

2021 My Kidney Kit Pages for Patient Engagement

This Topic of the Month calendar provides you with the [My Kidney Kit](#) pages that have been identified as a resource for patients to learn more on the topic. We encourage you to use this listing when planning your patient educational activities. The Network continues to add and update the My Kidney Kit pages with feedback from patients. Visit www.mykidneykit.org to download the latest pages in English and Spanish. You can also save this resource to your desktop and access the active links when needed.

| January | February | March |
|---|---|---|
| Active and Healthy Living <ul style="list-style-type: none"> • Being Active • Coping with Dialysis • Healthy Lifestyle Choices | Speak Up and Share <ul style="list-style-type: none"> • My ESRD Networks English Spanish • Network Patient Rep. Program • Patient Advisory Council • What to do if I have a grievance | Treatment Matters <ul style="list-style-type: none"> • Albumin • Am I getting Enough Dialysis? • Anemia • Fluid Weight and Dry Weight • How do I control my fluid gains? • Knowing My Lab Numbers • Renal Bone Disease |
| April | May | June |
| Talk Transplant <ul style="list-style-type: none"> • Kidney Transplant • Talk Transplant-Getting Matched | Coping with Dialysis <ul style="list-style-type: none"> • Coping with Dialysis • What is Depression? | Home Sweet Home <ul style="list-style-type: none"> • Is Home Hemodialysis Best for Me? • Peritoneal Dialysis • Types of Hemodialysis |
| July | August | September |
| My Lifeline <ul style="list-style-type: none"> • Self-Cannulation • What I Should Know about Fistulas | Prevention Saves Lives <ul style="list-style-type: none"> • How Can I Stay Infection Free? • Medication Safety • Vaccines | Be Prepared <ul style="list-style-type: none"> • 3-Day Emergency Diet <ul style="list-style-type: none"> • Diabetic • Non-Diabetic • Pediatric • Dialysis Emergency Takeoff • How To Disinfect My Drinking Water • In Case of Emergency |
| October | November | December |
| Balancing Work and Play <ul style="list-style-type: none"> • Are There Programs to Help With Work? • Being Active • Dialysis Facility Compare • Traveling with Dialysis | My Wishes <ul style="list-style-type: none"> • All About You Review • Making My Wishes Known | Rights and Responsibilities <ul style="list-style-type: none"> • Medicare Part D • Medicare QIP • Working with My Care Team • Your Rights and Responsibilities |