

Pediatric Scripts for Risk Based Counselling



Counselling should ONLY be provided with parents/guardian of the participant child present.

High Risk:

We are checking for kidney problems because we know that if kidney problems are found early, they can be treated with medications (pills) to keep them from getting sicker and to prevent more problems or the need for dialysis.

If kidneys are having problems, and the problems aren't treated with medicine or health care, the problems can get worse over time. We want to keep your kidneys from having lots of problems and try to prevent the need for dialysis.

If kidneys stop working, they don't clean your blood like they should. A person may need dialysis to make sure their blood is cleaned and that things your body doesn't need, like extra water or waste, can leave the body. Dialysis is done at least three times a week and can be done at home or in a hospital.

Your test results today are showing that your kidneys are having some problems. This means that you need to see a kidney doctor so they can take a closer look and see how your kidneys are doing and why they are having problems. We will get you an appointment for you to be seen at a special Kidney Health Clinic in Winnipeg in the next 4-6 weeks.

At the clinic, a kidney doctor will do more tests and talk to you about what the problem is. Together you will talk about what the best health care options are for you to keep your kidneys from having more problems and avoid needing dialysis. You can ask lots of questions, and you will be supported by the kidney health team from now on.

We will also send a letter to your main doctor or community nurse explaining the results of the screening tests today. You should follow-up with them as soon as possible to talk about eating good and being active these things are important for your health and for keeping your kidneys healthy.

(If relevant) Do you see a traditional healer? If yes, you may want to talk with them about things you can do for kidney health or your overall health. If they give you medicine to use you may want to let the kidney doctor know that you are using traditional medicine.

It is very important that you go to that kidney clinic appointment in Winnipeg. To help your kidneys, we need to start a health care plan.

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MEDIUM RISK

Counselling should ONLY be provided with parents/guardian of the participant child present.

Medium risk:

We are checking for kidney problems because we know that if kidney problems are found early, they can be treated with medications (pills) to keep them from getting sicker and to prevent more problems or the need for dialysis.

If kidneys are having problems, and the problems aren't treated with medicine or health care, the problems can get worse over time. We want to keep your kidneys from having lots of problems and try to prevent the need for dialysis.

Your urine and blood tests today show that your kidneys might have problems. This means that you need to see a kidney doctor soon, so that they can find out how your kidneys are doing and why they are sick and having problems.

OR – If hypertension – Your tests show that your blood pressure is high. We need to treat this because it affects your health and could cause more problems in the future. Like kidney problems, high blood pressure can also be treated with medications (pills) and other changes.

At the clinic, a kidney doctor will do more tests to see what is happening to your kidneys or check why your blood pressure is high. Together you will talk about what the problem is and what the best health care options are for you.

We will also send a letter to your main doctor or community nurse explaining the results of the tests done today.

Do you see a traditional healer? If yes, you may want to talk with them about things you can do for kidney health or your overall health. If they give you medicine to use you may want to let the kidney doctor know that you are using traditional medicine.

Finally, it is very important that you go to that appointment in Winnipeg. To help your kidneys or blood pressure, we need to start a health care plan.

We want to work together with you to prevent your kidneys from having problems.

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LOW RISK

Counselling should ONLY be provided with parents/guardian of the participant child present.

Low Risk:

We are checking for kidney problems because we know that if kidney problems are found early, they can be treated with medications (pills) to keep them from getting sicker and to prevent more problems or the need for dialysis.

If kidneys are having problems, and the problems aren't treated with medicine or health care, the problems can get worse over time. We want to keep your kidneys from having lots of problems and try to prevent the need for dialysis.

Your urine and blood tests today show that your kidneys are **mostly** healthy but you do have a chance of more kidney problems happening over the next few years. We want to keep your kidneys as healthy as possible for a long time.

(And/or) – Your **blood pressure** is a bit high today and we will want to check it again to see if we need health care treatment to fix it.

(And/or) – Your average **blood sugar** is high today and needs to be checked again to see if we need health-care treatment to help it.

We will send a letter to your main doctor or community nurse outlining your results along with clear suggestions about any treatment that may be needed.

In order to make sure your kidneys don't have more problems, we need to make sure you are checked every year. We will recommend in that letter that your main doctor or nurse test your kidney function and blood pressure every year. To help them keep track of your kidney health, we will keep a record of your yearly kidney tests, and remind you and your main nurse or doctor if a test was missed.

We will also give you information about eating well and keeping active to help keep you and your kidneys healthy. We encourage you to follow-up and talk about eating good and being active with your doctor, community nurse, CHR and/or ADI worker.

Do you see a traditional healer? If yes, you may want to talk with them about things you can do for kidney health or your overall health. If they give you medicine to use you may want to let the kidney doctor know that you are using traditional medicine.

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No Current Risk:

The urine and blood tests done today show that your kidneys are healthy right now.

This is great news. Now we want to keep your kidneys healthy. Eating good food, cooking and being active will keep you and your kidneys healthy.

We encourage you to learn more about staying healthy and to keep all your good habits. We will give you some information that may be helpful, and we encourage you to with your nurse, doctor, CHR and or ADI worker they have a lot of knowledge and information about things you can do to keep healthy