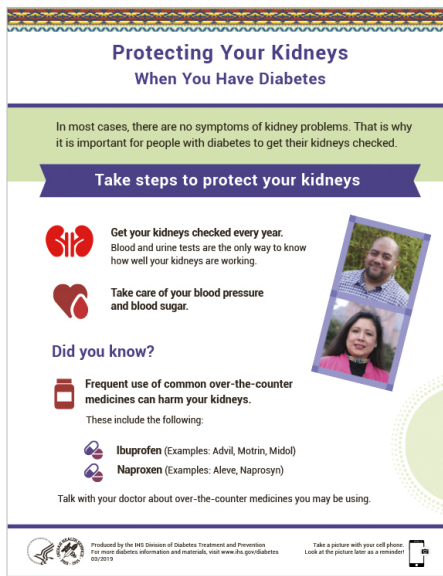


Lesson Plan: Protecting Your Kidneys When You Have Diabetes



Handout and Key Points

Handout to use: [Protecting Your Kidneys When You Have Diabetes](#)

This one-page education handout is designed to complement the conversation between the educator and participant. Download or order copies at no cost using the link above.

Key Points to Discuss:

- There are often no symptoms of kidney problems.
- Take steps to protect your kidneys.
 - Ask your doctor about getting blood and urine kidney tests once a year.
 - Take care of your blood pressure and blood sugar.
- Frequent use of common over-the-counter medicines can harm your kidneys.

Objectives and Goal Setting

Objectives

By the end of this lesson, the participant will be able to:

1. Recognize the importance of getting blood and urine kidney tests at least once a year.
2. Discuss the results of blood and urine kidney tests with a doctor.
3. Discuss the use of common over-the-counter medicines with a doctor.

Goal Setting

Participant will identify ways to protect kidneys and set a goal to get started.



Protecting Your Kidneys When You Have Diabetes



Educator Resources

IHS Division of Diabetes Treatment and Prevention Resources

- A variety of resources can be found on the [Division of Diabetes Clinician Resources](#) and [Standards of Care for Kidney Care](#) websites.
- Search the [Education Materials and Resources Online Catalog](#) for materials and resources featuring American Indian and Alaska Native people.
- [Integrating Case Management Into Your SDPI Diabetes Best Practice](#) [PDF – 290 KB] – Use this Case Management guide to assist you in meeting the health needs of individuals in your clinic and community diabetes programs.
- [Integrating Diabetes Self-Management Education and Support Into Your SDPI Diabetes Best Practice](#) [PDF – 275 KB] – Explore strategies and tools to enhance DSMES in your diabetes program.

Looking for additional materials?

- [Kidney Disease Education Lesson Builder](#)
This National Kidney Disease Education Program (NKDEP) resource has six lessons for chronic kidney disease (CKD). Lesson one is an introduction to kidney disease. Lesson two-six relate to managing CKD and preparing for renal replacement therapy. Each lesson includes clinical information for educators and patient resources including print materials and educational videos.



Participant Materials and Handouts

IHS Division of Diabetes Treatment and Prevention Resources

Search the [Education Materials and Resources Online Catalog](#) for materials and resources featuring American Indian and Alaska Native people.

- Protecting Your Kidneys When You Have Diabetes
- Know Your Numbers: A1C and Blood Pressure
- Tips for Managing Blood Sugar
- Low Blood Sugar
- Working With the Diabetes Health Care Team
- Chronic Kidney Disease – What Does it Mean for Me?

