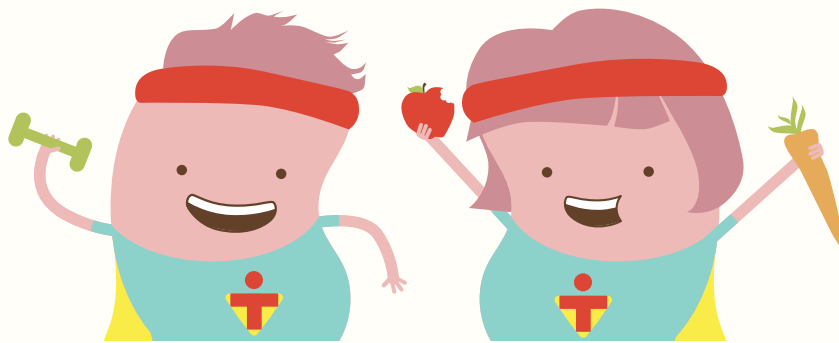


HEALTHY KIDNEYS

CHRONIC KIDNEY DISEASE



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.

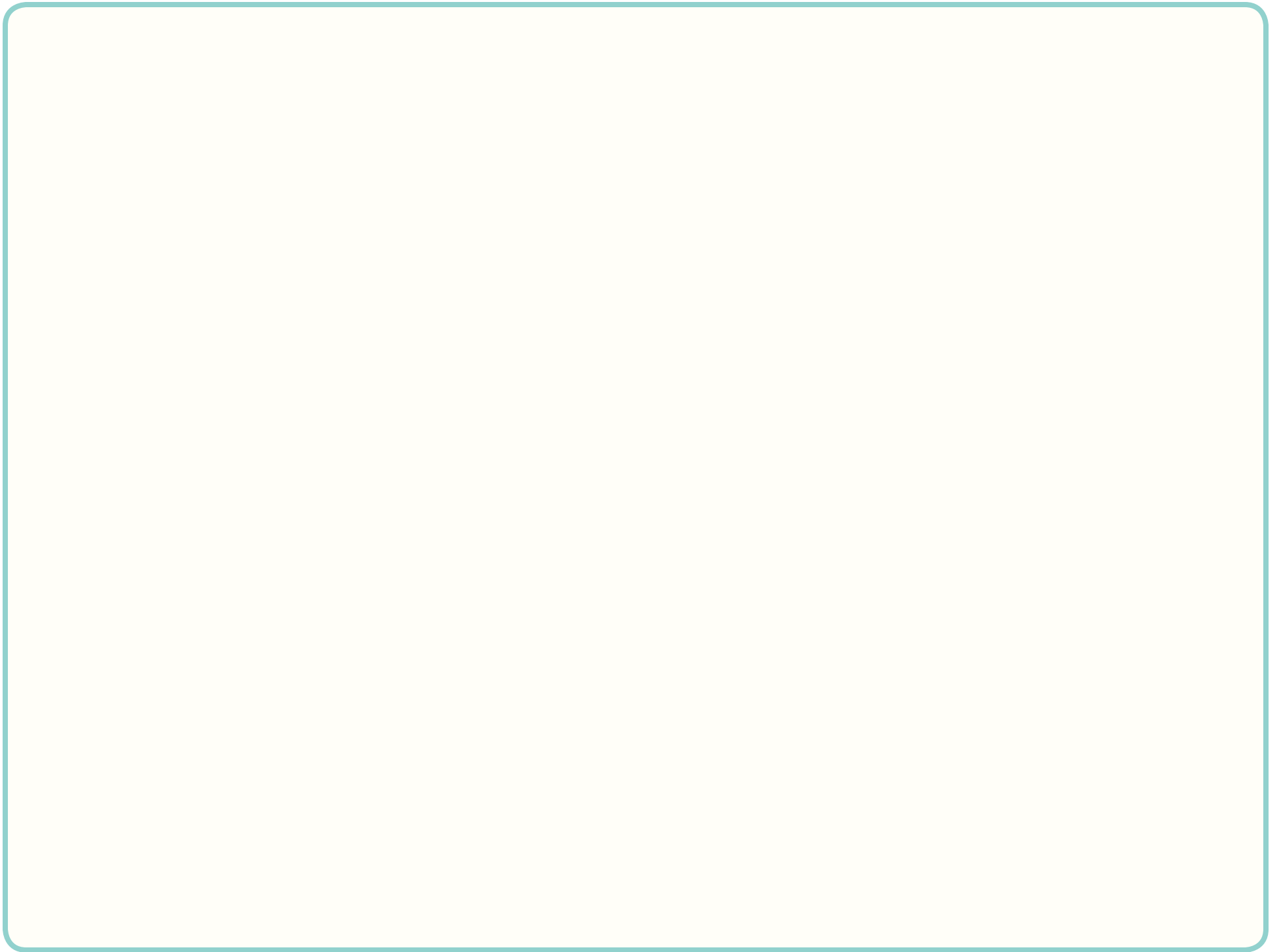
Finally, we thank the Children's Hospital Foundation of Manitoba for their financial support in the development of this resource.

Developmental levels within this resource:

PRE-SCHOOL LEVEL

SCHOOL AGE LEVEL

ADOLESCENT LEVEL



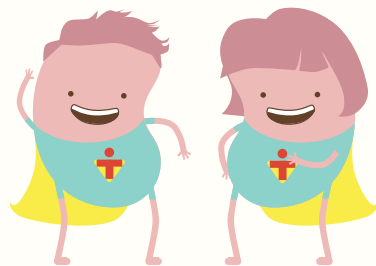
CHRONIC KIDNEY DISEASE

PRE-SCHOOL LEVEL



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



You are here to get your **kidneys** checked!

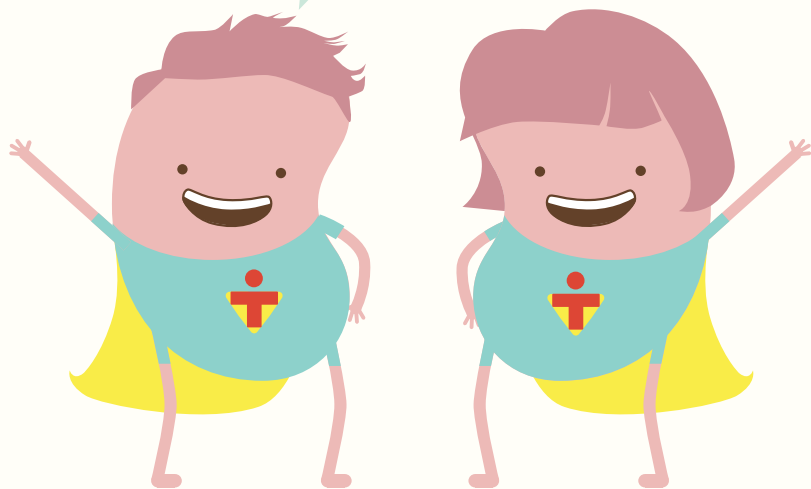




When you got up today,
you told me that you felt...



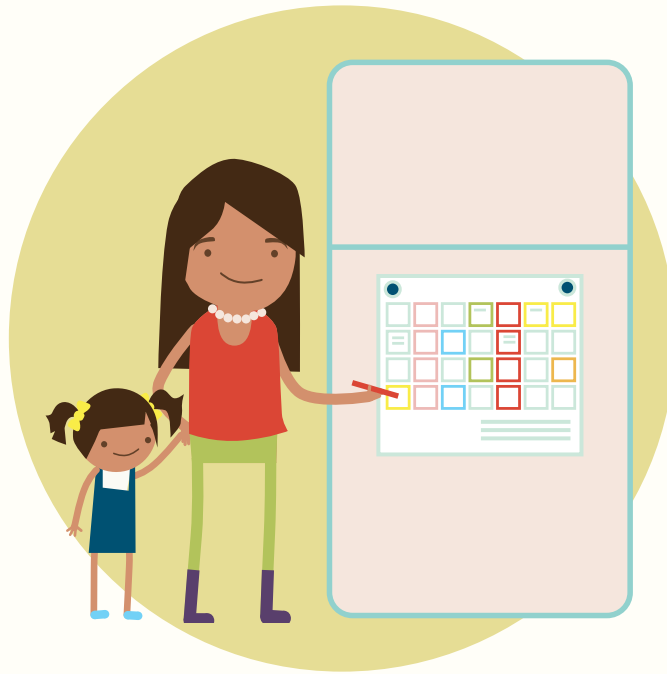
The **Kidney Health Team**
wants you to share how
you're feeling!



UP NEXT: SCHOOL AGE LEVEL

CHRONIC KIDNEY DISEASE

SCHOOL AGE LEVEL

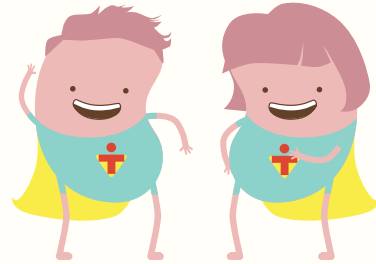


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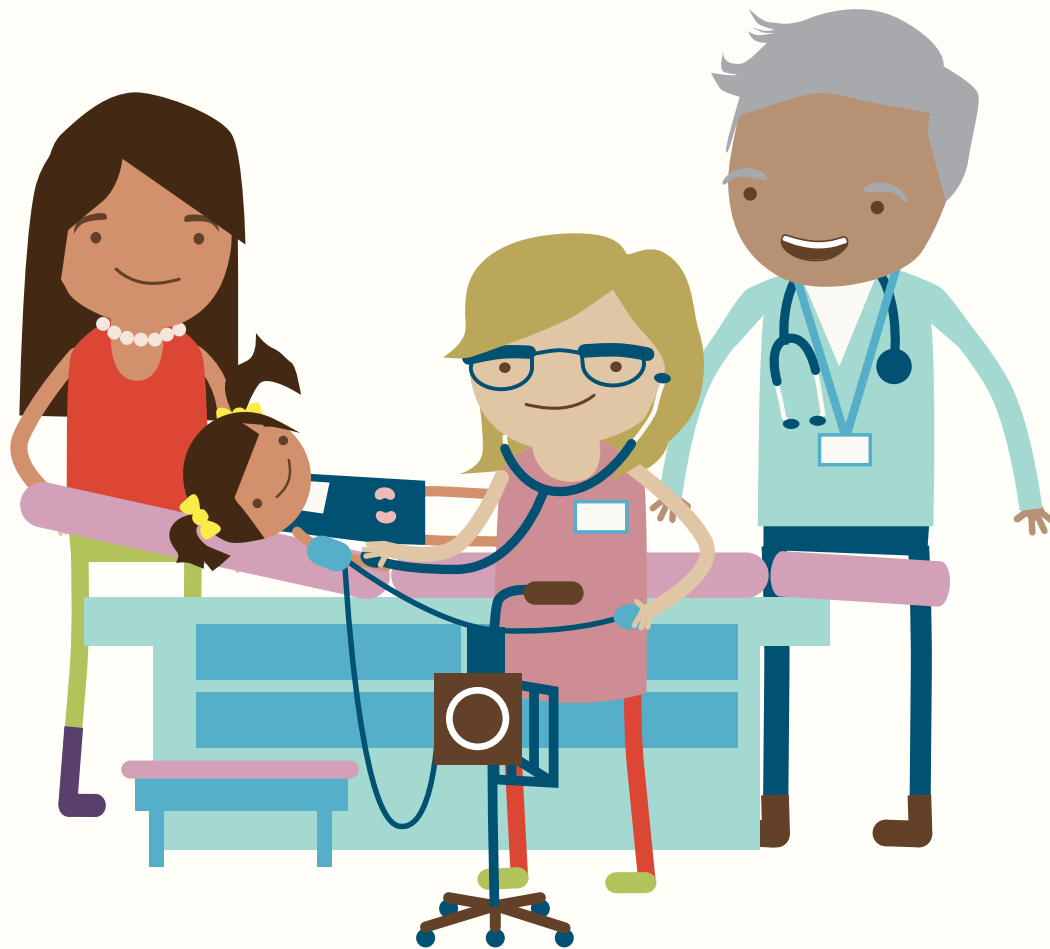
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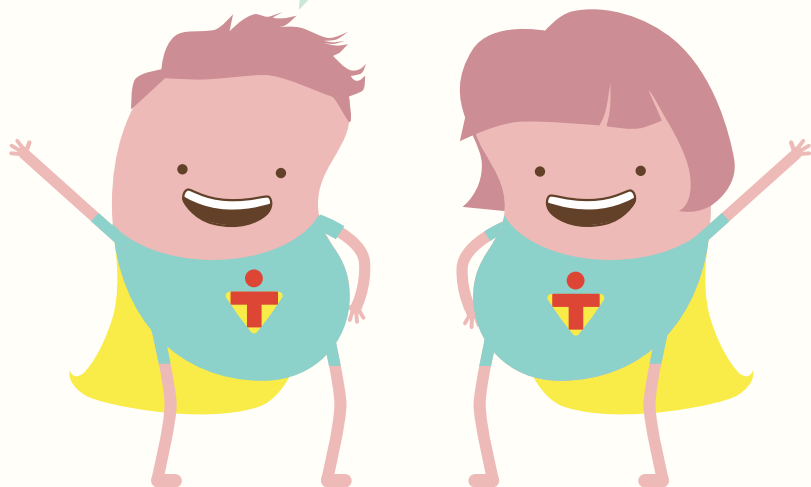
Nice to see you at the **Kidney Health Clinic!** We can help. Do you know why you're here?





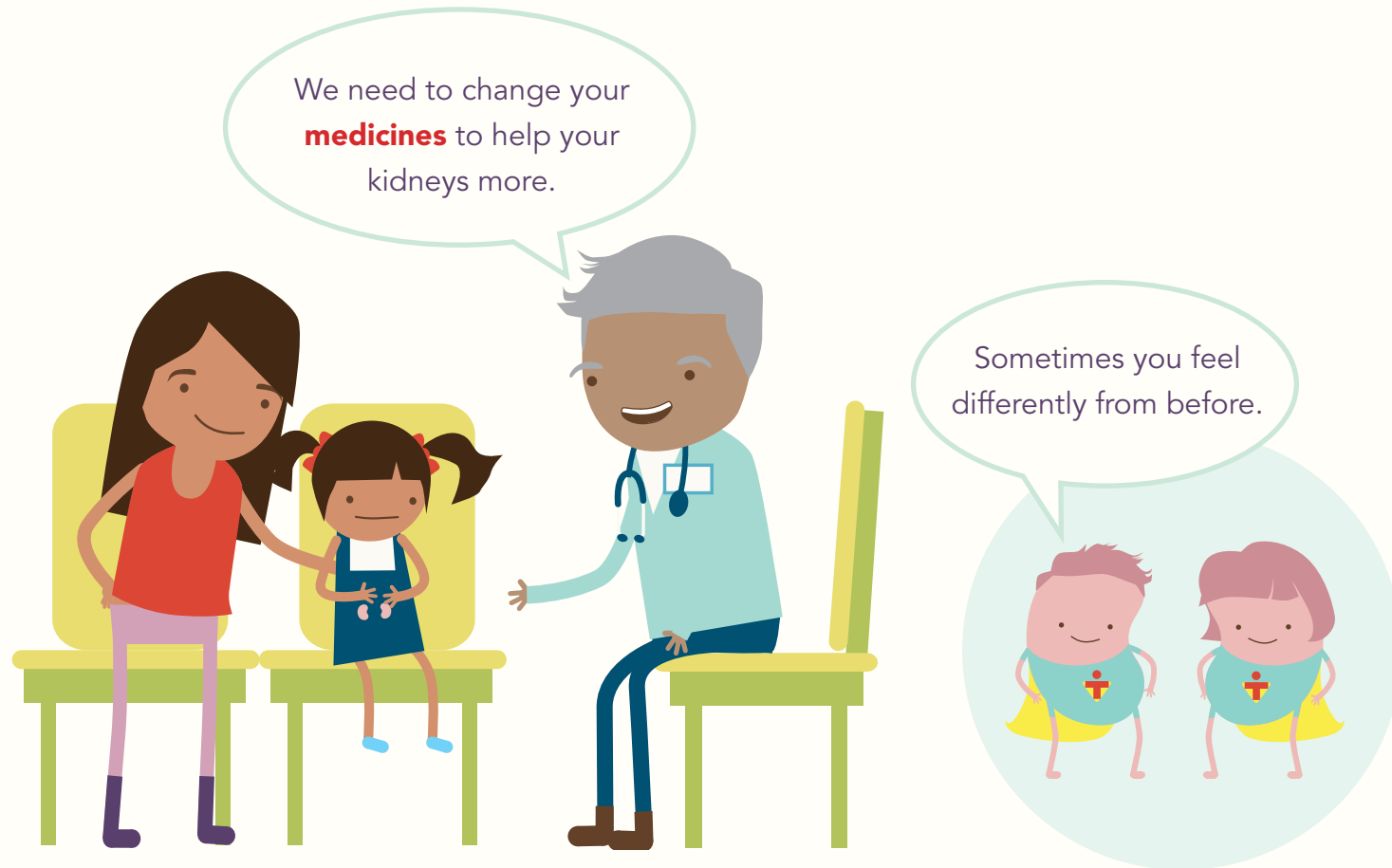


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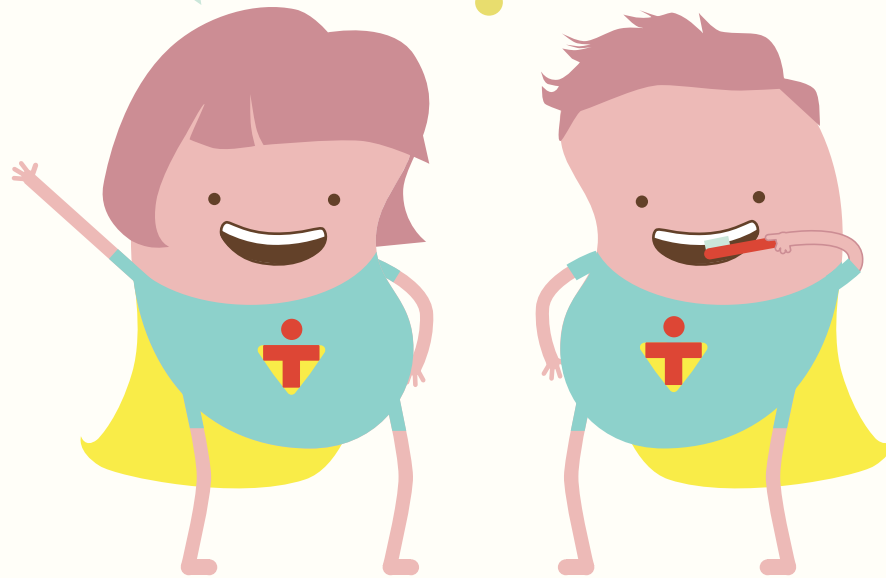
When you got up today,
you told me that you felt...

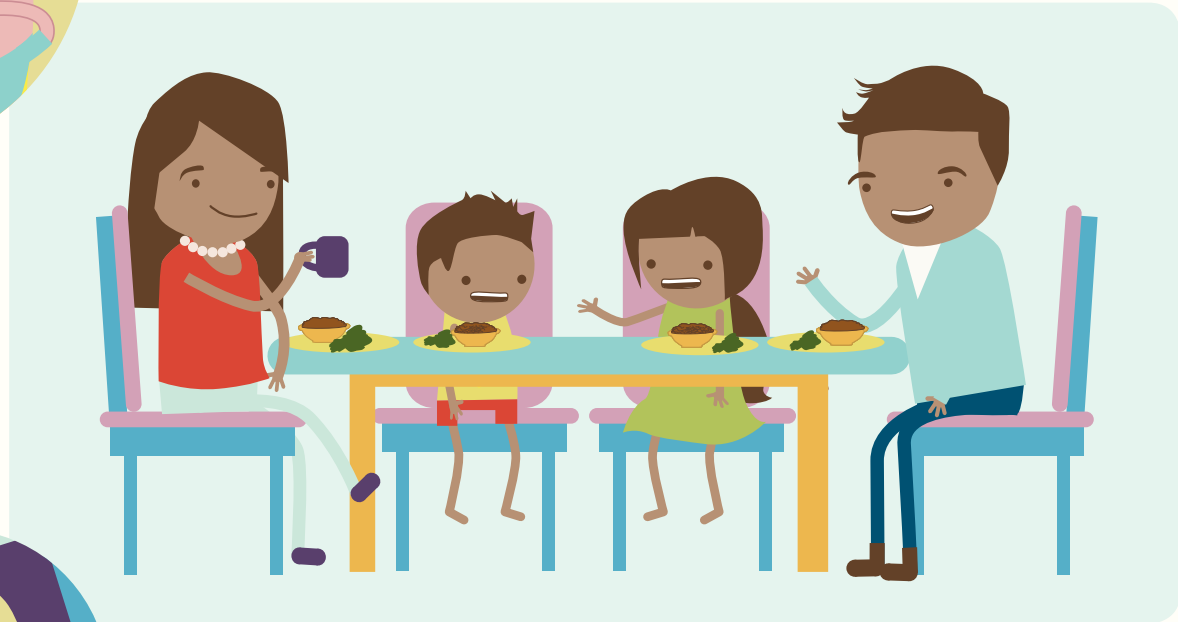




Your Kidney Health Team might change your medicines or what you eat to help you feel better.

What are some of the things we do every day?



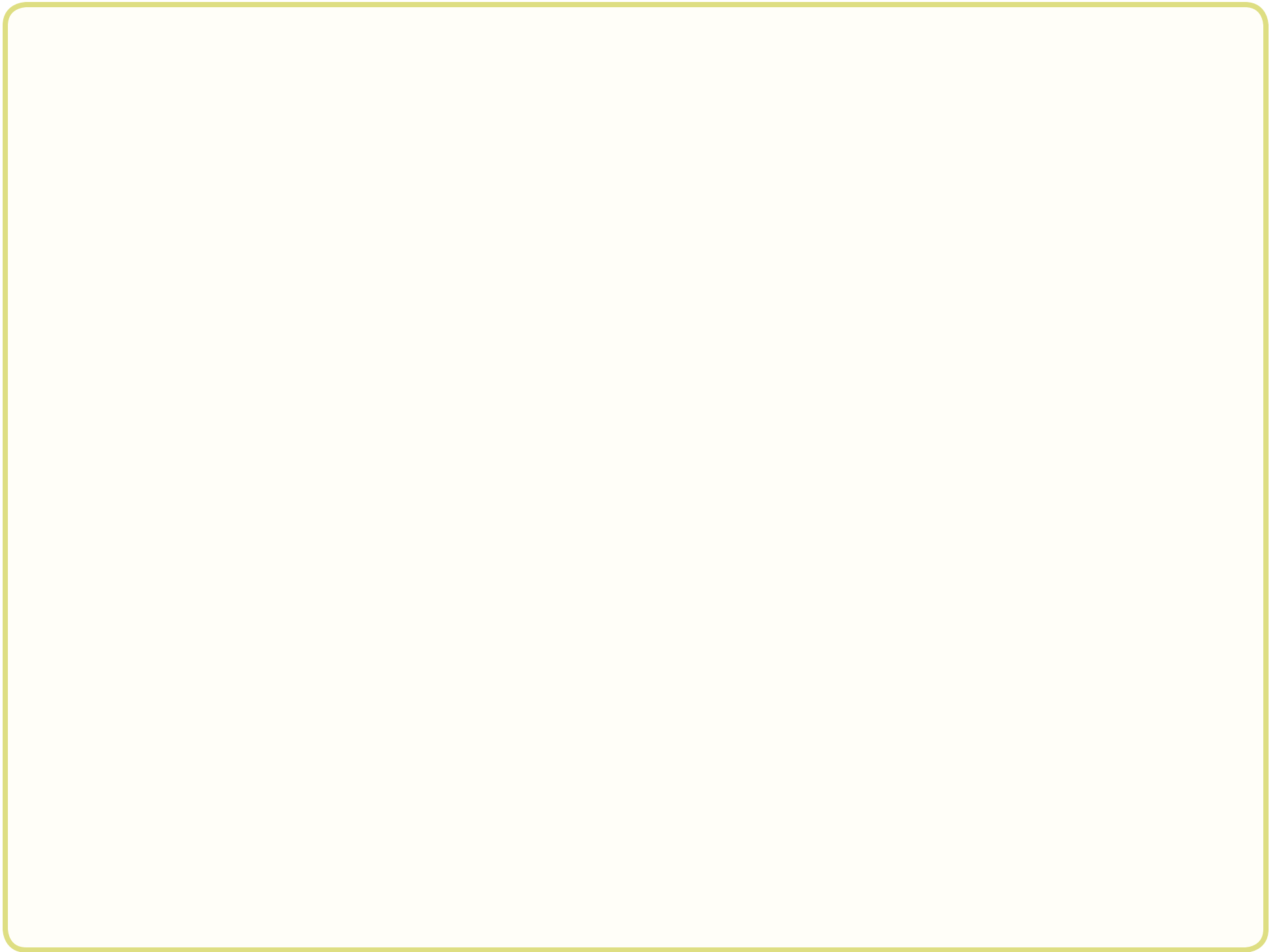




Looking after my kidney health is just part of my everyday life!



UP NEXT: ADOLESCENT LEVEL



CHRONIC KIDNEY DISEASE

ADOLESCENT LEVEL



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CHRONIC KIDNEY DISEASE



I have **Chronic Kidney Disease** - I call it **CKD**.
I come to the **Kidney Health Clinic**.

Oh, if you have CKD, you're in the right place.
The **Kidney Health Team**'s job is to work with us to keep our **kidneys** as healthy as possible.

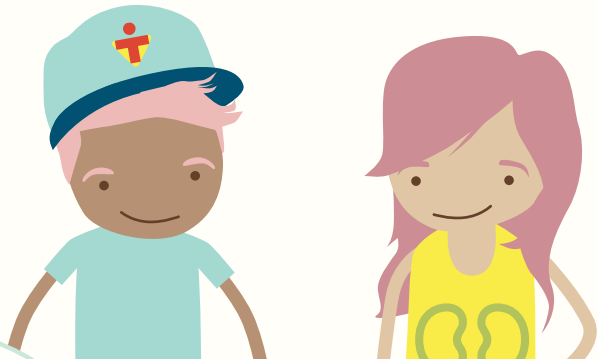
Right, and I've learned that our kidneys are linked to all kinds of other things in our body like **blood, bones, muscles**, growth, and our **heart**.



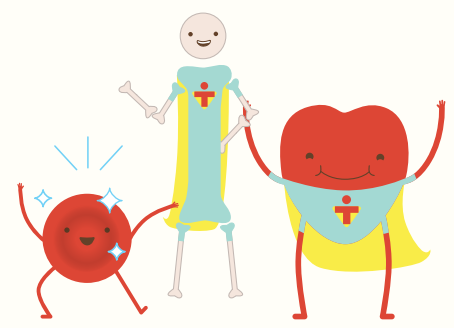
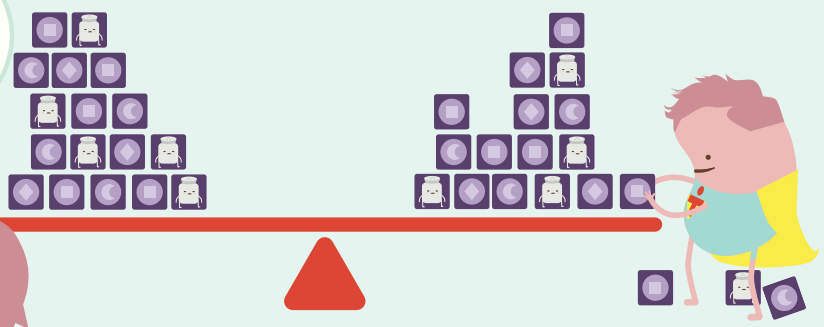
Remember, our kidneys affect different parts of our body. That's why the Kidney Health Team is always "**monitoring**" or checking our heart and bones ...

... and blood. We have to be ready to make changes as our kidneys change. Our Kidney Health Team is here to help us with all that!

Yes, but they need our help too.



A little more **calcium** there.
Oh! And take out some **salt** on the other side!





Kidney Health Care Plan

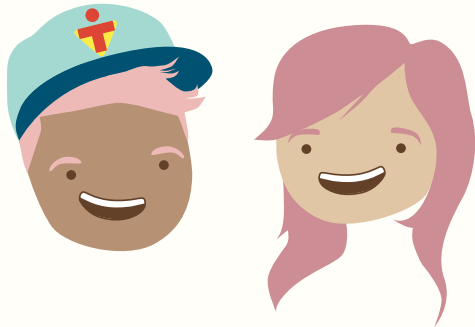
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Remember every time we come to clinic, our Kidney Health Team checks a bunch of things for us.

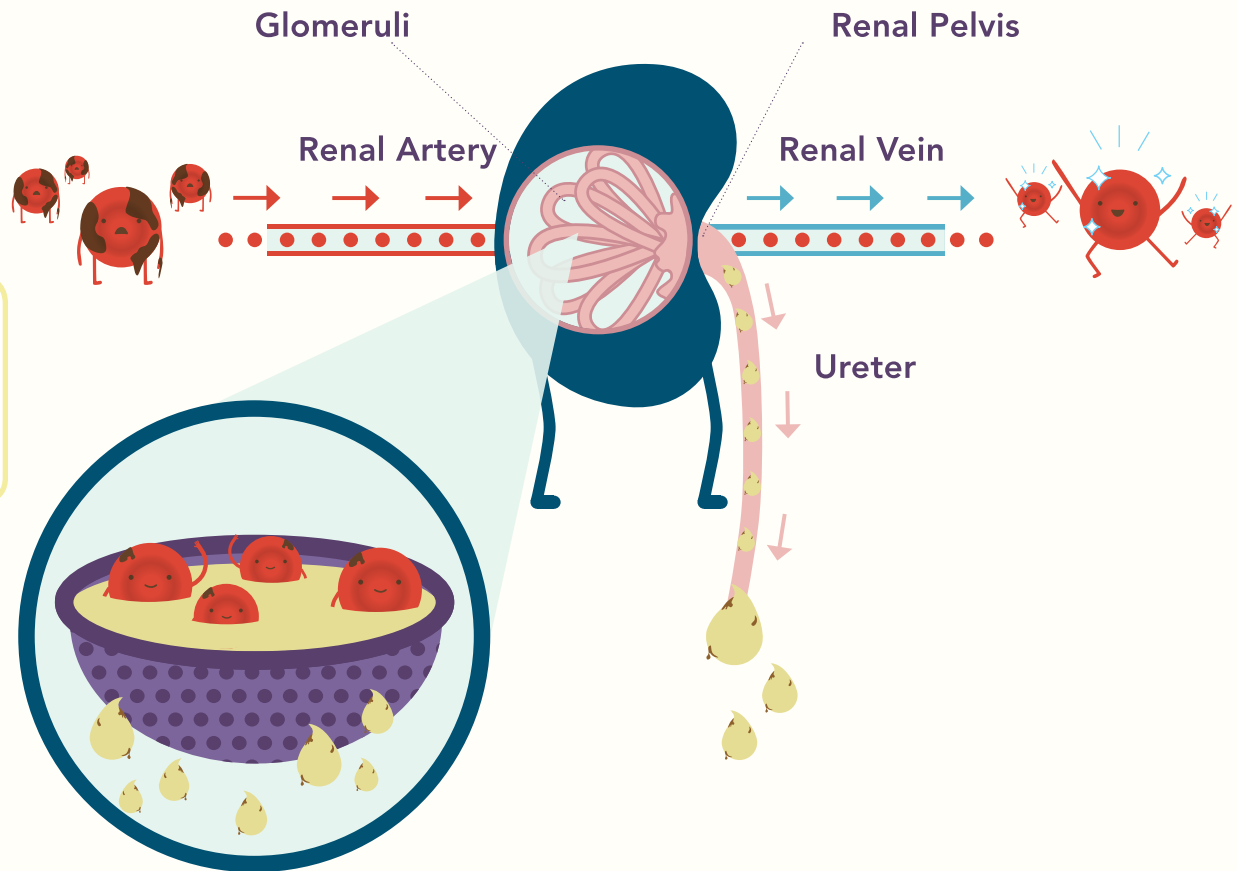
Yes, I have **blood tests** and **urine tests** and they ask about how I am eating. My Kidney Health Team helps me make a plan for my kidney health.

Right, my **kidney health care plan** is about my **medicines**, what I eat, being active and staying healthy.

I remember that the kidneys clean blood and make sure there is **balance** in our body.



Right, our kidneys reuse and recycle **Building Blocks** and put other things our body can't reuse in the **waste**.



CHRONIC KIDNEY DISEASE

As our kidney disease continues, it's harder for our kidneys to clean our blood well.

Yeah, that's what they mean when they say that I have "CKD" or some **kidney failure**.

The Kidney Health Team checks our **kidney function** to know how well the kidneys are cleaning the blood. That's the blood test they call **creatinine**.

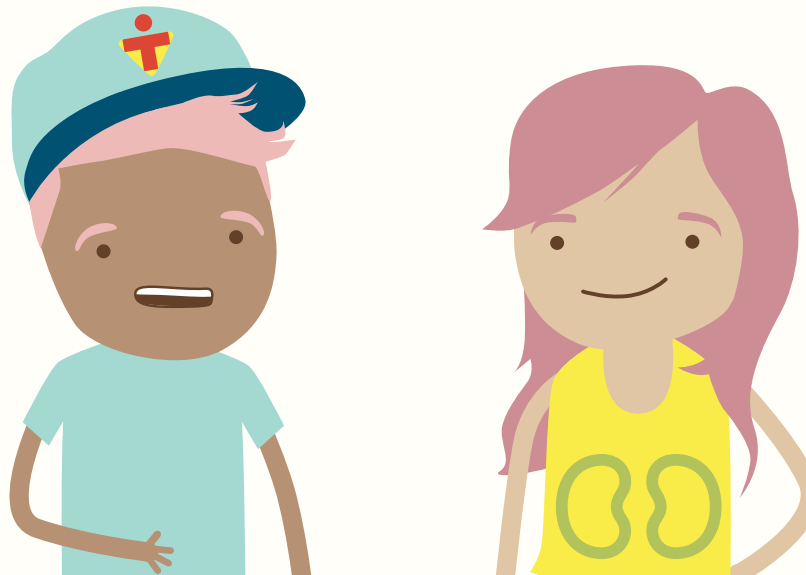
They can also do a **GFR test** for the level of kidney function. It's a little more complicated so they don't do that test so often.



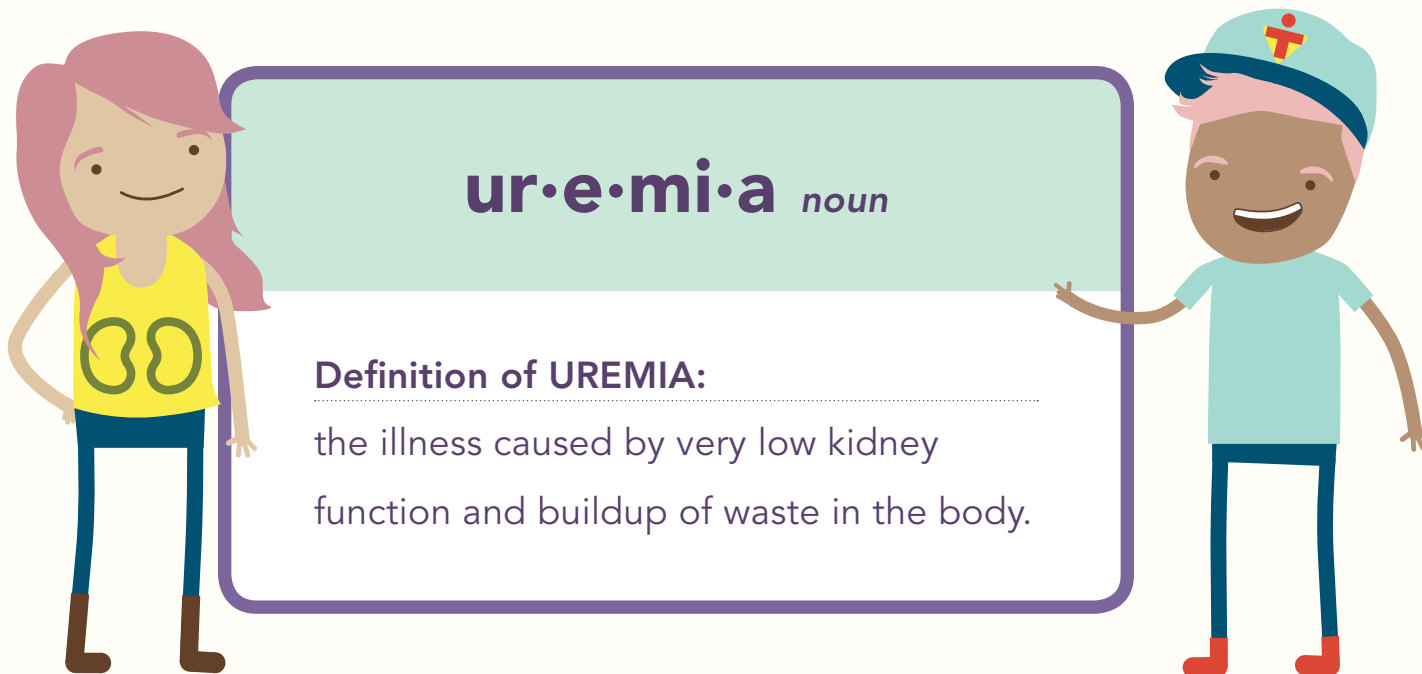
As my kidney function gets lower, I might need more monitoring to stay healthy.

Yeah, I might need more medicines or to change what I eat. I will need to see the Kidney Health Team more often.

And CKD affects other parts of my body so the Kidney Health Team is monitoring changes to my blood, bone and so on.



Do you know the word "**uremia**"? When our kidneys clean our blood, they help our body get rid of waste. When our kidneys cannot do that job well, waste stays in our body and we have uremia.



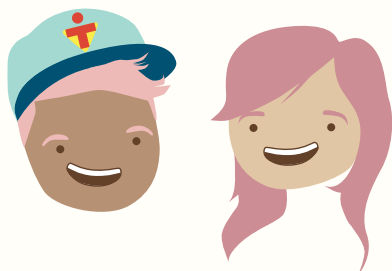
Most of the time, you don't feel uremia symptoms until your kidney function is very low.

Uremia means we might feel sick and nauseated and not want to eat.

It can be hard for us to concentrate, we can feel tired and it affects how well we are growing.

Our Kidney Health Team tries to help prevent our kidney function from getting lower. They will ask if we have any uremia symptoms and help us deal with them.





Remember that our kidneys are connected to other parts of our body? The kidneys help our bones make **more strong** blood.

Yeah, the kidneys send the message to our bones to say it's time to make more blood.

The Kidney Health Team checks our **red blood cell count**. Sometimes we need to take medicines to help our kidneys send the message to our bone to make more blood.



If we don't have **enough strong** blood, we might have **anemia**.

Can we feel if we have anemia?



WARNING

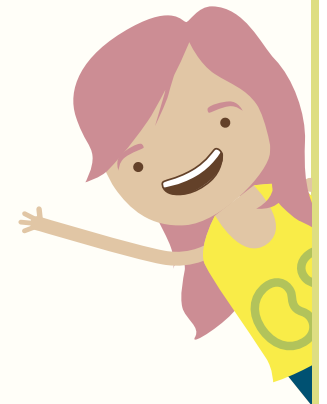
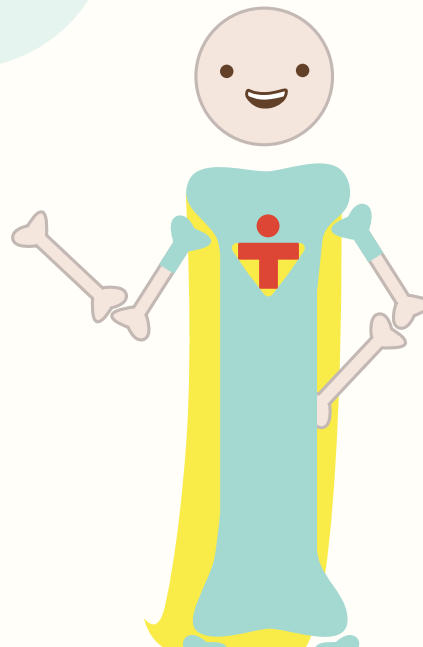
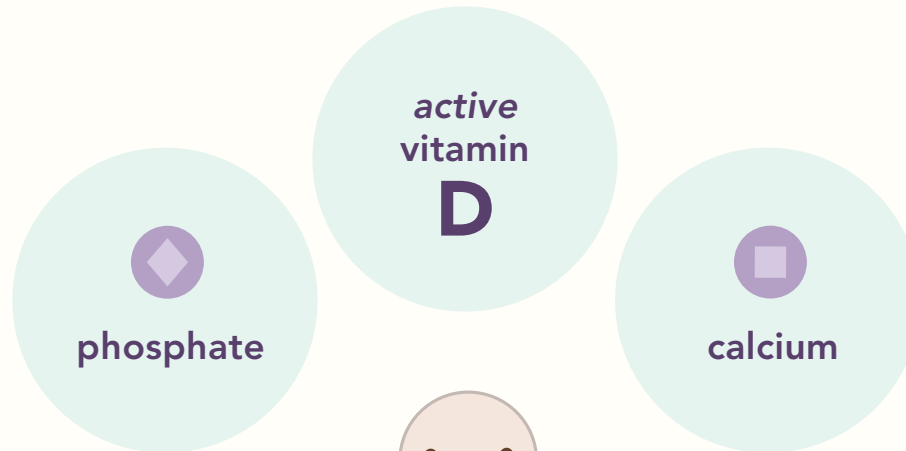
If you have **anemia**, you might:

- feel really tired compared to your friends
- have trouble thinking clearly
- have pale skin
- have a headache
- have a fast heart beat or feel short of breath, especially when you are being active
- have leg cramps



But I remember something else about bones too. Don't our kidneys help us use **minerals** and **vitamins** to keep bones strong?

You got it! Our kidneys have the key to turning on **Vitamin D**. Then our body can use the minerals to build healthy bones.



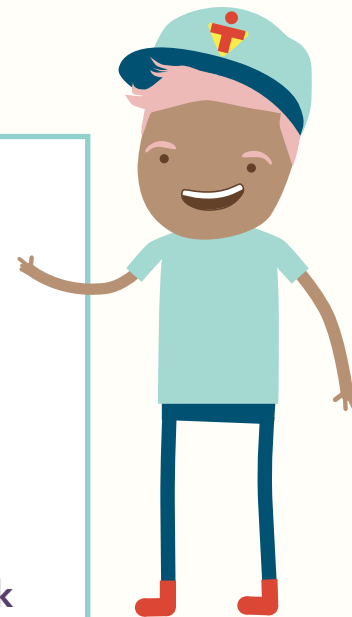
Will I notice anything if I do not have the right amounts of the main ingredients for strong bones?

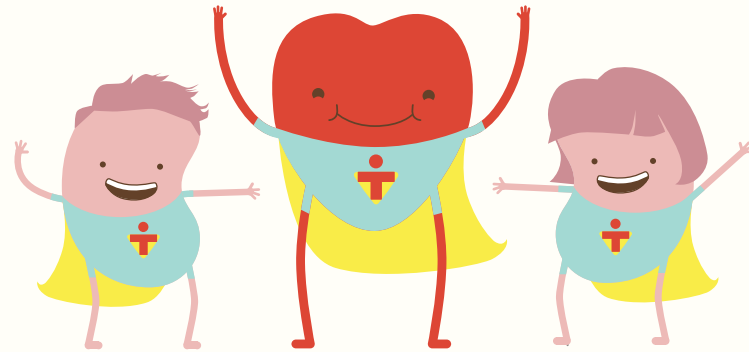
Most of the time you won't notice anything but if things are really out of balance, you might notice some of these things:



LOOK FOR THESE SIGNS:

- Red eyes
- Itchiness
- Hard bumps along my veins
- Poor growth
- Weaker bones that can break





What was it about kidneys and salt and **water** and a healthy heart?

Our kidneys keep the balance. They know the right amount of salt and water needed in our body to keep our heart healthy.

Right – that's why it's so important to monitor our **blood pressure**!

Yes, our kidneys are responsible for keeping the right blood pressure in our body.



How will I know if there's something wrong with my blood pressure?

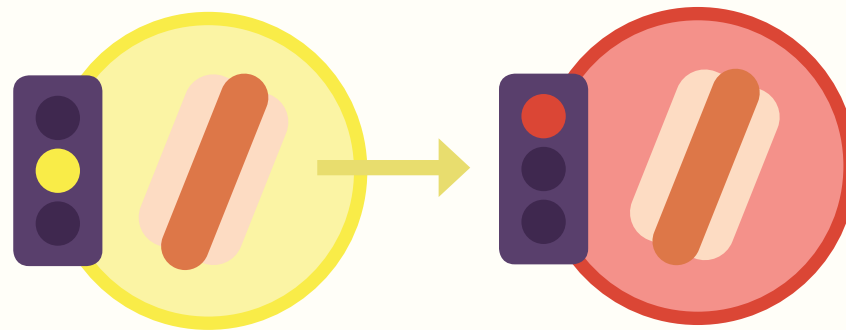
The Kidney Health Team told me to watch for these things:

WARNING

Tell the Kidney Health Team if you have:

- headaches
- trouble seeing or double vision
- breathing problems
- puffy eyes or swollen feet
- belly pain
- chest pain
- dizziness or light headedness like you could faint



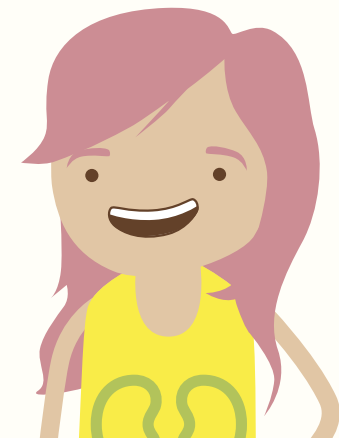


We talked so much about healthy eating. Could this change too?

Yes, as our kidneys change, we might need to change how we eat.

So what used to be a **Yellow Food** for me might become a **Red Food** or something?

Yup, that could happen. You're always adjusting.



We need to make sure our **acid** is in balance even if we feel fine because we might need treatment for that too.

So if I am having a lot of trouble with too much acid, I might notice some changes:



WARNING!

Too Much Acid:

- feel bloated
- feel short of breath
- feel gassy
- breathe fast
- feel tired and weak
- poor growth
- headaches

Always talk to your Kidney Health Team about how you're feeling!

Wow, there is so much to remember.

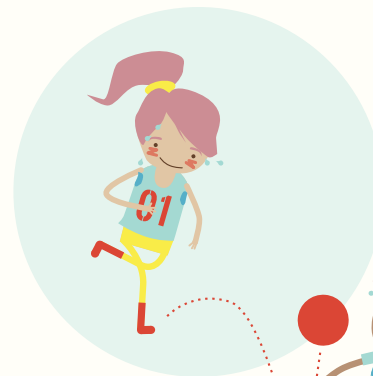
I know. But I started keeping a diary and I just write down how I'm feeling and the date. Then when I come to my clinic appointment, I can just read it for the Kidney Health Team.

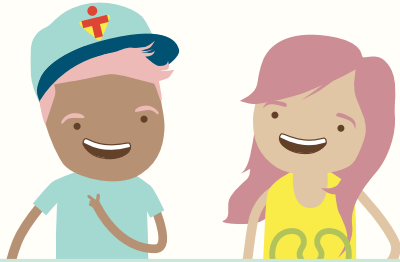
I could make notes on my phone to help me remember things. Like, if I notice I'm feeling really tired one day or have a bad headache, I could just make a note of it. Then it's easy to tell my Kidney Health Team.



CKD is a **chronic disease** – it's a part of my life but not my whole life.

Yeah, there's things I do every day to live well with my CKD.





Having a daily **routine** helps me live well with CKD.

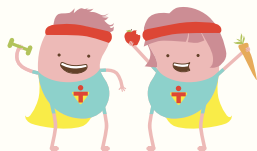
And my routine sometimes needs to change as the CKD changes. I need to be flexible.

It's one of the things that's hard about a chronic disease – things are always changing. But my parents will help me adjust my routine as my CKD changes.





HEALTHY KIDNEYS



Created by Julie Strong RN, 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>