

## Adult Scripts for Risk Based Counselling

### High Risk:

**High Risk**

We are looking for kidney problems because if kidney problems are found early, they can be treated with medications (pills) to keep them from getting sicker and to prevent more problems or the need for dialysis.

Without health care, kidney problems can get worse over time. If kidneys get really sick they will no longer work. We want to keep your kidneys from having lots of problems and try to prevent the need for dialysis.

If kidneys stop working they won't clean blood like they should. A person may need dialysis to make sure their blood is cleaned and extra waste and water is removed from the body. Dialysis uses either a) a machine that cleans blood or b) fluid cycled into and out of the belly area. It is done at least three times a week or every day and can be done either at home or in a dialysis unit in a hospital.

Your urine and blood tests today show that your kidneys are showing signs that they are having problems. This means that you need to see a kidney doctor so that they can take a closer look and see how your kidneys are doing and why they are sick and having problems.

The best thing we can do today is to make an appointment for you to see a kidney health care team at a special Kidney Health Clinic in Winnipeg or Brandon in the next 4-6 weeks.

At the clinic, a kidney doctor will do more tests and talk to you about what the problem is. Together you will talk about what the best health care options are for you to try and keep your kidneys from having more problems and to try and prevent the need for dialysis. You can ask lots of questions, and you will be supported by the kidney health team from now on.

We will also send a letter to your main doctor or community nurse explaining the results of the screening tests today.

(If relevant) Do you see a traditional healer or use traditional medicine? If yes, you may want to talk with them about things you can do for kidney health or your overall health. If they give you medicine to use you may want to let the kidney doctor know that you are using traditional medicine.

# Kidney Check

*Diabetes, Blood Pressure & Kidney Health  
Checks & Care in Indigenous Communities*

I want to make sure that you understand that it is very important that you go to that kidney clinic appointment in Winnipeg. To help your kidneys, we need to start a health care plan.

Not knowing about, or not treating sick kidneys, increases your chance of kidney problems and needing dialysis. We are going to work together to prevent **your kidneys** from getting sicker.

## Adult Scripts for Risk Based Counseling

### Intermediate risk:

**MEDIUM RISK**

We are looking for kidney problems because if kidney problems are found early, they can be treated with medications (pills) to keep them from getting sicker and to prevent more problems or the need for dialysis.

Without health care, kidney problems can get worse over time. If kidneys get really sick they will no longer work. We want to keep your kidneys from having lots of problems and try to prevent the need for dialysis.

Your urine and blood tests today show that your kidneys might have problems. This means that you need to see a kidney doctor soon, so that they can find out how your kidneys are doing and why they are sick and having problems.

The best thing we will do today is to make an appointment for you to be seen at a special Kidney Health Clinic in Winnipeg or Brandon in the next 3 – 6 months.

At the clinic, a kidney doctor will do more tests to find out what is happening with your kidneys. Together you will talk about what the problem is and what the best health care options are for you to keep your kidneys from having more problems and to try and prevent the need for dialysis. You can ask lots of questions, and you will be supported by the kidney health team from now on.

We will also send a letter to your main doctor or community nurse explaining the results of the screening tests today.

Do you see a traditional healer or use traditional medicine? If yes, you may want to talk with them about things you can do for kidney health or your overall health. If they give you medicine to use you may want to let the kidney doctor know that you are using traditional medicine.

I want to make sure that you understand that it is very important that you go to that kidney clinic appointment in Winnipeg. To help your kidneys, we need to start a health care plan.

Not knowing about, or not treating sick kidneys, increases your chance of kidney problems and needing dialysis. We are going to work together to prevent your kidneys from getting sicker.

## Adult Scripts for Risk Based Counseling

### Low Risk:



Low Risk

We are looking for kidney problems because if kidney problems are found early, they can be treated with medications (pills) to keep them from getting sicker and to prevent more problems or the need for dialysis.

Without health care, kidney problems can get worse over time. If kidneys get really sick they will no longer work. We want to keep your kidneys from having lots of problems and try to prevent the need for dialysis.

Your urine and blood tests today show that your kidneys are **mostly** healthy but you do have a chance of more kidney problems happening over the next few years. We want to keep your kidneys as healthy as possible for a long time.

To help keep your kidneys healthy, we will send a letter to **your** main doctor or community nurse outlining your risk factors, along with information about treatment they can provide if needed.

In order to make sure your kidneys don't have more problems, we need to make sure you are checked every year. We will recommend in that letter that your main doctor or nurse test your kidney function and blood pressure every year. To help them keep track of your kidney health, we will keep a record of your yearly kidney tests, and remind you and your main nurse or doctor if a test was missed.

We will also give you information about ways that you can help keep your kidneys healthy. We encourage you to follow-up and talk about eating good and being active with your doctor, community nurse, CHR and/or ADI worker.

Do you see a traditional healer or use traditional medicine? If yes, you may want to talk with them about things you can do for kidney health or your overall health. If they give you medicine to use you may want to let the kidney doctor know that you are using traditional medicine.

## Adult Scripts for Risk Based Counseling

### No Current Risk:

The urine and blood tests done today show that your kidneys are healthy right now.

This is great news. Now we want to keep your kidneys healthy. Eating good food, cooking, being active, and not smoking will keep you and your kidneys healthy.

We encourage you to learn more about staying healthy and to keep all your good habits. We will give you some information that may be helpful, and we encourage you to work with your nurse, doctor, CHR and or ADI worker they have a lot of knowledge and information about things you can do to keep healthy.



**No Current Risk**