

CONNECTIONS

PARENT AND CAREGIVER RESOURCE

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NOTES

RESOURCES MENU

1. Your Kidney Health Team
2. Meet Your Kidneys!
3. Balance

4. CONNECTIONS

5. Healthy Eating
6. Being Active
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The **kidneys** have four main jobs in our body. These jobs are:

- 1) to clean the **blood** and make **urine**
- 2) to tell our **bones** when to make **more strong** blood
- 3) help our **heart** stay healthy by balancing **water** and **salt**
- 4) to recycle **building blocks** our bones and other parts of our body need

The **Kidney Health Team** can do tests to see how well the kidneys are able to do their jobs.

We can check how effectively the kidneys are “cleaning the blood” through measuring your **GFR (glomerular filtration rate)**.

Tests can tell the team how many new **red blood cells** are being made. New red blood cells are called **reticulocytes** - sometimes you might hear the Health

Team saying “re-tics.” We also watch your child’s **red blood cell count**. A good blood count affects your child’s energy level, heart health and growth. The kidneys produce **erythropoietin**, a hormone, to tell bones to make more blood.

We can measure the health of the heart through **echo** and **ECG**. We check your child’s **blood pressure** regularly.

We check your child’s bone health by seeing how well your child is growing. We also measure blood **minerals, Vitamin D** and **hormones** to make sure your child’s kidneys are helping keep bones healthy.

Eating healthy foods and being active affect kidney health. You have an important role in keeping your child’s kidneys healthier so they can do all their important jobs for the body: cleaning blood, keeping balance, maintaining bone health, heart health and a normal blood count.

CONNECTIONS

You can help keep your child's kidneys healthier by providing:

- Exercise to help with blood pressure and bone health
- Healthy foods to help with blood minerals and Vitamin D levels and the right nutrients to make strong blood.

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/IntroductiontotheHeart/Pages/default.aspx> From here you can click on the topics on the left hand side to learn more about how the heart works and Blood pressure

<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.aboutkidshealth.ca/En/HealthAZ/TestsAndTreatments/Tests/Pages/Echocardiogram.aspx>

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

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

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

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

WEB BASED RESOURCES FOR KIDS

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

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

HANDOUTS

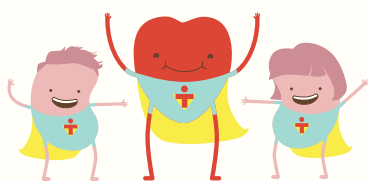
Kidney Foundation Booklet: "Your Child & Chronic Kidney Disease" <http://www.kidney.ca/document.doc?id=332>

CONNECTIONS GLOSSARY



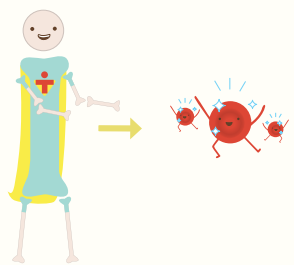
ECG

ECG is a test that gives us information about the electrical activity of your heart. ECG is short for "electrocardiogram". The ECG helps us to measure the rate and rhythm of your heartbeat and provides information about early signs of heart disease.



ECHO

Echo is an ultrasound test of your heart. Echo is short for "echocardiogram". This test helps us to look at the size and shape of your heart and gives us information about early signs of heart disease.



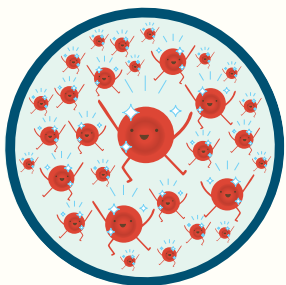
ERYTHROPOIETIN

Erythropoietin is a hormone that tells our bones to make more blood. Some people call it "epo" for short. Erythropoietin is made in the kidneys. Sometimes when we have CKD, our kidneys have trouble making enough erythropoietin so we need an injection. The medicines we use to replace erythropoietin are called ESAs, which is short for "erythrocyte stimulating agents".



RECYCLE

Recycle means to take something that has been used before and make it into something new. We can also say reuse. The kidneys recycle many important minerals and building blocks when they clean the blood of waste.



RED BLOOD CELL COUNT

Red blood cell count is a test used to measure the amount of red blood cells in our body. The test is done by taking a blood sample and looking at it in a lab under a microscope. There test result will sometimes talk about the level of "hemoglobin" or the level of "hematocrit" or "HCT", which are all ways to tell how many red blood cells there are.



RED BLOOD CELLS

Red blood cells are the most common blood cell in our body. They carry oxygen around the body, which gives us energy. When we don't have enough red blood cells it is called anemia. Red blood cells are also called erythrocytes.



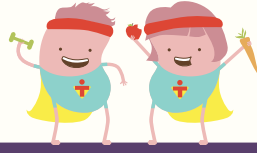
RETICULOCYTES

Reticulocytes are new red blood cells. Sometimes they are called "retics" for short. The reticulocyte count tells us how many new red blood cells there are in blood. It tells us how fast we are making the new red blood cells. When the number of reticulocytes are low, it can be because our kidneys are not making enough erythropoietin. It is an important test when we are trying to know the reason for anemia.



REUSE

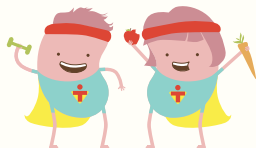
Reuse means when you use something again.



NOTES



HEALTHY KIDNEYS



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>