



**Meno Ya Win**  
Indigenous Kidney Health Series  
Learning Modules: LESSON PLANS

## **Module 9: CONSERVATIVE KIDNEY CARE**

### **CONTENT**

- What is Conservative Kidney Care?
- Why would someone choose Conservative Kidney Care?
- What to consider when deciding about Conservative Kidney Care and who will look after you.

### **LEARNING GOALS**

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

- That conservative kidney care is choosing not to do dialysis or to stop dialysis and not to have a kidney transplant.
- That the goals of conservative kidney care are to preserve quality of life, control and treat any symptoms from chronic kidney disease and keep the kidneys working for as long as possible.
- That conservative kidney care is NOT doing nothing; is NOT dying right away and is NOT suicide.
- What things to consider when deciding about conservative kidney care such as how long one will live, other medical conditions, side effects of dialysis treatments, quality of life etc.
- What an Advance Care Plan is and how to start one.
- Options for care at end of life – home, palliative care unit, hospice.

### **ASSESSMENT QUESTIONS**

- What is your understanding of conservative kidney care?
- What questions do you have about conservative kidney care?
- Do you have an Advance Care Plan? Would you like help with starting one?
- Can we look at the conservative kidney care pathway together?
- What other questions do you have today?

### **OTHER PATIENT RESOURCES**

- Conservative Kidney Care Pathway: [www.ckmcare.ca](http://www.ckmcare.ca)
- The Kidney Foundation of Canada: [www.kidneyinfo.ca](http://www.kidneyinfo.ca)
- Canadian Virtual Hospice: [www.livingmyculture.ca](http://www.livingmyculture.ca)