



Meno Ya Win

Indigenous Kidney Health Series

Learning Modules: LESSON PLANS

Module 2: WHAT ARE YOUR RISK FACTORS FOR KIDNEY DISEASE

CONTENT

- What do risk factors mean?
- What are your risk factors for kidney disease?

LEARNING GOALS

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

- Risk factors are things that increase a person's chances of developing a disease.
- Non-modifiable risk factors – risk factors that cannot be changed are age, ethnicity, and family history of kidney disease.
- Modifiable risk factors – risk factors that can be changed or ones a person can do something about are diabetes, high blood pressure, smoking, being overweight and taking drugs that can cause kidney damage.
- The risk factors for kidney disease specific to the patient.

The assessment quiz at the Kidney Foundation of Canada may be helpful for patient learning.

[Kidney Foundation - Are You at Risk?](#)

ASSESSMENT QUESTIONS

- What risk factors do you think you might have that could cause kidney disease?
- Can you tell me what actions you might do to help protect your kidneys?
- 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
- Kidney Wellness Hub: www.kidneywellnesshub.ca