



**Meno Ya Win**  
Indigenous Kidney Health Series  
Learning Modules

**INTRODUCTION TO LESSON PLANS**

The **LESSON PLANS** are based on the **LEARNING MODULES 1 – 9**:

- Module 1: How Kidneys Work
- Module 2: What are Your Risk Factors for Kidney Disease
- Module 3: How to Keep Your Kidneys Healthy
- Module 4: Chronic Kidney Disease (CKD)
- Module 5: Choosing a Treatment for Sick Kidneys
- Module 6: Peritoneal Dialysis (PD)
- Module 7: Hemodialysis (HD)
- Module 8: Kidney Transplant
- Module 9: Conservative Kidney Care

Each **LESSON PLAN** follows a similar format that includes a brief description of the content; the **LEARNING GOALS**; sample **ASSESSMENT QUESTIONS** and other **PATIENT RESOURCES** that can be used or given to the patient for further learning.

**LEARNING GOALS**

The **LEARNING GOALS** are based on the content presented in the Learning Module. Included with each of these goals is some basic information/content that should be provided to all patients. Some patients may ask for more detailed information, such as with the dialysis options, kidney transplant or conservative kidney care. Helpful resources are the dialysis demonstration videos, patient journey videos and resources listed both with the lesson plan but also on the General Kidney Resource Document.

Where possible, include family members and significant others in learning sessions. Remember that kidney disease and kidney failure can often cause fear, denial, and anger. These feelings need to be acknowledged and addressed before any learning can occur. It is also important for the patient and family to understand that their preferences are important in decision making.



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**ASSESSMENT QUESTIONS**

While the Learning Modules reflect progressive learning, it is important that the patient and family direct what they want to learn and when they want to learn it. Some helpful questions can be: What would you like to learn today? What is the most important question you need answered today? What did you learn from your last visit? What would you like to learn about at future visits? If they don't know what they want to learn, start with Module 1 and progress from there.

Use the teach-back method to assess patient learning: Summarize the information provided in clear, plain language. Ask the patient and/or family to repeat the information back in their own words. Assess the patient and/or family understanding. Ask the patient and/or family where you can explain better and then correct any misunderstood information.

**OTHER PATIENT RESOURCES**

Examples of Canadian resources that can be given to the patient and/or family for further learning or information. A more comprehensive list of Canadian resources is compiled in the General Kidney Resource document.