



BLOOD PRESSURE

PARENT AND CAREGIVER RESOURCE

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NOTES

RESOURCES MENU

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There are many reasons to keep our **kidneys** as healthy as possible. The kidneys play an important role in controlling **blood pressure**. Having a healthy blood pressure is very important to our overall health. Two things that can make it harder to keep a healthy blood pressure are too much **salt** in your food and **kidney disease**.

The **Kidney Health Team** checks your child's blood pressure regularly. Sometimes, your **family doctor** or **primary care team** will check your child's blood pressure and send the results to the Kidney Health Team. To get the most accurate blood pressure test results, your child needs to be calm and quiet.

Sometimes the Kidney Health Team will do a 24-hour blood pressure test called an **Ambulatory Blood Pressure Monitoring (APBM)**. This is an overnight test that happens at home. We only do an APBM to confirm high blood pressure or check how well a **medicine** is working for your child.

Please help us get an accurate result from your child's blood pressure test:

- remind your child before each clinic appointment that they will be getting a blood pressure test
- remind your child they will need to sit still and not talk for five minutes
- remind your child they will feel the **cuff** getting tight on their right arm for a few seconds before it gets looser and looser
- practice sitting still and not talking for 5 minutes
- help your child be still and calm during the test: you could show them pictures; blow bubbles or look at a book
- always bring all of your child's medicines to your child's appointments
- let the Kidney Health Team know if your child has missed any medicines in the last week because missing medicines can affect your child's blood pressure test result

BLOOD PRESSURE

Healthy blood pressure is kept in balance (regulated) by four things:

- eating **Whole Foods**
- getting regular **physical activity**
- having the right amount of salt for your body
- taking blood pressure medicines

Try to provide Whole Food options as much as possible. Whole Foods come from animals and plants. Try to limit **Processed Foods**, especially those that have extra salt. The extra salt makes it very difficult for the kidneys to control the blood pressure well.

By the time children are five years old, they should be getting at least 60 minutes of energetic play every day. It's the same for children and teens. And for adults! Is there a way the whole family can work on getting more physical activity together?

If your child needs medicines for their blood pressure, it's up to you as the parent or caregiver to make sure that your child gets these medicines, on time, all the time.

If your child has any of these signs, contact the Kidney Health Team:

- headaches
- trouble seeing
- double- vision
- chest pain
- stomach pain
- breathing problems
- infants may seem irritable, not be feeding properly or vomiting

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.childrenshospital.org/health-topics/conditions/hypertension>

<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/JustForKids/Body/Pages/Heart.aspx>

<http://www.aboutkidshealth.ca/En/HealthAZ/ConditionsandDiseases/HeartandBloodVesselDisorders/Pages/hypertension.aspx>

<http://www.aboutkidshealth.ca/En/HealthAZ/TestsAndTreatments/HomeHealthCare/Pages/Blood-Pressure-Taking-Your-Childs-Blood-Pressure-At-Home.aspx>

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

WEB BASED RESOURCES FOR KIDS

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

HANDOUTS

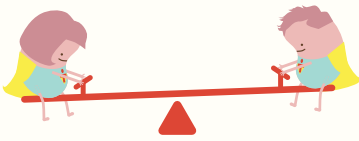
Kidney Foundation Pamphlet: t"High Blood Pressure and Your Kidneys" <http://www.kidney.ca/document.doc?id=300>

BLOOD PRESSURE GLOSSARY



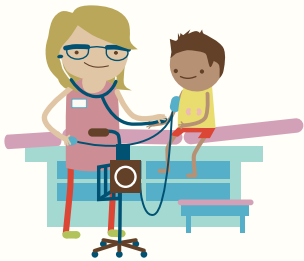
AMBULATORY BLOOD PRESSURE MONITOR (ABPM)

Ambulatory blood pressure monitor (ABPM) is a blood pressure test that is done at home. The nurse will put a blood pressure cuff on your arm in clinic. The cuff is worn for about 24 hours to see what your blood pressure is like at home, at school and when you are asleep.



BALANCE

Balance is when you have just the right amount of something - not too much, not too little. Our kidneys balance many things in our body.



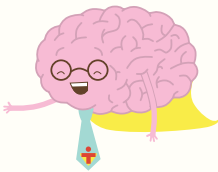
BLOOD PRESSURE

Blood pressure keeps our heart full enough so it can pump blood to our whole body. Our body needs the right blood pressure so it can push blood to our brain, kidneys, muscles and other tissues and organs in our body. The kidneys help control the blood pressure in our body.



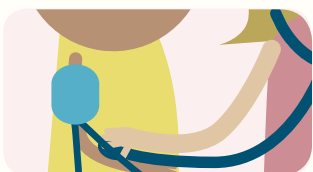
BLOOD PRESSURE CUFF

Blood pressure cuff is a soft piece of material that the doctor or nurse will wrap around your arm. Sometimes it is just called a "cuff". Then the doctor or nurse will pump air into the cuff so that it gives your arm a hug for a few seconds.



BRAIN

The Brain is the organ inside your head that you think with! It is protected by your skull bones.



CUFF

The cuff or blood pressure cuff is a soft piece of material that the doctor or nurse will wrap around your arm. Then the doctor or nurse will pump air into the cuff so that it gives your arm a hug for a few seconds.

BLOOD PRESSURE



DIETITIAN

The Dietitian is a member of your Kidney Health Team. The Dietitian has lots of information about healthy, whole foods and nutrition. The Dietitian can help you and your family find the right balance for healthy eating.



DOCTOR(S)

Doctors are members of your Kidney Health Team. Doctors check you and your kidneys. Your Doctor prescribes medicines.



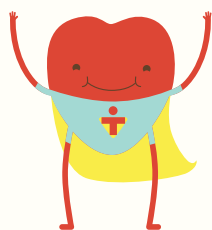
FAMILY DOCTOR

Family Doctors are members of the health care team. Family doctors are usually the doctors we see in our hometown or community or nursing station. Family Doctors help with many different health concerns. They work together with the Kidney Health Team. Sometimes the Kidney Health Team asks the Family Doctor to do tests or monitor things for the Kidney Health team.



GREEN FOODS

Green Foods are Whole Foods. Whole Foods give our bodies the nutrients we need to stay healthy. Whole Foods are from plants and animals and home-cooked from raw ingredients. Choose Whole Foods First!



HEART

The heart is the organ in the upper left side of our chest and is connected to blood vessels (arteries and veins). With every heart beat, the heart fills with blood that is pumped out to all the body tissues and organs. The work of every heart beat is related to the blood pressure. The kidneys help control blood pressure.



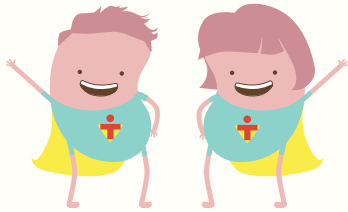
KIDNEY HEALTH CLINIC

Kidney Health Clinic is a place where doctors, nurses and other members of the Kidney Health Team can see you to check on your kidney health and how you are doing.



KIDNEY HEALTH TEAM

Kidney Health Team is all the different people who work with you to help keep your kidneys as healthy as possible. Members of the Kidney Health Team include nurses, doctors (nephrologists), dietitians, social workers, clerks, you and your family. Together, everyone will work with you to make your Kidney Health Care Plan.



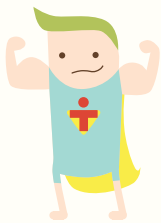
KIDNEYS

Kidneys are bean-shaped organs about the size of our fist. Most people have 2 kidneys. Kidneys are found under the rib cage near the middle of the back. The kidneys have many functions or jobs (see Kidney Function).



MEDICINES

Medicines can have many forms like pills, liquids, creams, injections or puffers. Medicines are prescribed by a doctor to treat different problems. Some medicines are only taken for a short time, like when you have an infection. Other medicines become a regular part of life, like treating asthma or taking vitamins. We should always take medicines the way the doctor prescribes them.



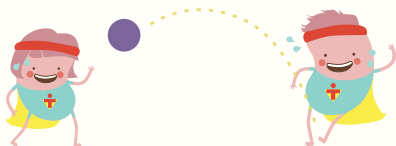
MUSCLES

Our muscles help our body move and work. Some muscles we can control, like the muscles in our legs that help us walk. Other muscles like our heart keep on working - beating - all the time without us even thinking about it.



NURSE

Nurses are members of your Kidney Health Team. Nurses talk with you about how you are feeling, check your blood pressure and ask you questions about your medicines.



PHYSICAL ACTIVITY

Physical activity is anything we do that makes our body work hard and our heart beat fast. The goal is to take part in 60 minutes of physical activity every day.

BLOOD PRESSURE



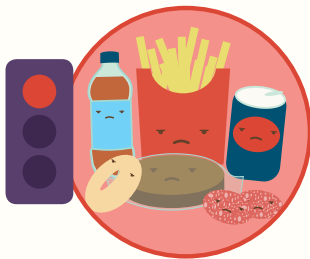
PRIMARY CARE TEAM

The Primary Care Team are the health care providers that we usually see in our hometown or community or nursing station. Primary Care Team members are often family doctors, nurses and community health workers. The Primary Care Team works together with the Kidney Health Team.



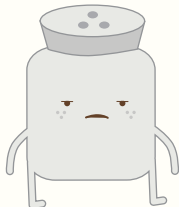
PROCESSED FOODS

Processed foods are foods that started as whole foods, but got changed in a factory to make something else. Some important nutrients get lost when food is processed. Extra sugar or salt or chemicals are added to make it taste better or look different.



RED FOODS

Red Foods are foods to avoid. Red Foods are highly processed and are often called Junk Foods. Red Foods are missing most important nutrients. Most Red Foods have lots of added sugar, salt, preservatives and artificial ingredients like food colouring and flavourings. These ingredients do not help our body.



SALT

Salt is made up of two substances called sodium and chloride. It is something we taste in our food. Sodium in salt is important to control the amount of fluid and blood pressure in our body: when we have more sodium, we feel thirsty and too much sodium can make us swollen. If you are losing salt and water, like with stomach flu, you get dehydrated. Our kidneys help balance salt and water in our body.

Date		Kidney Medicines Schedule						
Drug	Dose/Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Diclofenac 50 mg tablets Give 1 tab THREE times a day for pain relief	breakfast lunch bedtime	✓	✓	✓				
Ferrus sulphate 300 mg tablet Give 1 tablet TWO times a day with aspartame	breakfast bedtime	✓	✓					
Indinavir 200 mg capsules Give 20 mL TWO times a day (for 200 mg capsules)	breakfast bedtime	✓	✓					
Metformin 500 mg tablets Give 1 tablet ONCE daily with aspartame	breakfast	✓	✓					
Calcium D 20 mg capsules Give 1 capsule ONCE daily (for 200 mg capsules)	breakfast	✓	✓					
Acetaminophen 500 mg tablets Give 2 tablets (10 mg) ONCE daily for high blood pressure	bedtime	✓	✓					
Vitamin D1 500 unit tablets Give 1 tablet ONCE daily (for 200 mg capsules)	breakfast	✓	✓					

SCHEDULE

Schedules and routines are things we do regularly at the same time or date. Having regular schedules for eating together, going to bed and doing our homework helps us to stay organized. Having schedules and routines can make it easier to take medicines as they are prescribed.



WATER

Water is the liquid that we drink. Our bodies are made of mostly water. The amount of salt in our body affects the amount water we have. The kidneys are very important to keep the amount of salt and water for our body in balance.



WEIGHT

Weight is a measure of how light or heavy we are when we step on a scale. There are special guidelines that help us to know if we weigh too much or too little or are just right for our age and height (how tall we are).



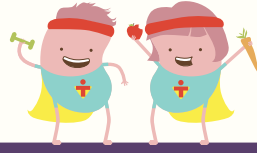
WHOLE FOODS

Whole foods have many of the different nutrients we need. Whole foods come from plants and animals. Whole foods are vegetables, fruits, nuts, milk, eggs and meat from the store, fishing or hunting. Always choose Whole Foods first!

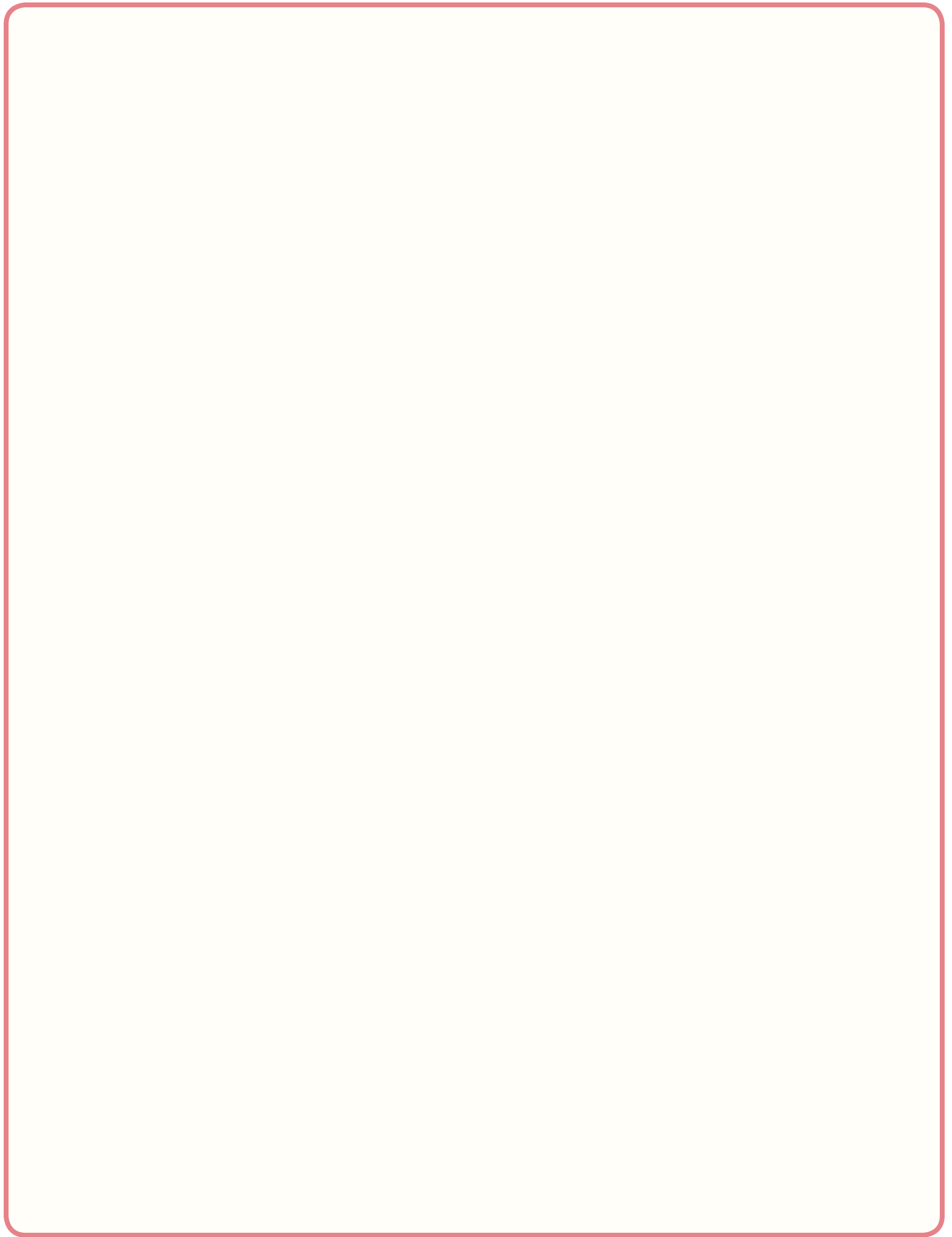


YELLOW FOODS

Yellow Foods are foods we should only eat sometimes. Yellow Foods are usually processed with added salt, added sugar, preservatives and artificial ingredients. Because they are processed, some of the important nutrients have been removed. Yellow Foods give our bodies some of the nutrients we need.

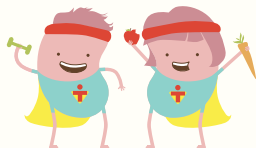


NOTES





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>