

The Renal Management Clinic



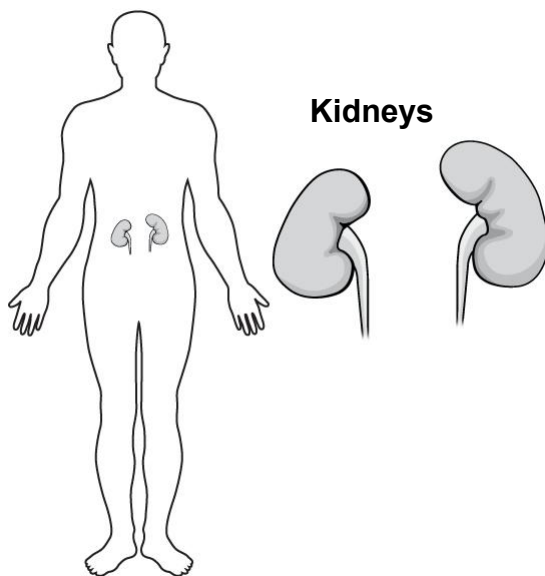
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“Good Health is Always a Team Effort”

Many people in Canada are living with chronic kidney disease. This booklet has been written to help you understand more about chronic kidney disease, and how the Toronto General Hospital Renal Management Clinic can work with you to be as healthy as possible while living with this illness.

What is “Chronic Kidney Disease?”

The Kidney Foundation of Canada defines chronic kidney disease as, “...the presence of kidney damage, or a decreased level of kidney function, for a period of three months or more.” There are 5 stages of this disease depending on the level of decrease in kidney function.



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University Health Network
Toronto General Hospital Toronto Western Hospital Princess Margaret Hospital

Amount of kidney function remaining at each stage of chronic kidney disease



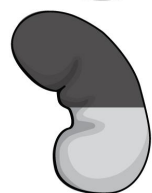
STAGE 1

More than 90% remaining



STAGE 2

60 to 89% remaining



STAGE 3

30 to 59% remaining



STAGE 4

15 to 29% remaining



STAGE 5

Less than 15% remaining

How can the Renal Management clinic help me?

The Renal Management Clinic is a team of healthcare providers who will help you and your family to learn to live and cope with your kidney condition.

The Renal Management Clinic will:

Help you to care for yourself and track how you are doing while living with your chronic kidney disease.

Help you to know more about your condition and medications.



Help you to make choices about healthy lifestyle habits, including diet and exercise.

Help you to cope with the emotional and physical life changes you need to make to live with chronic kidney disease.

Who are the people on my kidney healthcare team?

It takes a team effort to help keep you healthy while living with chronic kidney disease. You and your family members are the most important members of the team! It is important that you let the healthcare team know how you are doing. Some of the other people on your healthcare team are:

Your Nephrologist (kidney doctor): _____

Your Nephrologist will be in charge of your medical treatment, tests and medications.

Your Nurse: _____

Your Nurse will track your condition, coordinate your care and help you learn more about your kidney condition.

Your Dietitian: _____

Your Dietitian will help you to track what you are eating and help you to learn about healthy choices that are right for you.

Your Social Worker: _____

Your Social Worker is there to help you cope with your illness, give you emotional support and help you find resources that you may need.

Your Pharmacist: _____

Your Pharmacist will help you learn about your medications, how to take them safely, any side effects and what to do if you think they are not working.

Your Chiroprapist: _____

Your Chiroprapist will help you if you are having any problems with your feet or legs if needed.

Your Physiotherapist: _____



Your Physiotherapist will help you to learn exercises that are right for you and support you in continuing to be active.

Clinic Secretary: _____

The Clinic Secretary will help to book your clinic appointments, and will arrange any tests and procedures as well as referrals to other doctors.

How can I take part in research in the Renal Management Clinic? Do I have to be part of this?

The Toronto General Hospital is a teaching hospital, so research is very important. The Renal Management Clinic takes part in research studies that look for ways to help people with chronic kidney disease. You may be asked to take part in these research studies. Your participation is completely voluntary; this means you do not have to be part of the study and that your care will not change in any way because of this choice.

What should I do to get ready for my appointment?

It is important to have your blood tests done 1 week before your appointment.

Bring the following to your clinic appointment:

- Your TGH blue hospital card and health card (OHIP).
- All your medications, including prescription and over-the-counter drugs, herbs and traditional medicines that you are taking.
- A list of your questions or concerns.
- A completed Clinic questionnaire.
- Someone who can speak English if it is not your first language.

What will happen during my clinic appointments?

- Your first appointment may take up to 3 hours.
- Your follow up appointments may take anywhere from 1 to 3 hours.
- At each appointment, your Nephrologist or your Nurse will talk with you. You may also see other members of the team, depending on your needs. The clinic secretary will let you know who you will be seeing before your appointment.

How do I get to the clinic?

When you arrive at the clinic, please check in with the receptionist at the desk.



Directions to Toronto General Hospital:

Toronto General Hospital is located in the centre of Toronto, near Queen's Park, just south of the intersection of University Avenue and College Street.
TTC Subway - exit at the Queen's Park Subway Station on the University-Spadina line.
The hospital is located south of College Street on the east side of University Avenue.

Parking

Visitor parking is located on Elizabeth Street between College Street and Gerrard Street.
Please ask attendant for the rates when you arrive.

The Renal Management Clinic is located on the 12th floor of the North Building.

1. Take the West elevators off the University Avenue entrance
(when you get off the elevator, turn left from elevator area).
2. Take the East elevators off the Elizabeth Street entrance
(when you get off the elevator, turn right from the elevator area).

Who can I call if I have questions?

The Renal Management Clinic address is:

12th Floor North Building
Toronto General Hospital
200 Elizabeth Street,
Toronto, Ontario
M5G 2C4

You may call at (416) 340 - 4800 x 6389