



## Meno Ya Win

Indigenous Kidney Health Series

Learning Modules: LESSON PLANS

## Module 4: CHRONIC KIDNEY DISEASE (CKD)

### CONTENT

- What happens when the kidneys are not working very well?
- What are the symptoms of CKD?
- What are the stages of CKD and what do they mean?

### LEARNING GOALS

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

- What happens when the kidneys are not able to do their work very well (wastes and water build up; minerals and chemicals are out of balance; blood pressure rises; fewer red blood cells are made so blood is weaker; bones and teeth are softer and break more easily.)
- The symptoms of poorly functioning kidneys (for example: tiredness, poor appetite, vomiting in the morning, itching, swelling, leg cramps, poor sleep, shortness of breath)
- The 5 stages of CKD (determined by percent kidney function or estimated glomerular filtration rate – eGFR).

### ASSESSMENT QUESTIONS

- Can you tell me one of the jobs of the kidney?
- Tell me what you know about chronic kidney disease.
- What has your kidney doctor told you about your kidney disease?
- Do you know what caused your kidney disease?
- What other questions do you have today?

### OTHER PATIENT RESOURCES

- The Kidney Foundation of Canada: [www.kidneyinfo.ca/chronic-kidney-disease](http://www.kidneyinfo.ca/chronic-kidney-disease)
- My Kidneys My Health: [www.mykidneysmyhealth.com](http://www.mykidneysmyhealth.com)