

Welcome to the Kidney Care Clinic

Dear kidney care clinic patient,

You have been referred to our kidney care clinic. We help people living with decreased kidney function. Our goal is to help you maintain the health of your kidneys as long as possible.

If you do not speak or understand English, please bring an English-speaking family member or friend to your appointments. We will provide an interpreter whenever possible.

Your first visit is expected to take 1 - 2 hours, but can sometimes take up to 3 hours.

During your visits, you will be introduced to doctors and other health professionals who will support you through your kidney journey. This may include a nurse, dietitian, social worker, clerk and a pharmacist. They will provide information on several topics. This could include lifestyle suggestions (diet, exercise) and medications. They will also prepare you for changes in your kidney function if necessary.

A handout with more information on [BC's kidney care clinics](#) is included in this package.

Please bring with you:

1. Your medications or a list of medications you take. This includes non-prescription products (vitamins, supplements, herbal and traditional medicines).
*See below the *CKCC Home Medication List* — complete prior to each clinic visit.
2. Your BC Services Card (so we know you are the correct person).
3. "[Kidney Care and You](#)" form (included in this package). **Please fill out before your appointment.**
4. List of questions and concerns you wish to discuss.

If you have a hearing aid, please wear it to the appointment.

We suggest bringing a family member or friend to your first appointment. They can provide support as you navigate this process.

PATIENT INFORMATION LABEL

Name:

Address:

Phone:

Date of Birth (MM/DD/YYYY):

PHN:

1

Why have I been referred to a kidney care clinic?

People with reduced kidney function are referred to a kidney care clinic. The clinic's team of doctors and other health professionals can help you maintain your kidney health. They will support you through your kidney journey and, if necessary, prepare you for changes in your kidney function, including in some cases a kidney transplant or dialysis.



Some patients come to our clinic for a few months but most come for much longer (i.e., several months or years). Treatment options vary based on each person's needs.

2

How does a visit to a kidney care clinic differ from a visit to my kidney doctor's office?



The biggest difference between a kidney care clinic and a kidney doctor's office is the number of health professionals available. As a patient, you'll have a team helping you. This includes a nurse, dietitian, social worker, clerk and a pharmacist, in addition to your kidney doctor. The team will work closely with your kidney doctor during your time at the clinic.

Each member of the team has a different focus (explained further in question 3). Together, they will help you and your family manage your kidney disease. The number of providers you see at each visit will depend on your needs at the time.

What does each clinic team member do?

Nephrologist (Kidney Doctor)

Your nephrologist will assess your health and make suggestions to help you manage your kidney disease (and other related illnesses).



Nurse

The nurse will provide you with information about your kidneys and treatment. You may receive telephone calls from the nurse in between appointments to check in on you and your health and discuss lab results and blood pressure readings.

Dietitian

The dietitian will assist you in planning and maintaining a kidney-friendly diet. Your culture, lifestyle, preferred foods, and current kidney function will be considered before making suggestions. You will learn about the different foods that are best for your kidneys.

Social Worker

The social worker will help you with emotional and practical concerns related to your health. They can provide you with mental health resources and connect you to peer support.

Pharmacist

The pharmacist will help you manage your medications and may suggest changes throughout your kidney journey. They will review both prescription and non-prescription medications (e.g., vitamins, supplements, herbal and traditional medicines) to assess what's best for your kidneys.

Clerk

The clerk will arrange and schedule your appointments at the kidney care clinic.

4

What do I need to know about my clinic appointments?



It is very important that you attend all scheduled appointments at the kidney care clinic. This gives you the best chance of maintaining kidney function and staying on top of your overall health. Missing appointments can mean missed information and assessments.

If you cannot make an appointment, please let the clinic know as soon as possible. We are happy to reschedule. If your contact information changes, please let us know as well.

Appointments can take place either in-person or by phone or video, depending on your needs and preferences. Typically, there will be a bit of both.

Your first appointment will likely take 1-2 hours, but can sometimes take up to 3 hours.

If you do not speak or understand English, please bring an English-speaking family member or friend. We will provide an interpreter whenever possible.

5

What should I bring or have ready for each clinic appointment?

- Your medications or a list of medications you take, including non-prescription products (vitamins, supplements, herbal, and traditional medicines)
- Your BC Services Card
- A blood pressure record (if you record your blood pressure)
- A blood sugar record (if you have diabetes)
- A list of questions and concerns you wish to discuss with the team



If you have a hearing aid, please wear it to the appointment.

You are welcome to bring a family member or friend with you to your appointments. In fact, we encourage it!

6

What happens after each clinic appointment?

After your appointment, you will receive your next appointment date (mailed or e-mailed to you, or provided by the clerk). You may also receive a new lab requisition and prescription (faxed to your pharmacy).

If your kidney doctor suggests further tests, we will contact you. Your kidney doctor will keep your primary care provider and specialist(s) up to date. Your team at the kidney clinic is also available if there are changes related to your kidneys that occur in between clinic visits.

We look forward to working with you and supporting your kidney health!



Kidney Care and You

Please fill out this form and bring to your first appointment. Your answers will help us to tailor our support to your individual needs.

PATIENT INFORMATION LABEL

Name:

Address:

Phone:

Date of Birth (MM/DD/YYYY):

PHN:

*Please fill this questionnaire from the perspective of the patient (child or youth).



QUESTIONNAIRE

1

Before you received this package, had you ever been told that you have a problem with your kidneys?

- Yes No I'm not sure

2

What have you been told about your kidney problem?

3

Right now, I am most concerned with?

4

Other concerns I have are

5

Let us know of anything else you would like to share to help us get to know you better.

Patient/Family-Recorded Home Medication List

Name:

Date:

Renal Pharmacy:

Phone Number:

Allergies (Described Reaction): No Known Allergies

Currently Taking Medications/Supplements at Home?

No Unknown

Medication Name

(ex. ferrous fumarate,
darbepoetin)

Dose or Strength

(i.e mg, mcg,
units)

Why am I taking it?

(ex. blood pressure, bones)

How am I taking it?

(ex. once daily, twice daily, at
bedtime)

Completed By: Patient Family

Useful Resources



Family-friendly Chronic Kidney Disease Resources

- [Chronic kidney disease \(CKD\) and treatment - SickKids](#)

Living with Kidney Disease - Kidney Foundation

- [Living with Kidney Disease Patient Handbook - Kidney Foundation](#)

Kidney-Friendly Cooking Resources



SESSION 1

Homemade Kidney Friendly Pizza, Salad with Herb Dressing and Cinnamon rolls



SESSION 2

Alfredo Sauce Pasta, Chicken Fingers and Caesar Salad



SESSION 3

Homemade Soft shell Chicken Tacos with Mexican rice, Spicy Black Beans and Salsa Fresco

- [Spice It Up! website](#)
- [BC Renal / BCCH + UBC CKD Cooking Sessions](#)