Free Patient Information

Trusted resources designed for kidney units, KPAs and patients

Kidney Care UK

Working together for better patient information
Kidney Care UK is the UK’s leading kidney patient support charity, working to improve the quality of life for people affected by kidney disease.

We produce and maintain high quality, trusted and easily understood patient information specifically for kidney units, Kidney Patient Associations (KPAs), patients and their families.

Working in partnership with professional bodies such as the Renal Association, the leaflets help to inform patients and answer the many questions raised around treatments, decision making, medications, welfare and benefits.

Why should we use this patient information?

- **High quality, trusted patient resources written by medical experts**
- **Easy to understand format, designed specifically for patients**
- **Free to order in printed formats for use in kidney units or by KPAs**

What patient information is available?

**Leaflets**

To place an order for free patient information call 01420 541424 or email info@kidneycareuk.org. The full range of leaflets can be viewed at www.kidneycareuk.org/booklets. Topics covered include:

**Conditions**

Topics covered include chronic kidney disease (CKD), kidney failure, acute kidney injury (AKI), common myth busters and kidney related conditions including mineral bone disease and cancer risk.

**Dialysis**

Empowering patients to make decisions about their care, this collection of leaflets includes the various dialysis options available to treat advanced kidney disease. This includes information such as when to start dialysis, explaining peritoneal and haemodialysis, arteriovenous fistula access, advice on having dialysis away from home, shared care and discussing what can happen if you stop dialysis.
Living with kidney disease
Kidney disease affects everyone differently and can have an impact on everyday life. We provide information to explain employment rights, welfare benefits and capacity and decision making. There are also leaflets to discuss the subject of sexual health, contraception, having a healthy sex life and pregnancy.

Diet, lifestyle and emotional wellbeing
Leading a healthy lifestyle can safeguard against symptoms getting worse. This section of patient information addresses the important topics of achieving and maintaining a healthy weight, keeping fit and mindfulness. Helping to understand the way a renal dietician can help, there is also specific information about lowering potassium levels as well as managing fluid and salt levels.

Medicines
This range of specialist leaflets provides information about the most common medicines prescribed and their possible side effects for CKD, dialysis, high blood pressures, anemia and autoimmune disease. There is additional information to cover over the counter and travel medicines.

Transplantation
These leaflets address frequently asked questions about transplants as well as explaining the process and what to expect when donating, receiving or considering live kidney donation.

Young people
We provide information leaflets for parents / carers of children with kidney disease or who are taking medicines that may reduce how well the kidneys work.
Booklets

These introductory booklets written by Janet Wild, Renal Nurse and Dr Richard Fluck, Consultant Renal Physician provide a jargon busting summary for patients on the following topics;

**CKD health check** – Your introduction to chronic kidney disease and its treatment

**Help! I’ve got kidney failure** – Your introduction to kidney failure and its treatment

**There’s no place like home!** – An introduction to home haemodialysis
Further Patient Resources

**Kidney Kitchen**
www.kidneykitchen.org

Working in partnership with the British Dietetic Association, Renal Nutrition Group (BDA RNG) we have created the Kidney Kitchen. A healthy living destination for kidney patients, their families and friends. Accompanying a comprehensive and colourful series of video demonstrations on how to cook exciting kidney-friendly recipes, there are downloadable recipe cards and articles on how to keep well with kidney failure through diet, fluid management and exercise.

**Kidney Matters magazine**

Our quarterly Kidney Matters magazine is free for kidney patients and includes articles on developments in care, latest research, patient stories and news about the work of Kidney Care UK and related organisations.

A digital version of Kidney Matters can be viewed online. If you would like to receive a copy by email or in the post, or if you are ordering for a kidney unit, please contact us.

**Call 01420 541424 or email info@kidneycareuk.org.**

**infoKID**
www.infoKID.org.uk

Comprehensive child specific information is available through infoKID which is funded by Kidney Care UK in a collaboration with the Royal College of Paediatrics and Child Health and the British Association of Paediatric Nephrology.

It provides downloadable factsheets that cover different kidney conditions, tests and diagnosis, treatments, kidney information and useful contacts.
FAQs

How can I view, download or order the free resources available?  
The full range of information can be viewed and downloaded digitally from our website at [www.kidneycareuk.org/booklets](http://www.kidneycareuk.org/booklets). Kidney Care UK provide all our patient information free of charge to kidney units, KPA’s and patients. To place an order please choose from the materials available and contact us on 01420 541424 or email info@kidneycareuk.org to order your free copies as required.

Can the leaflets be personalised for my kidney unit?  
Yes. Medical professionals and KPA’s are able to personalise many of the leaflets by adding their own logo and printing them for their own use. For a copy of the printable artwork please contact us on 01420 541424 or email info@kidneycareuk.org

How is the content in the patient information leaflets validated?  
We work with a number of specialists to ensure all our patient information comes from credible and knowledgeable sources. Most of the patient information leaflets commissioned are the result of a Kidney Care UK funded, joint enterprise with the Renal Association.

Working collaboratively to establish a range of patient information, the committee consult with medical experts from across the kidney community and build partnerships with a number of professional bodies and specialist groups to ensure the information is accurate, up to date and reviewed regularly.

What role do patients have in the production of information leaflets?  
We work with the Patient Editorial Board, which is made up of kidney patient volunteers who are vital in ensuring the information is easy to understand. The board review the draft information prior to publication, provide suggestions for future topics and raise awareness of the information among the kidney community. We are always looking for new volunteers to get involved, please email info@kidneycareuk.org if you would like further information.

How else can Kidney Care UK support Kidney Units and KPA’s?  
Kidney Care UK invests in the improvement of patient care and support through a grants programme. We accept applications from hospital trusts, kidney units, KPA’s and other associated bodies or organisations to help deliver better equipment and innovative services to improve the health and wellbeing of kidney patients. Contact us on 01420541424 or email info@kidneycareuk.org to request the funding for renal services information.
We’re here to improve the quality of life for everyone affected by kidney disease and have a number of ways we can provide practical, emotional and financial support.

**To find out more about or to access any of these services**

**Call us on 01420 541424**

**Visit www.kidneycareuk.org/support**

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<tr>
<th>Service</th>
<th>Description</th>
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<tr>
<td>National advocacy Service</td>
<td>Our trained Advocacy Officers help ensure that patients and their families are getting the right support, advice and services. We provide a sensitive and confidential service to help patients navigate the complexities of their situation.</td>
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<tr>
<td>Counselling and emotional support</td>
<td>Need to talk? Our counselling support line, offers one-off support as well as longer term counselling to patients and family members.</td>
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<tr>
<td>Kidney Kitchen</td>
<td>The Kidney Kitchen was created to offer kidney patients a single online destination to find delicious, kidney-friendly recipes that will fit into eating plans given to patients by a renal dietitian. We hope to show patients that, even with CKD, food can still be fun and hugely enjoyable.</td>
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<td>Online support group</td>
<td>Our closed Facebook group puts patients in touch with over 8,000 other members affected by kidney disease. The group is moderated and private so is a safe place to discuss any issues patients may have with people in similar situations.</td>
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<td>Financial grants</td>
<td>Kidney disease can have a negative impact on people’s ability to earn an income. Our patient grants are designed to help patients cover some of life’s expenses or just to make life a little easier.</td>
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<tr>
<td>Holidays and respite breaks</td>
<td>Our holiday and respite grants help patients and their families enjoy some time out from the demands of life with kidney disease. We also fund Dialysis Freedom, a free UK scheme providing patients with secure dialysis away from their usual unit.</td>
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Where can I find out more information?

- Kidney Care UK: patient information
- Kidney Care UK private online support group
- Renal Association patient Information – includes opportunity to add trust logo and print your own leaflets
- Kidney Kitchen
- The British Dietetic Association, Renal Nutrition Group (BDA RNG)
- infoKID
- Dialysis Freedom, the UK holiday swap scheme

www.kidneycareuk.org
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