



# Kidney School™

A PROGRAM OF  MEDICAL EDUCATION INSTITUTE, INC.



## Idea Guide for Patient Education



Fresenius Medical Care

Kidney School is supported by an exclusive, unrestricted educational grant from Fresenius Medical Care North America

[kidneyschool.org](http://kidneyschool.org)



# About Kidney School

Kidney School is a comprehensive, online learning center for people with kidney disease. There are 16 modules. Each module covers a different topic in a lively, easy-to-read style (see pages 8-10 for list of modules & topics).

## Each module includes:

- Content written at the 6th grade reading level
- Pretest & posttest
- Photos, graphics, and animations to reinforce learning
- Patient quotes
- Completion certificate

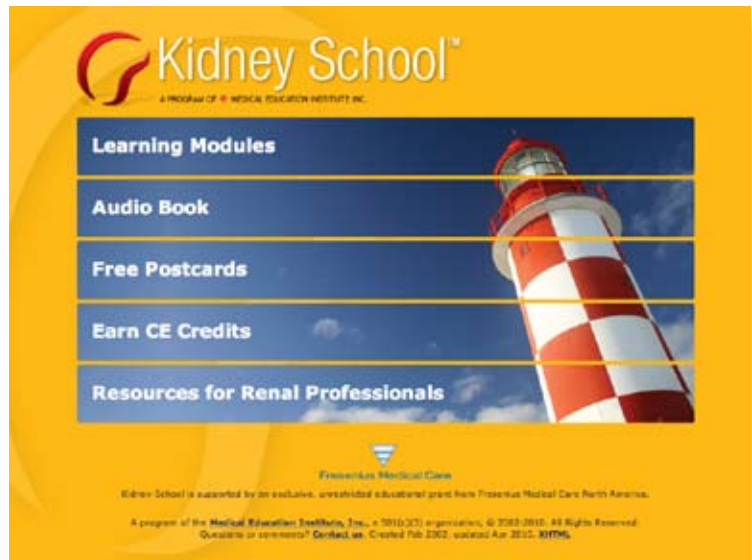
**FREE! No fees or log-in required.** Patients can access Kidney School as often as they want free! Most patients can complete a module in 20-30 minutes...but users may take as long as they like. They can view modules in any order, choose only the modules that interest them, and repeat a module as many times as they wish. Kidney School users do not need to enter their contact information.

## Reliable, Credible, Medical Information

You and your patients can trust what you learn at Kidney School.

### Kidney School content is:

- Research-based
- Reviewed by a multidisciplinary team of dialysis experts
- HON (Health on the Net) certified



## New in 2010! Completely Updated Content

All Kidney School content has been updated to include the latest NKF-KDQOI clinical guidelines, new information about treatment options, and more. New navigation and design makes Kidney School better than ever!

# Online Education Works

Don't assume that your elderly patients can't or won't use the internet to go to Kidney School. Ask them—you may be surprised to find that they're interested and able!

## Internet use – senior citizens DO go online

More Americans are using the internet every day – and seniors are the fastest-growing group of internet users.

Check out these facts from the **Pew Internet and American Life Project** ([www.pewinternet.org](http://www.pewinternet.org)):

- **79%** of all adult Americans (over 18) had access to the internet in 2009
- **70%** of Americans 55-63 years old use the internet
- **52%** of Americans 64-72 years old use the internet
- Seniors are more likely than any other age group to look for health or medical information online (**81%** of internet users age 55-63; **70%** of users age 64-72)
- **63%** of all Americans had broadband internet access (in 2009) at home!

*PDF versions of all the Kidney School modules can be downloaded and printed for patients who do not have internet access.*

## User-friendly

Kidney School has won awards for its easy-to-use format! Modules make learning about kidney disease and treatments as easy as possible for as many patients as possible.

### Each module is written to be:

- **Interactive**—users answer questions to tailor the learning experience
- **Personalized**—entries made by each user are incorporated into a personal plan
- **6th grade reading level**—proven to be comfortable for the widest range of users



## Make Patient Computers Available in Your Center

Are you updating computer equipment? Do staff have old computers they no longer need? Consider making an Internet-capable computer available for patient use in your waiting area. Patients who use the Internet can help teach each other. Set your home page to Kidney School!

## Multiple Learning Formats

Kidney School provides information in many formats for different learning styles.

- **Interactive Learners** – users can tailor this information and learn at their own pace.
- **Readers** – users can easily print and read the modules.
- **Auditory Learners** – listen to each module by downloading the MP3.



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# Highly Rated

So, you are a believer in Kidney School, but your team isn't? Here is some ammo to help you.

## Professionals Recommend Kidney School

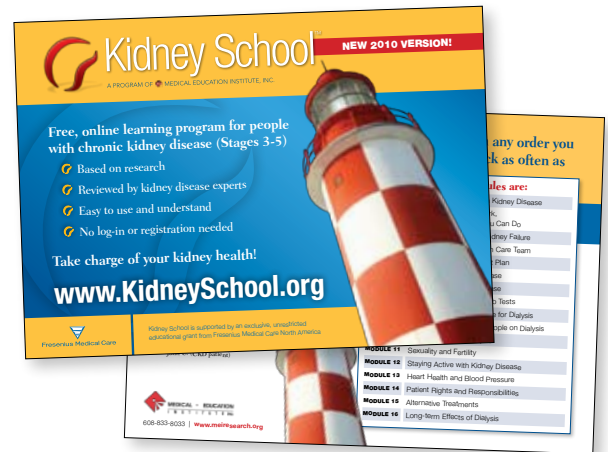
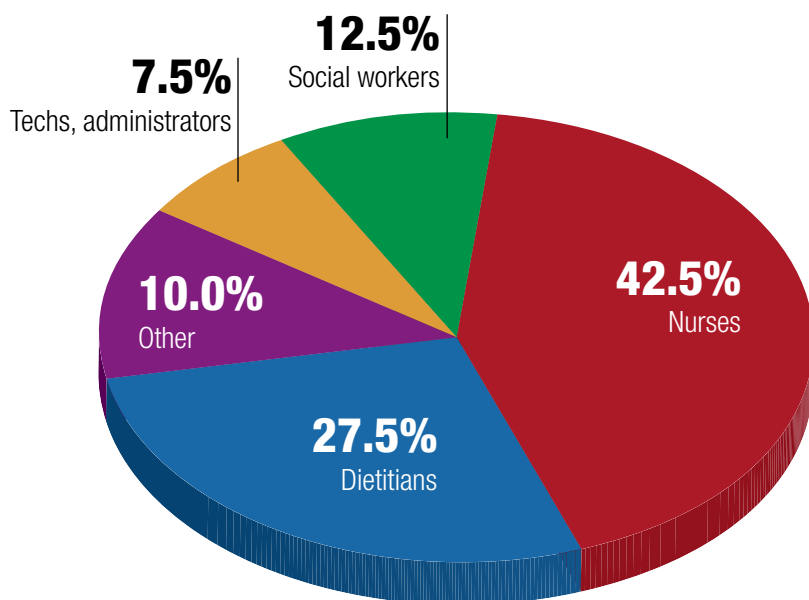
In 2009, we sent more than 47,000 free Kidney School postcards to professionals who recommend Kidney School. We surveyed these dialysis professionals; here's what we learned:

### How Patients Benefit\*:

Increased knowledge	95%
More prepared for dialysis	56%
Less fear (of dialysis/future)	54%
Better diet and fluid control	54%
Informed treatment choice	46%
Improved attitude	44%
Take meds as prescribed	26%

\*Total greater than 100% due to multiple responses

### Who Recommends Kidney School



## Patients Like Kidney School

The patients who visit Kidney School like it and learn from it. Here's what they said about their online experience:

Easy to understand	96.9%
I intend to read the next module	96.8%
Useful to me in my life	96.5%
I will recommend this module	96.5%
I was satisfied with (the) module	96.1%
Interesting	95.5%
Something I can apply	95.5%
Will help me to work with my healthcare team	93.8%
I am more prepared to take control of my health	93.6%
I plan to use my Personal Action Plan	92.2%

# Kidney School – A Versatile Teaching Tool

You can use Kidney School to teach your patients about kidney disease, dialysis, and many other aspects of living with chronic kidney disease.

## Kidney School works for different audiences...

- **CKD patients** – people who have stage 3-5 CKD who are learning about their disease and preparing for future renal replacement therapy.
- **Dialysis patients** – stage 5 patients who have been on dialysis—either PD or HD—for any length of time. Kidney School can teach new concepts or reinforce what has been previously taught.
- **Families and friends** – anyone who is interested in learning more about kidney disease and its treatment can benefit from going to Kidney School.
- **Dialysis professionals** – patient care techs, nurses, social workers, and dietitians who are new to nephrology can learn the basics from Kidney School.

## ...in different settings...

- **In-center**
  - On laptop computers at dialysis stations
  - On dedicated computers in the waiting room or training area
  - On an LCD projector in small group sessions
  - Using handouts of printed PDF files
  - Listening to MP3s
- **At home**
  - On a personal, home computer
  - Using copies of printed PDF files
  - Listening to MP3s
- **At the library**
  - On dedicated, internet-enabled computers for the public

## Helps Compliance with the Conditions for Coverage\*

Completing a module helps the user create a Personal Action Plan based on the answers he or she provides. The action plan can be printed and used in many ways:

- To help the patient stay on track with the care plan
- To aid the Interdisciplinary Team (IDT) in preparing the patient care plan
- To monitor progress toward specific self-management goals
- To document patient participation in self-management education

*\* For details read: How to Use Kidney School™ for Compliance with the Conditions for Coverage*

## ...with different teachers

A variety of professionals have used Kidney School as a teaching tool, including:

- Physicians
- Dialysis and transplant nurses
- Dietitians
- Social workers

***There are so many ways to use Kidney School! The next few pages will give you some ideas to help you get started.***



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# Kidney School for Patient Education

## For Patient Assessment:

1. Use the Kidney School Table of Contents (pages 8-10) to assess patients' interest in specific subjects.
2. Print module pretests and posttests to assess patients' understanding of key concepts and to document their educational needs.
3. Print Personal Action Plans for use when you develop long-term patient care plans.

## As a Basic Knowledge Curriculum:

4. Order a supply of free Kidney School postcard handouts (see page 11) and give one to each patient and family member.
5. Talk about the patient's job as an information-seeker.
6. Explain to patients the importance of learning about their kidney disease and self-management.
7. Suggest that your patients review specific modules before a teaching session as preparation, and/or after a teaching session as reinforcement.
8. Ask patients to print and bring you their pretests and posttests to document your training efforts.
9. Use printed certificates of completion to confirm that patients have completed certain modules.
10. Repeat modules that seem especially difficult or important for particular patients.
11. Schedule a series of kidney disease training sessions, with a session for each module.
12. Present in small groups and suggest that patients compare results and questions using the posttests.
13. Use completed pretests and posttests to assess the effectiveness of your training sessions.



## To Motivate and Encourage Behavior Change:

14. Provide printed copies of Kidney School introduction: Living Successfully with Kidney Disease to encourage patients and families to keep a positive attitude.
15. Display certificates of completion on an "Expert Patient" bulletin board to recognize patient achievement and effort.
16. Hold an event to recognize patients who have completed a certain number of modules.
17. Use Personal Action Plans as a basis for individual patient goal-setting.
18. Make using an in-center computer and access to Kidney School a reward—for on-time arrival, staying for full dialysis session, or...
19. Encourage information-seeking by providing Kidney School postcards with list of modules.
20. Use selected modules to address particular challenges, e.g. fluid management, use of herbal remedies, adhering to the dialysis schedule, and more.
21. Make progress toward your Fistula First goals. Use Module 8: Vascular Access: A Lifeline for Dialysis to provide information and encouragement for patients to get and care for an AV fistula.

### To Improve Communication:

22. Review pretest and posttest results as a basis for discussion on specific topics.
23. Use the Personal Action Plans to generate discussion about patients' goals and plans.
24. Include pretests and posttests and Personal Action Plans in your discussions of related patient issues in staff meetings.
25. Ask patients to complete module evaluations and use these comments as basis for discussion.
26. Use the Personal Action Plan from Module 2: Treatment options for Kidney Failure as a basis to talk about modality choice and how it fits the patient's preferred lifestyle.

## Kidney School for Family and Support Group Education

27. Ask that patients and families review Module 3: Working with Your Health Care Team to prepare for a meeting with the nurse manager to voice a concern or request a schedule change.
28. Use Kidney School module topics as the basis for support group sessions.
29. Suggest that family members and friends use Kidney School to learn about what their loved ones are going through.
30. Use Personal Action Plans to generate support group discussion about individual coping strategies for particular challenges.



## Kidney School for Staff Education

31. Assign Kidney School modules to new dialysis technicians and other staff to provide background on kidney disease, dialysis, and the patient perspective.
32. Ask new staff members to print out certificates of completion to document their training.
33. Reward completion of Kidney School with a recognition certificate to reinforce the importance of education.
34. Compare pretest and posttest results to assess new technicians' progress in learning about dialysis and related topics.
35. Use Module 9: Nutrition and Fluids for People on Dialysis as a supplement to training for renal dietitian interns.
36. Use Module 10: Getting Adequate Dialysis to reinforce clinic policies on the importance of making up time lost for alarms, late arrivals, etc.
37. Use in-center, dedicated computers for staff access to Kidney School to underscore the importance of learning about dialysis.
38. Earn continuing education (CE) credit. Learn more at [www.kidneyschool/ce/](http://www.kidneyschool/ce/)



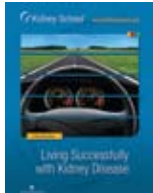
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# Kidney School Table of Contents

The 16 modules of Kidney School are:



## Module 0—Introduction—Living Successfully with Kidney Disease

- Who developed Kidney School
- The patient's role in managing kidney disease
- 3 keys to living long and well with kidney disease



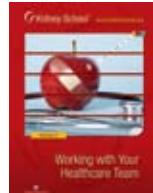
## Module 1—Kidneys: How They Work, How They Fail, What You Can Do

- Normal kidney function
- Warning signs of chronic kidney disease
- Slowing progression of kidney disease
- Hormones produced by the kidneys
- Symptoms of uremia
- Keeping a positive attitude (checklist for attitude improvement, motivational suggestions, putting kidney disease in perspective)
- Goal-setting template



## Module 2—Treatment Options for Kidney Failure

- What does dialysis do?
- When to start dialysis
- Peritoneal dialysis—how it works and effectiveness
- Hemodialysis—how it works
- Transplant—how it works
- Pro & Con tables for 5 modalities
- Modality preference checklists
- Choosing no treatment
- 6 principles for living well with kidney disease
- Vascular access (brief discussion of types)



## Module 3—Working with Your Health Care Team

- Care team members and their roles/ job descriptions
- Role of the dialysis patient
- How to talk to your doctor and ask questions
- Understanding professional credentials



## Module 4—Following Your Treatment Plan

- Importance of following the treatment plan
- Elements of the treatment plan (dialysis prescription)
- Getting all prescribed treatment time
- Managing medications
- Managing diet and fluids
- Fluid management tips
- Fighting thirst
- CKD 3 & 4 diet
- Access care tips
- PD catheter care tips



## Module 5—Coping with Kidney Disease

- Emotions
- Asking for help
- Recognizing and dealing with depression



## Module 6—Anemia and Kidney Disease

- Definition and symptoms of anemia
- Fatigue
- Erythropoietin (EPO)
- Iron
- Lab tests for anemia
- Heart disease



## Module 7—Understanding Kidney Lab Tests

- Anemia lab tests
- Electrolyte lab tests
- Kidney function lab tests
- PTH
- Urine tests
- General health lab tests
- Table of normal and dialysis lab values



## Module 8—Vascular Access: A Lifeline for Dialysis

- Types of vascular access (for hemodialysis)
- Catheters – access for PD
- Deciding about an access
- Preserving access sites
- Venous mapping and venogram
- Access care: all types
- Using a hemo access – the steps
- Needle fear and strategies to overcome it
- Self-cannulation and the buttonhole technique
- Access monitoring: bruit, thrill, and needle rotation
- Stenosis: causes and what to do
- Thrombosis: causes and what to do



## Module 9—Nutrition and Fluids for People on Dialysis

- Calories and calorie requirements
- Food value chart and food groups
- Getting the right amounts of nutrients (protein, fats, carbohydrates)
- Meal planning & estimating portion size
- Meal planning grid
- Protein and vitamin supplements



## Module 10—Getting Adequate Dialysis

- Understanding your dialysis prescription
- How dialysis works
- Types of dialyzers and dialyzer reuse
- How to know if you're getting enough dialysis
- Uremia and symptoms
- Dry weight and fluid removal targets
- Measuring adequacy (hemo and PD)
- PET (peritoneal equilibration test) membrane testing for PD
- Residual kidney function
- Adequacy tracking log sheet



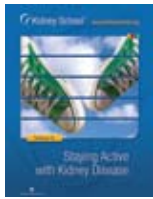
## Module 11—Sexuality and Fertility

- Male sexuality
- Female sexuality
- Physical changes and tips
- Dry skin and tips
- Medications that may affect sexuality
- Body image, lack of desire
- Feeling good about yourself & self-talk
- Communicating with your partner
- Parenting a child who has kidney disease



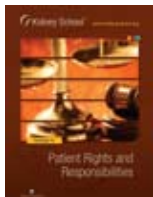
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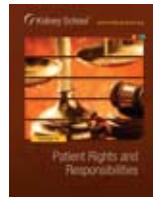
## Module 12—Staying Active with Kidney Disease

- Why activity is important
- Barriers to activity
- Causes of fatigue
- Symptoms of anemia and depression
- Sleep problems and tips for better sleeping
- 3 types of exercise: strength, flexibility, and endurance
- Weight training
- Warning signs during exercise
- How to become active and stay active
- Activity Plan Form & Log
- Goal-setting sheets
- Physical therapy



## Module 13—Heart Health and Blood Pressure

- Risk factors for kidney disease and high blood pressure
- Measuring blood pressure
- Metabolic syndrome
- Diet and salt intake
- Diabetes and hypertension
- Blood pressure medications
- Blood pressure tracking log
- Reducing stress
- Cholesterol
- Smoking
- Signs and symptoms of stroke
- Heart health tests: C-reactive protein, homocysteine, echocardiogram, stress test, angiogram
- Heart healthy diet
- Inflammation
- Left ventricular hypertrophy (LVH)



## Module 14—Patient Rights and Responsibilities

- Importance of taking an active role in your own care
- Seeking information
- Rights to information
- Your medical chart
- Advance directives
- Refusing treatment
- Choosing or changing treatment
- Taking part in research
- Second opinions
- Nondiscrimination and privacy
- Transferring to another clinic
- How to file a complaint



## Module 15—Alternative Treatments

- Cautions for people with kidney disease
- Evaluating alternative care practitioners
- History of alternative treatments
- Types of alternative therapies (20 different types from aromatherapy to yoga)
- Goal-setting quiz



## Module 16—Long-term Effects of Dialysis

- Choosing the life you want
- Heart disease
- Renal osteodystrophy (bone disease)
- Amyloidosis
- Neuropathy (nerve damage)

## Tell your patients about Kidney School

Order **free** Kidney School postcards – online at [kidneyschool.org](http://kidneyschool.org).

You can give the cards to patients and family members to let them know about Kidney School.

### Give us feedback!

We would like to hear about how YOU used Kidney School in your clinic.

You can contact us at:

**Medical Education Institute, Inc.**  
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Madison, Wisconsin 53719  
(608) 833-8033

[meiresearch.org](http://meiresearch.org)

Email: [info@meiresearch.org](mailto:info@meiresearch.org)

**Kidney School™** NEW 2010 VERSION!  
A PROGRAM OF MEDICAL EDUCATION INSTITUTE, INC.

Free, online learning program for people with chronic kidney disease (Stages 3-5)

- Based on research
- Reviewed by kidney disease experts
- Easy to use and understand
- No log-in or registration needed

Take charge of your kidney health!  
[www.KidneySchool.org](http://www.KidneySchool.org)

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Kidney School has 16 interactive modules. Use them in any order you choose, at any time, take as long as you want, and go back as often as you like—all FREE!

[www.KidneySchool.org](http://www.KidneySchool.org)

**Also available**  
**IN PRINT** — download a file to print any module  
**AUDIOBOOK** — download an MP3 and listen to a module

"For a non-medico like me, Kidney School was the best source of information I've seen yet. I was up half the night going through the modules. Great graphics and illustrations, too!"  
— John C. (CKD patient)

**The Kidney School modules are:**

<b>INTRO</b>	Living Successfully with Kidney Disease
<b>MODULE 1</b>	Kidneys: How They Work, How They Fail, What You Can Do
<b>MODULE 2</b>	Treatment Options for Kidney Failure
<b>MODULE 3</b>	Working with Your Health Care Team
<b>MODULE 4</b>	Following Your Treatment Plan
<b>MODULE 5</b>	Coping with Kidney Disease
<b>MODULE 6</b>	Anemia and Kidney Disease
<b>MODULE 7</b>	Understanding Kidney Lab Tests
<b>MODULE 8</b>	Vascular Access: A Lifeline for Dialysis
<b>MODULE 9</b>	Nutrition and Fluids for People on Dialysis
<b>MODULE 10</b>	Getting Adequate Dialysis
<b>MODULE 11</b>	Sexuality and Fertility
<b>MODULE 12</b>	Staying Active with Kidney Disease
<b>MODULE 13</b>	Heart Health and Blood Pressure
<b>MODULE 14</b>	Patient Rights and Responsibilities
<b>MODULE 15</b>	Alternative Treatments
<b>MODULE 16</b>	Long-term Effects of Dialysis

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