



Royal Berkshire
NHS Foundation Trust

My kidney care plan

Your guide to your treatment

Unplanned starters

Department of Renal Services

This leaflet is for patients presenting late to kidney services. It will outline your care plan and can be used as a record and a reminder of discussions with your health care team to help you jot down questions, chart progress and raise any concerns during your care planning meetings.

Coping with your diagnosis

You might be feeling shocked and numb and unable to take in what is happening to you or remember everything that has been discussed. You will be given written information about your condition and treatment which will help you choose the best treatment option for you and that you can discuss at home with your friends and family.

What is a care plan?

This care plan is designed to help you and your renal team to manage and understand your health and lifestyle needs.

Creating your care plan will involve discussions with your health care team about the kind of treatment and support you may need so that you feel confident looking after yourself.

Having a say in decisions about your care and treatment is important and can make a big difference to the way that you manage your condition.

Kidney treatment options include haemodialysis, peritoneal dialysis, non-dialysis care and transplantation. You will discuss the benefits and risks of these options and how they fit in with your work, social and family life in order to decide on a care plan appropriate for you.

Over time, your health, lifestyle and care needs are likely to change. Your care plan will be reviewed at regular intervals and you will have the opportunity to discuss any changes.

The health care team

Our team consists of social workers, doctors, nurses, dietitians and we can offer the support of psychological services.

Your care plan will facilitate discussions between you and your healthcare worker about your treatment and all aspects of your care.

Decisions about your future care and treatment will be recorded in your care plan, think about what you want to talk about prior to your care planning meeting.

Topics you may want to discuss could include:

- Work
- College
- Food and drink
- Medication
- Sexual relations
- Mood
- Transplant
- Holidays
- Changing type of treatment
- Money
- Benefits

Your contacts

Your name

Hospital no:

Consultant

Renal nurse:

Social Worker:

GP:

Useful organisations and contacts:

www.kidney.org.uk - organisation run by patients for kidney patients.

www.kidneyresearchuk.org - Kidney Research UK.

www.britishkidney.pa.co.uk - charity for kidney patients.

www.mykidney.org - This website is about kidney disease and how people live with it.

www.nhs.uk – NHS Website – includes kidney disease information.

www.transplantsupportnetwork.org.uk - Transplant Support Network.

www.uktransplant.org.uk - UK Transplant.

www.kidneyalliance.org - aims to promote high quality of treatment for kidney patients on an equal and uniform basis countrywide.

www.renalpatientview.org - once registered patients can get online access to test results/treatment.

Royal Berkshire NHS Foundation Trust

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My Care Plan

Your care plan will be filled in at your care planning meeting and it will record issues about your health and lifestyle that are going well and those that you are concerned about.

Date	Issue/Concern	What might help me	What could my care team do to help me	Signature/ Review date

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