nurse will take a few minutes to talk to you. They will ask lots of questions about how you are feeling and if you are having any trouble with your medicines or anything else.

I need to do **urine (pee)** and **blood tests** most times when I come to the Kidney Health Clinic.



YOUR KIDNEY HEALTH TEAM

Next up will be the **Doctor**. The Doctor will talk to you about your kidney health and also examine your body.

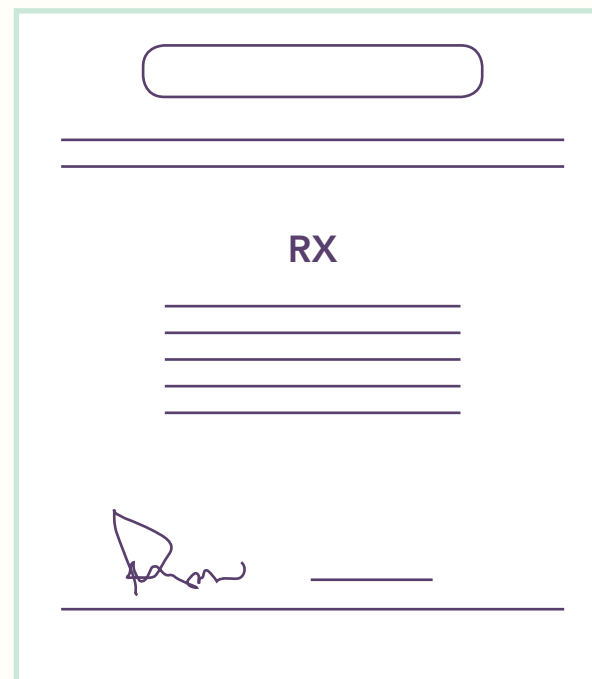
That makes sense. What if I feel uncomfortable talking about my body with the Doctor?

No problem. You can just ask for somebody to come in the room with you.



Then the Doctor will give me a **prescription**?

Yes! Take care of your prescription until you can give it to your **Pharmacist**.



A **prescription** is a paper with the names of medicines you need for your kidney health. One of the Kidney Health Team members will go over the instructions for taking the medicines with you and your parents.

So what happens next at Kidney Health Clinic? There are lots of people on the team. There might be teaching or someone else from the Kidney Health Team might talk to you before you go.

I'd like to talk to you about eating.



How is school going?
How are you feeling about things?



Let's chat about how to keep healthy!





How do I find out who is on my Kidney Health Team?

There are photos so you can learn who they are.



Remember, it's **YOUR** team so if you want to speak to any member of the team without your parents, that's ok.

As you get older your Kidney Health Team will ask to speak to you alone for part of the check-up too.

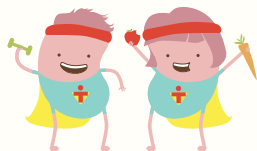
MY Kidney Health Team



And then it's time to make the next appointment, right?

Yes, one of the Clerks will make an appointment and give you an appointment slip.





Created by Julie Strong BN, Tom Blydt-Hansen MD, Diane McKenty RN, and Angela Chotka MA with Pediatric Nephrology (Children's Hospital Health Sciences Centre) and Chotka Consulting: Creative Balanced Solutions. With thanks to the Children's Hospital Foundation of Manitoba for their generous support.

For more information about this resource, please contact Pediatric Nephrology at 204-787-4947 or jstrong@exchange.hsc.mb.ca or the Children's Hospital Foundation of Manitoba <http://goodbear.mb.ca>