

MEET YOUR KIDNEYS!

PARENT AND CAREGIVER RESOURCE

NOTES

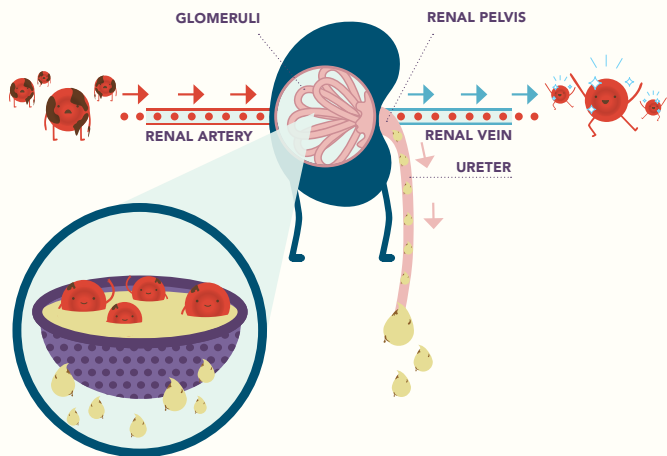
RESOURCES MENU

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

The **urinary tract** and **renal system** are a filtering and plumbing system in the body. Knowing the parts of these systems and how they work together will help you understand the important jobs the **kidneys** do in the body and your child's condition. High pressure in this system can damage the parts of the system over time. Your child's health care team will try to correct high pressure if it exists.

There may be differences in the size and shape of kidneys. We can use an **ultrasound** to show us your child's kidneys. If the structure of your child's kidneys is different, talk to your doctor about whether the same kind of problem might happen in your other children.

One of the kidneys' key jobs is to make **urine** which gets moved out of your body through the urinary tract. The kidneys make urine by cleaning **blood**.



Here is how it flows: "dirty" blood enters the kidney through the **renal artery** and "clean" blood goes back into the body through the **renal vein**. Inside the kidney, the **glomeruli** are the filtration system. The blood is filtered in the glomeruli. The "dirt" or **waste** becomes urine. Small amounts of urine are stored in the **renal pelvis**. The **ureters** are like hoses connected to the renal pelvis and the **bladder**. The bladder is where more urine can be stored until you go to the bathroom when the urine is eliminated from the body through the **urethra**.

MEET YOUR KIDNEYS!

Watch your child's urine. Contact your **health care provider** if you notice:

- red or tea-coloured urine
- foamy urine

In order to keep your child's kidney system healthy, encourage your child to completely empty their bladder when they go pee. There is an increased risk of **urinary tract infections (UTIs)** if your child does not completely empty his or her bladder. Try to make sure that your child has regular **bowel movements** (goes poo) because this helps the bladder empty properly or normally.

Watch for **Signs and Symptoms of Urinary Tract Infections**. Contact your health care provider if you see any of these signs.

Signs and Symptoms of a UTI can be different depending on the age of your child.

In an infant, toddler, very young child, contact your health care provider if your child:

- seems more irritable or uncomfortable than usual
- begins to feed poorly
- vomits
- has a fever
- has bad-smelling or "cloudy" urine instead of clear urine

In an older child, contact your health care provider if your child:

- has pain, burning or stinging when peeing
- wants to go pee often even though only a very small amount of urine is released
- cannot wait to go pee
- has a fever
- wakes up often during the night to go pee
- has "accidents" even though they are toilet-trained
- has low back pain or stomach (abdominal) pain below the belly-button (navel)

- has bad-smelling or "cloudy" urine instead of clear urine

WEB BASED RESOURCES

<http://www.aboutkidshealth.ca/En/HealthAZ/Pages/default.aspx> Click on the Letters A-Z to find information on health related topics

<http://www.caringforkids.cps.ca/> Click on a variety of topics at the top of the website for general information to parents about child health. From the Canadian Pediatric Society

<http://www.aboutkidshealth.ca/En/HowTheBodyWorks/KidneysandBladderOverview/Pages/default.aspx> From here you can click on the topics on the left hand side to learn more about how the bladder fills and empties

<http://www.thechildren.com/health-info/conditions-and-illnesses/understanding-how-kidneys-work>

<http://www.bladderbowel.gov.au/all/goodhabits.htm>

<http://www.aboutkidshealth.ca/En/HealthAZ/ConditionsandDiseases/KidneyandUrinaryDisorders/Pages/default.aspx>

<http://www.aboutkidshealth.ca/En/HealthAZ/TestsAndTreatments/Procedures/Pages/KidneyandBladderProceduresHome.aspx>

<http://www.aboutkidshealth.ca/En/HealthAZ/ConditionsandDiseases/KidneyandUrinaryDisorders/Pages/kidney-failure-and-treatment.aspx>

<http://www.aboutkidshealth.ca/En/HealthAZ/TestsAndTreatments/Tests/Pages/GFR-scan.aspx>

<http://www.cw.bc.ca/library/pdf/pamphlets/BCCH1546UrinaryTractInfections&Pyelonephritis.pdf>

http://www.cw.bc.ca/library/pdf/pamphlets/BCCH1574_ToiletTraining_2010_Mar.pdf

PARENT AND CAREGIVER RESOURCE

<http://www.aboutkidshealth.ca/En/HealthAZ/HealthandWellness/Elimination/Pages/Toilettraining.aspx>

<http://www.aboutkidshealth.ca/En/HealthAZ/ConditionsandDiseases/DigestiveSystemDisorders/Pages/Constipation.aspx>

<http://kidneyschool.org/>

http://www.youtube.com/watch?v=_VnTjWwuNcs&feature=related

<http://kidney.niddk.nih.gov/kudiseases/a-z.aspx>

<http://www.kidney.org/>

WEB BASED RESOURCES FOR KIDS

<http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=152&id=2409>

<http://www.aboutkidshealth.ca/En/JustForKids/Body/Peeing/Pages/default.aspx>

http://www.youtube.com/watch?v=_VnTjWwuNcs&feature=related

<http://kidneyweb.net/handouts.htm>

HANDOUTS

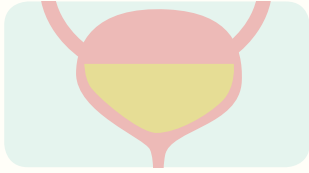
Kidney Foundation pamphlet: "Your Kidneys" <http://www.kidney.ca/document.doc?id=318>

Kidney Foundation Booklet: "Your Child & Chronic Kidney Disease" <http://www.kidney.ca/document.doc?id=332>

APPS

Focus: The Animated Pocket Dictionary of Nephrology

MEET YOUR KIDNEYS GLOSSARY



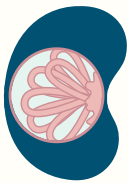
BLADDER

The bladder is like a bag inside your body that holds urine until you can go to the bathroom. The bladder is part of the renal system that makes and carries urine out of your body.



BOWEL MOVEMENT

Bowel movement is another word for having "poo". You will also hear bowel movements called "passing a stool". Regular bowel movements are important for good health.



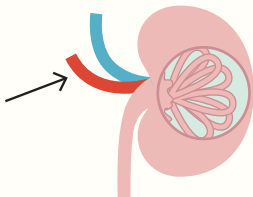
GLOMERULI

Glomeruli are the tiny filters inside the kidney that clean blood. The waste that is filtered out is put into urine and eliminated when you go to the toilet.



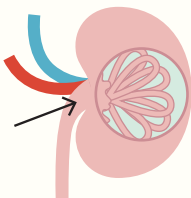
HEALTH CARE PROVIDERS

Health care providers are people with health education who help us look after our health. There are many types of health care providers such as nurses, family doctors, specialists like the kidney doctor, dentists, psychologists and counselors and many others.



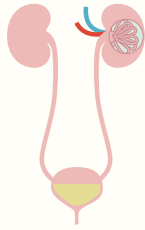
RENAL ARTERY

Renal artery is a blood vessel that brings blood flow to your kidney. It is connected to the aorta, a large blood vessel that brings blood pumped from the heart to other parts of your body.



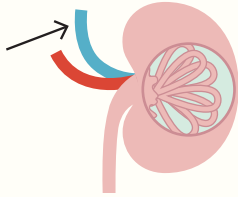
RENAL PELVIS

Renal Pelvis is where urine that is newly made by the kidney collects. After the urine flows through the ureter and into the bladder.



RENAL SYSTEM

Renal system includes the kidneys, renal pelvis, ureters and bladder. It is the organ system that makes and carries urine out of your body. It is connected to the body by two blood vessels, the renal artery and renal vein.



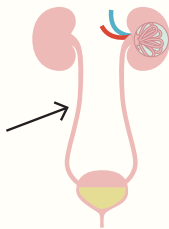
RENAL VEIN

Renal veins carry blood away from the kidneys. Each kidney has one renal vein. After the kidneys have used the oxygen in the blood, the renal veins carry the blood back to the heart to get more oxygen.



ULTRASOUND

Ultrasound is a test that uses sound waves to look inside our body. A picture of what is being seen shows on a TV screen.



URETERS

Ureters are tubes coming out of our kidneys and going into our bladder. Each kidney has one ureter. Urine (pee) travels from our kidneys to our bladder through these tubes.



URETHRA

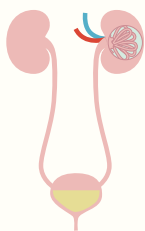
Urethra is a tube that carries our urine (pee) out of our bladder and into the toilet.



URINATE

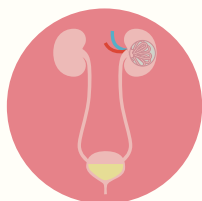
To urinate is the action of passing urine or "pee" from the bladder into the toilet.

MEET YOUR KIDNEYS!



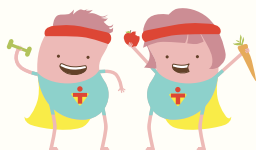
URINARY TRACT

The urinary tract is a way to name the system in your body which includes our kidneys, ureters, bladder and urethra. They are all connected and work together to make, collect, store and empty urine (pee) from our body.



URINARY TRACT INFECTIONS (UTIs)

Urinary tract infections (UTIs) are infections of our urinary tract. Infections happen when germs get into our body and make us sick.



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>