



# YOUR KIDNEY HEALTH TEAM

PARENT AND CAREGIVER RESOURCE

## 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

Why are you and your child at the **Kidney Health Clinic**?

The simplest answer is to get your child's **kidneys** checked. The **Kidney Health Team** is here to work with you and your child. Over time, our goal is to learn to work together so that your child can have the best kidney health possible.

We try to give you information and help you understand what is happening and the recommended treatment for your child. There is a **Kidney Health Care Plan** for your child that can include taking certain **medicines**, exercising, eating certain foods or getting **tests**.

Parents are part of the Kidney Health Team too and we need to work together to help your child. Your job is to share information about your child's health with the rest of the team. We need you to help us understand how the recommended treatments

are working. At each appointment, there might be special instructions or things we want you to watch for in your child.

As your child gets older, he or she may want to speak to members of the Kidney Health Team alone. Eventually, your child will learn to manage their kidney health more independently with your support. Over time, we will work with you to encourage and support this independence.

## YOUR KIDNEY HEALTH TEAM

### YOUR RESPONSIBILITIES:

---

- to work together with the Kidney Health Team
- to support your child with the treatment plan. The treatment plan could include recommendations and instructions for taking medicines, getting tests, eating and exercising
- to bring medicines to each appointment
  
- to help your child take medicines as the doctor has prescribed

### WEB BASED RESOURCES

---

[www.kidney.ca](http://www.kidney.ca)

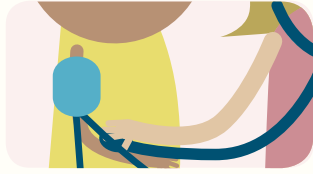
<http://www.aboutkidshealth.ca/En/HealthAZ/Pages/default.aspx> *Click on the Letters A-Z to find information on health related topics*

<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://kidneyschool.org/>

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

## YOUR KIDNEY HEALTH TEAM GLOSSARY



### BLOOD PRESSURE CUFF

---

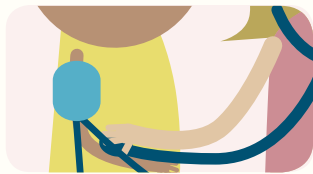
Blood pressure cuff is a soft piece of material that the doctor or nurse will wrap around your arm. Sometimes it is just called a “cuff”. Then the doctor or nurse will pump air into the cuff so that it gives your arm a hug for a few seconds.



### CLERK

---

The Clerk is a member of your Kidney Health Team who books appointments, answers the phone and welcomes you and your family to the Kidney Health Clinic.



### CUFF

---

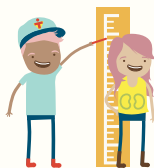
The cuff or blood pressure cuff is a soft piece of material that the doctor or nurse will wrap around your arm. Then the doctor or nurse will pump air into the cuff so that it gives your arm a hug for a few seconds.



### DOCTORS

---

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



### HEIGHT

---

Height is a number that tells us how tall you are when we are standing up straight.



### NURSE(S)

---

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.

## YOUR KIDNEY HEALTH TEAM



### PHARMACISTS

---

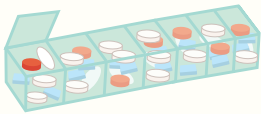
Pharmacists are members of your Kidney Health Team. Pharmacists read the prescription from the Doctor and give you your medicines and instructions.



### PEE

---

Pee is a child's word for urine, which is the fluid made by our kidneys. Pee or urine is stored in our bladder until it is released when you go to the bathroom or urinate. Pee or urine contains the waste from your body.



### PILL BOX OR PILL ORGANIZER

---

A pill box or pill organizer is a container used to plan daily pills to help stay organized so we know if we have taken our pills or not.



### PRESCRIPTIONS

---

Prescriptions are a set of instructions for a pharmacist to prepare medicines properly. A prescription is usually written or typed on paper by the Doctor.

## TESTS

### TESTS

---

Tests are ways of checking how well our kidneys are working. Some tests are done by taking a small sample of our blood or by peeing into a container. The blood or pee gets sent to the lab to get checked. Other tests are done in the clinic; for example, we may have a test to check our blood pressure.



### URINE

---

Urine (pee) is the fluid made by our kidneys and eliminated from our bladder when we urinate or go pee. Urine contains the waste from our body.



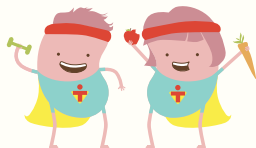
### **WEIGHT**

---

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).



**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](mailto:jstrong@exchange.hsc.mb.ca) or the Children's Hospital Foundation of Manitoba <http://goodbear.mb.ca>