## Renal Disease (ALL)

### Description
- Any renal disease such as: pyelonephritis (kidney infection) or protein in urine (except urinary tract infection- UTI) diagnosed by provider
- Pregnancy risks: limited fetal growth, pre-eclampsia (pregnancy induced HTN); Children’s risk: growth failure

### Assess Readiness for Change:
- with open ended questions

- “How is your xx (i.e. kidney disease) being treated?”
- “Tell me about any diet restrictions you are following?”

### Discussion, Counseling and Education

<table>
<thead>
<tr>
<th>If the answer is:</th>
<th>Try Counseling Strategies</th>
<th>Try Education</th>
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</thead>
<tbody>
<tr>
<td><strong>Not ready</strong></td>
<td>“So it sounds like you aren’t treating your xx (i.e. kidney disease)? How about your diabetes, what kind of medications or diet changes are you doing to control it?”</td>
<td>“Diabetes is the main cause of kidney disease. High blood pressure contributes to it too. If you would like a referral to a diabetes educator we can help you find one.”</td>
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<tr>
<td>“It’s just because of my diabetes. I’m not worried about it.”</td>
<td>“How do you feel about the treatments they have suggested for you?”</td>
<td>Offer feeding suggestions for disease/condition</td>
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<tr>
<td>“It sounds like you don’t want to treat your xx (i.e. kidney disease), what is stopping you?”</td>
<td></td>
<td>Not high risk, refer to RD if above your comfort level</td>
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</tbody>
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#### Raise awareness & personalize change

**Record Plan or Goal**

- Mom not interested in treating renal disease. Will re-assess readiness for change at next appointment.

#### Unsure

- “I’m on antibiotics for my kidney infection. I was in the hospital a couple of days.”

#### Raise awareness & confidence & identify barriers to change

**Record Plan or Goal**

- Mom says is talking her medication. Appetite not yet improved. Check weight and re-assess next appointment.

#### Ready

- “They want me to follow a renal diet but the list of foods is confusing.”

#### Help plan change-support

**Record Plan or Goal**

- Mom appears following her renal diet sheet and sees renal clinic RD. Mom wants to BF. Referred to lactation consultant.

### Education Resources