



Incorporate **My Kidneys** **My Health** into your patient education today



<https://mykidneysmyhealth.com/>

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What is it all about?

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What is it?

My Kidneys My Health is an e-health self-management website made by patients, for patients with chronic kidney disease (CKD) and their caregivers.

2

Who created it?

It was developed by the pan-Canadian Can-SOLVE CKD Network self-management research team in collaboration with key stakeholders including patients, caregivers, clinicians, and IT specialists.

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Why use it?

The content is based on current evidence-based clinical practice guidelines. It was developed based on patient feedback for an interactive and personalized tool to learn about CKD and help actively manage and slow CKD progression. It has been user tested with patients and caregivers.

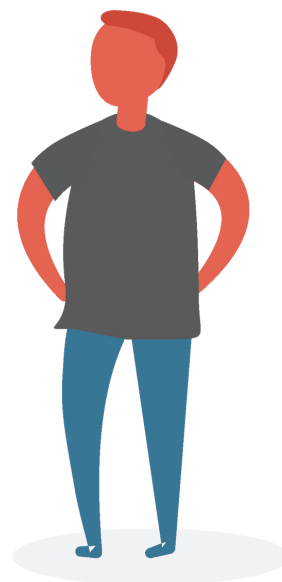
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Who do I share it with?

Share My Kidneys My Health with patients who have CKD, or who are at-risk of having CKD. The website may also be helpful for their caregivers.

How to tailor My Kidneys My Health to your patients

Share tools and pages based on your patients' needs, interests, and readiness.



If your patients are newly diagnosed

- Share the [What Is CKD](#) page with them to learn more about what their kidneys do, what is CKD, how it is diagnosed, and how it can be managed.
- Highlight the videos on the website.
- Print out the [1-page resource](#) that summarizes the What Is CKD page.
- Determine whether they would be interested in learning more about self-management. Revisit the website as their disease progresses and/or needs and interests change

If your patients are interested in self-management strategies

Highlight the My Kidneys My Health pages based on the topics that matter most to them



[Food & Diet](#) page for a personalized food list that meets dietary recommendations, a guide on how to read food labels, and more



[Medications](#) page if their medications have changed, if they are feeling sick, or if they have any questions



[Symptoms](#) page for information about symptom causes and management



[Mental Well-Being](#) page if they express that they are experiencing the effects of CKD on their mental well-being



[Physical Well-Being](#) page if they have questions about physical activity, sexuality, or fertility



[Finances](#) page if they have questions about the impact to their finances or eligible benefits



[Work & Education](#) page for tips, resources, and benefits that they may need to consider



[Travel](#) page if they are looking to plan a trip

How to share My Kidneys My Health with your patients

Share My Kidneys My Health with your patients at each appointment.



If your patients are comfortable with technology, and have access to a computer/internet

- Open the website link or QR code during your clinic visit with them and highlight what you would recommend.
- Share the website link or QR code in your pre-clinic or follow-up communications (e.g., emails).
- Highlight the interactive pages such as the [My Food List](#) for a personalized food list and the [My Questions List](#) where you can create a list of common questions for your health care provider.
- Print out the website postcard with your patients to take home and access the website later.

If your patients are **not** comfortable with technology, or have limited access to a computer/internet

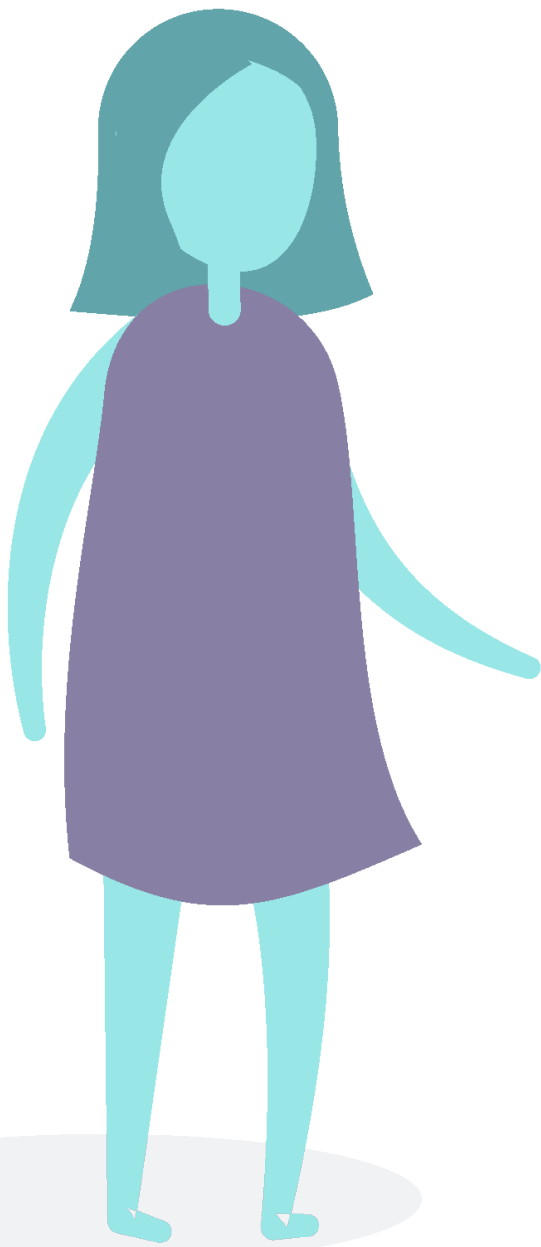
- Go through the website with them – share your screen so that they can see what’s on the website, and the tools or pages that you recommend.
- Complete the interactive pages together, such as the [My Food List](#) and the [My Questions List](#) print off the results.
- Print webpages that are relevant to them.
- Access printable materials from the Resources page.

If you have limited time with patients...

- Share the link or PDFs with them to review before or after their appointment.
- Share the section of the website that is most relevant to your practice, rather than the whole website.
- Embed it into your existing practices (add it to your resource list, put it into your email communication templates).
- Share the website with patients in the waiting room (put up a poster, put it on the TV).

How to integrate My Kidneys My Health into your practice

Make My Kidneys My Health a part of your and your clinic's practice, not an additional step.



If you're having trouble remembering to share the website

- Bookmark <https://mykidneysmyhealth.com/> on your computer.
- Keep the postcards on your desk or in your office.
- Keep the postcards in your waiting room.
- Add it to your email signature line
- Put it into an email template or resource list that you already use.

If you think that other clinicians and staff would benefit from the website

- Share this guide with family physicians, nephrologists, nurses, dietitians, pharmacists, social workers, and others in your clinic.
- Share it in your referral or consult notes as a recommendation.
- Promote the website in your team meetings as a support for educational practices.
- Bring it up in conversations.
- Create a template or share this guide with your staff (e.g., a Medical Office Assistant).
- Embed the website within your training and onboarding practices for new hires.

Please contact us with any questions or comments about My Kidneys My Health

Email: mykidneys@ucalgary.ca