

DEVELOPING A PERSONAL CARE PLAN OF ACTION





Developing a personal care plan of action

HELPFUL HINT

There's a lot you can do to improve your overall health and support your kidney health. Try setting small goals and work toward them before moving on to the next one. That way, any changes you make will be gradual and long-lasting.

The most effective way to manage your kidney disease is for you to work in partnership with your healthcare team and maintain a healthy lifestyle.

This chapter includes tools and information to help you take an active role in managing your own day-to-day care, set some personal health goals and record important information about your health and well-being. You can live a healthy life, even with a chronic disease. Here are some suggestions to help you:

- **Work actively with your healthcare team to develop a care plan that works best for you.**
- **Give accurate information about your living situation, as well as your physical and emotional well-being.**
- **Speak up and let your healthcare team know about your concerns. Never be afraid to ask questions.**
- **Listen to and follow the health advice and recommendations of your healthcare team.**
- **Learn as much as you can about how to manage your disease.**
- **Prepare for all of your health appointments by writing down your goals for the visit and what questions you would like answered.**
- **Make sure that you receive copies of all your medical tests - blood work, urinalysis, ultrasound, x-rays, etc.**

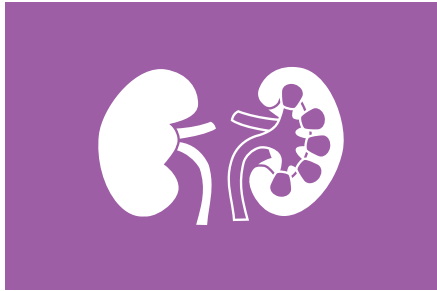


Create a "health diary"

One way to help manage your kidney disease is to create a "health diary" or journal. Many people will ask questions about your medical history. These might include members of your healthcare team, your insurance company, government agencies, friends or family. *What medications are you on? Do you have any allergies? What is your blood pressure normally?* The list goes on.

A health diary is a good way to keep track of this information (and reduce your frustration at being asked the same questions over and

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over again!). Use your health diary to record changes in your physical health and to chart how you are feeling. Share this information with your healthcare team because this will help them develop and change your treatment plan to best meet your needs. You may also wish to share this information with someone close to you, such as a spouse or other family member.

Prepare for medical appointments

You can also use your health diary to prepare for medical appointments. How many times have you left your doctor's office only to realize you have a question that you forgot to ask? One way to improve communication and make sure you get the information you need is to write down a list of your questions or concerns *before* your appointment. Then take this list with you to your next appointment. Also, some people get nervous at medical appointments and have trouble finding the right words to describe how they feel. Sometimes it's easier to let the healthcare provider read what you have written.

One question you will need to answer at *all* appointments is what medications you are currently taking. You should always bring an up-to-date list of your medications with you. Or, you can bring along a bag with all of your medication bottles.

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Set personal goals

There are many positive changes you can make to take care of your kidney health. Some of these changes can be challenging to make: that is why it is good to start with smaller, manageable goals and build from there. Here are some suggestions about setting your goals:

- Make sure your goal is specific and realistic.
- Write down your goal and share it with trusted friends or family members so that they can encourage you.
- Break a larger goal into smaller steps.
- Identify potential barriers to achieving your goal and ways to overcome them.
- Think about how confident and ready you feel to make a change. If you don't feel confident about your progress, start instead by taking a smaller, more manageable step towards your goal.
- Keep track of your progress and reward yourself for your successes!
- Ask for help if you are having trouble staying motivated.

The following pages contain log sheets where you can record important information about your health and treatment. Feel free to photocopy these sheets as needed. You can also download these log sheets from The Kidney Foundation of Canada's web site at **www.kidney.ca**.





MY PERSONAL LOG



Important contacts



Name	Phone Number	Email Address	Role
Dr. John Smith	123-456-7890	doctor@hospital.ca	(doctor, dietician, pharmacist, etc.)



Appointment log



Date	Time	Reason for Appointment	Outcome



Health status



My Health Goal

Date	Weight	Blood Pressure	Creatinine	eGFR	Hemoglobin	Other (e.g. phosphorous potassium, cholesterol, glucose, etc.)

My Current Status

Date	Weight	Blood Pressure	Creatinine	eGFR	Hemoglobin	Other (e.g. phosphorous potassium, cholesterol, glucose, etc.)



Chapter 7

Medications



Name of Medication	Prescribed by	Purpose of Medication	Description (e.g. colour, shape)	Dose	When and How to Take it	Side Effects Felt	Refill Date



My goals: action planning



NOTES:

Keeping a record of your goals and how you are trying to reach them can help you stay motivated and increase your chances of success. Focus on small steps to achieve bigger, longer-term goals and reward yourself along the way! Identify potential challenges and plan for how to overcome them.

Date: _____ My goal: _____

To reach my goal I will:

1. _____
2. _____
3. _____

What are some things that might make it more difficult for me to achieve my goal and how will I overcome them?

1. _____
2. _____
3. _____

Who could help me to achieve this goal?

How will I reward or acknowledge my successes?

