



Meno Ya Win

Indigenous Kidney Health Series

Learning Modules: LESSON PLANS

Module 1: HOW KIDNEYS WORK

CONTENT

- Where are kidneys located in the body?
- How do kidneys work?

LEARNING GOALS

By the end of this lesson, the patient and family will understand:

- The location of the kidneys in the body (located near the middle of the back on either side of the backbone; protected by the back muscles, lower ribs, and a layer of fat; each kidney is about the size of a person's clenched fist)
- The working parts of the kidney – the filtering units or nephrons.
- The functions of the kidney – remove waste from the blood; keep important minerals balanced; regulate the amount of water in the body and produce hormones.

ASSESSMENT QUESTIONS

- Tell me what you know about kidneys?
- Can you tell me what are the important jobs of the kidneys?
- Why is it important that your kidneys remain as healthy as possible?
- What other questions do you have today?

OTHER PATIENT RESOURCES

- The Kidney Foundation of Canada: www.kidneyinfo.ca
- My Kidneys My Health: www.mykidneysmyhealth.com