

My Kidneys My Health

An e-health self-management tool made by patients, for patients with chronic kidney disease (CKD) and their caregivers.

Share it with your patients today mykidneysmyhealth.com/



What is it?



- An **interactive** and **tailored** website created to assist patients and caregivers to learn about CKD and help them actively manage and slow CKD progression
- Topics include: what is CKD, food & diet, medications, symptoms, mental well-being, physical well-being, finances, work & education, and travel

How was it developed?



- Developed by the Can-SOLVE CKD Network self-management research team in collaboration with key stakeholders including patients, caregivers, clinicians, and IT specialists
- Key topics and priorities were identified by patients across Canada with CKD and their caregivers
- Funded by CIHR and the Interdisciplinary Chronic Disease Collaboration

Why use it?



- Content is based on current evidence-based clinical practice guidelines (KDIGO, Canadian Cardiovascular Society, Diabetes Canada, Canadian Society of Nephrology, and Hypertension Canada)
- It meets patient needs for an online, personalized resource to support their wellness and kidney disease management
- Patients find it is easy to use, useful, and offers valuable information for early CKD or newly diagnosed patients
- The website can support you in educating your patients and promote patient self-management

How to use it?



- Share the website with your patients before, during, and/or after their appointment (e.g. email it, print resources, share your screen)
- Incorporate My Kidneys My Health into your patient education materials (e.g., bookmark it, add it to your signature line, add to your patient resource lists)
- Share the website with your team members to incorporate into clinical practice