

Encounter #1

IRC INFORMED

CKD Education Program



**Innovative
Renal Care**

Encounter #1

- Register patient for tracking and follow-up
 - Demographics
 - Physician
 - Stage of CKD
- Self-Management of chronic illness
 - What is it?
 - Why it's important?
 - What can I start doing today? (Learn about my condition & make good decisions)
- Discuss signs and symptoms of kidney disease
- Discuss functions of the kidneys
- Nutrition: Preserving function; Protein
 - Discuss benefits of a low protein diet
 - Discuss what is a low protein diet
 - Discuss good sources of protein



Self-Management of a Chronic Illness

What Is It?

- Finding healthy ways to deal with the physical and emotional challenges of your chronic illness:
 - Understanding and managing your condition
 - Good decision making
 - Healthy lifestyle choices
 - Physical Activity
 - Nutrition/healthy eating habits
 - Good sleep habits
 - Self-care
 - Accessing helpful resources
 - Problem solving to make positive changes in your life



Self-Management of a Chronic Illness

Why Is Self-Management Important?

- People who take positive steps to manage their own chronic illness experienced:
 - Improved health status (less fatigue, shortness of breath, pain, depression)
 - Improved health behaviors & more confidence in medical decision making
 - Better communication with family & medical providers
 - Fewer outpatient visits to physicians, emergency rooms and fewer days in hospital

What Can I Do Starting Today?

- The first step to being a self-manager is being here today
 - We're here to help you understand and manage your condition so you can begin to make positive choices

Self-Manager “To Do” Checklist

Check List	Initials Here
I will re-read one handout. Which flyer?	
I will discuss one handout with a member of my family. Who was that?	
I will write down one question for my medical provider. What is that question?	
I will do something fun. What did you do?	
I will eat a meal with “good protein.” What did you eat?	



Signs and Symptoms of Kidney Disease

- Less energy and trouble concentrating
- Trouble sleeping
- Dry itchy skin
- Foamy urine
- Puffiness around the eyes
- Swelling of ankles and feet
- Shortness of breath
- Poor appetite
- Muscle cramping
- High blood pressure



Kidneys Function

Kidneys perform many important functions:



Maintain fluid balance



Maintain body's chemical balance



Filter waste from your blood



Create hormones to help make red blood cells, regulate blood pressure, and promote bone health

Preserve Kidney Function with Nutrition

A low protein diet may slow the loss of kidney function

- Kidney disease makes it difficult to filter out waste from protein
- Excess waste causes nausea, loss of appetite, weakness and taste changes
- More stress to the kidneys

Preserve Kidney Function with Nutrition

What does a low protein diet look like?

- Including more plant-based protein foods



- Limiting animal-based protein foods



Preserve Kidney Function with Nutrition

What are good sources of protein?

- Eggs
- Low sodium cheese or cottage cheese
- Cow's or soy milk – unenriched
- Yogurt
- Eggs or egg whites
- Tofu
- Tempeh
- Soy nuts, unsalted
- Seitan (wheat gluten)
- Quinoa
- Nuts and nut butters, unsalted
- Peas (chickpeas/garbanzo beans, black-eyed peas, split peas)
- Lentils
- Beans

Questions?

Speak with your Nephrologist