

Education of Patients with Chronic Kidney Disease

CONTROLLED DOCUMENT

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Education of patients with chronic kidney disease

As renal professionals we recognise the importance of bespoke, accessible and high standard patient education for the patient about their renal condition and its management. Such education allows patient empowerment, promotes self-management and can improve satisfaction with overall care. It can also help to ensure that medication and other lifestyle modifications are applied correctly thus ensuring best outcomes. Chronic kidney disease is a life long condition; different stages of disease will require different management and thus altering patient education needs. It is therefore vital that the clinical renal team managing all QEHB patients, whether employed by the Trust or working in partner organisations,

- have a basic understanding of all aspects of CKD and the ability to communicate this knowledge to patients
- have specialist knowledge of their particular field and the ability to communicate this knowledge to patients
- have an understanding of the education needs to be addressed at each stage of disease
- have knowledge of the additional resources available to help such education needs
- have knowledge of how to signpost patients if further needs are identified.

It is expected that all clinical staff, whether Trust employed or within partner organisations, will take every opportunity to engage patients in education about their condition and treatment, in a way that is appropriate for the individual patient and their carers.

This document outlines the important areas for patient education, the stages for which each area is particularly relevant and resources available.

Topic of education	Lupus and glomerulo nephritis	Metabolic and genetic disease	Chronic kidney disease	Pre-dialysis	Haemo dialysis	Peritoneal dialysis	Transplant	End of life care	Resources available
Function of kidneys	√	√	√	√	√	√	√	√	Info leaflet CKD education programme
Chronic kidney disease classification	√	√	√	√					Info leaflet CKD education programme
Blood tests and their meaning	√	√	√	√	√	√	√	√	Info leaflet CKD education programme
Access to information: Renal Patient View, myhealth@QEHB. others	√	√	√	√	√	√	√	√	Info leaflet CKD education programme
Specific kidney disease info	√	√	√	√	√	√	√	√	Info leaflet CKD education programme
Genetic implications of disease		√							Info leaflet
How to delay	√	√	√	√			√		Info leaflet

progression									CKD education programme
What to do if unwell and how to seek help	√	√	√	√	√	√	√	√	Info leaflet CKD education programme
Commonly used medications with effects and side effects	√	√	√	√	√	√	√	√	Info leaflet CKD education programme
Medication to avoid	√	√	√	√	√	√	√	√	Info leaflet CKD education programme
Anaemia in kidney disease and its treatment			√	√	√	√	√	√	Info leaflet CKD education programme
Bone disease in kidney disease and its treatment			√	√	√	√	√	√	Info leaflet CKD education programme
General health measures; eg exercise, smoking	√	√	√	√	√	√	√	√	Info leaflet CKD education programme
Dietary advice	√	√	√	√	√	√	√	√	Info leaflet

									CKD education programme
Psychological issues and how to access psychological support	√	√	√	√	√	√	√	√	Info leaflet CKD education programme
Advice re benefits and welfare	√	√	√	√	√	√	√	√	Info leaflet
Peer support and how to access	√	√	√	√	√	√	√	√	Info leaflet CKD education programme
Getting involved; kidney patients' association	√	√	√	√	√	√	√	√	Info leaflet
How to be involved in research	√	√	√	√	√	√	√	√	Info leaflet
Immunisation; influenza and pneumococcal	√	√	√	√	√	√	√	√	Info leaflet CKD education programme
Infection control; MRSA/MSSA/skin	√	√	√	√	√	√	√	√	Info leaflet

cleaning									
BBV and vaccination				√	√	√	√		Info leaflet CKD education programme
Contraception and pregnancy	√	√	√	√	√	√	√		Info leaflet CKD education programme
Differing dialysis modalities				√	√	√	√		Info leaflet CKD education programme
Differing forms of transplantation; live, deceased, pancreas				√	√	√	√		Info leaflet CKD education programme Transplantation seminars
Advantages and disadvantages of transplantation				√	√	√	√		Info leaflet. Transplantation seminar
Mechanism of transplant allocation				√	√	√	√		Info leaflet Transplantation seminar

Importance of three monthly screening bloods and up to date contact details				√	√	√			Info leaflets and Transplantation seminars
Live donation and who to approach				√	√	√	√		Info leaflet CKD education programme
Shared and self care options; PD and Home HD				√	√	√	√		Info leaflet CKD education programme
How to arrange holidays					√	√			Info leaflet
Risk of travel to non-safe areas					√	√			Info leaflet
Fistula formation and care				√	√		√		Info leaflet CKD education programme
Line insertion and care				√	√				Info leaflet CKD education programme
Insertion and care of						√			Info leaflet

PD catheter									CKD /PD education programme
Measurement of dialysis adequacy					√	√			Info leaflet
Recognition of peritonitis						√			Info leaflet PD education programme
Performance of peritoneal dialysis						√			Info leaflet PD education programme
Self care on haemodialysis					√				Haemodialysis self care education programme
Importance of fluid balance			√	√	√	√	√		Info leaflet CKD education programme