

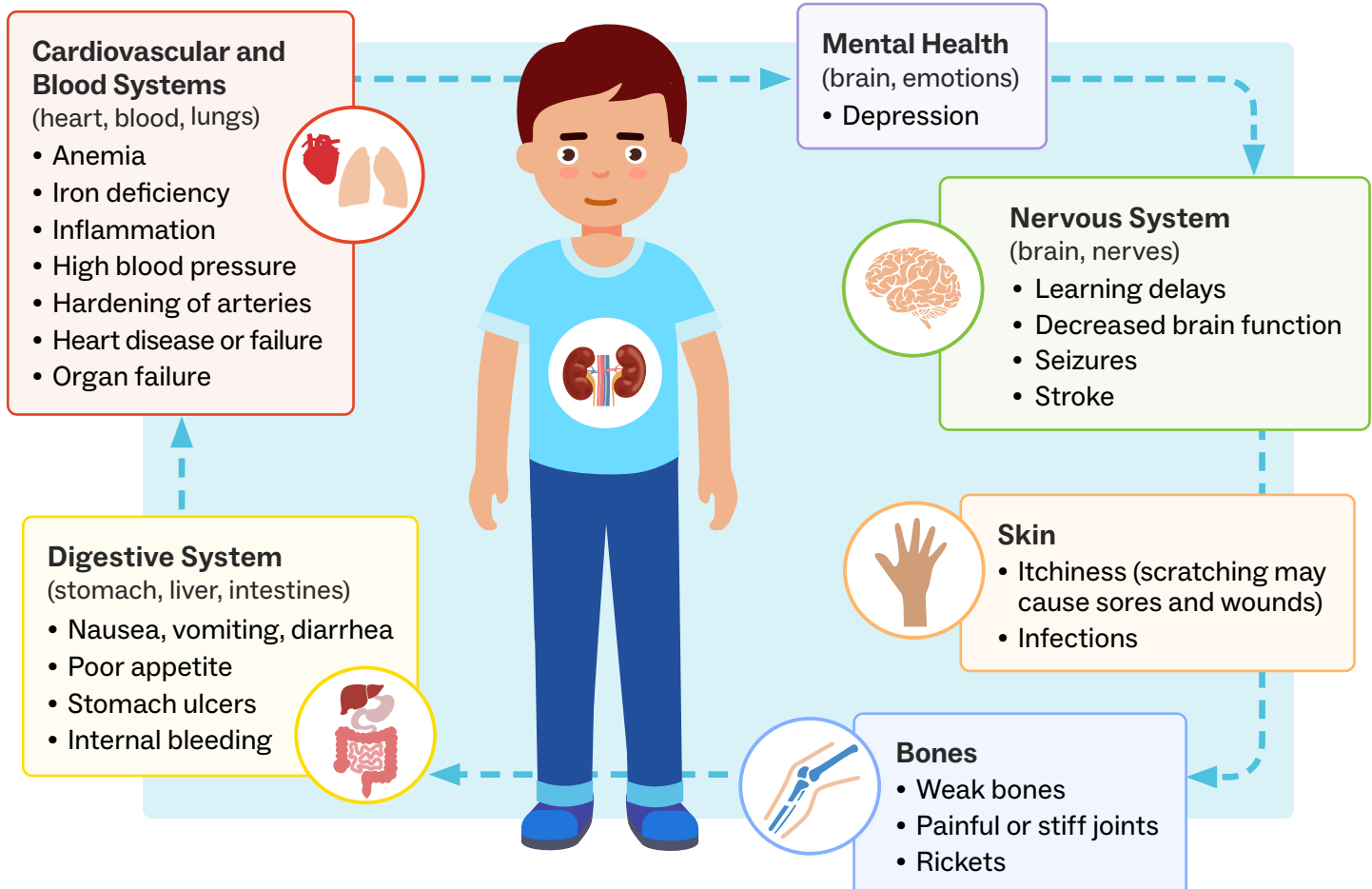
## Pediatric Dialysis: Following your child's treatment plan

Following your child's treatment plan, or **adherence** [ad-HEER-uns], is essential to help your child prevent permanent damage to their body and to live the healthiest life possible. Caring for a child with a chronic health condition can be challenging. Your medical team is available to support and help you.

### Following your child's kidney disease treatment plan means that you and your child will:

- Attend all scheduled appointments
- Complete dialysis as prescribed
- Practice sterile techniques
- Take the recommended doses of medications
- Maintain accurate flowsheets
- Maintain a high level of cleanliness
- Follow the necessary steps when your child gets sick
- Eat and drink what is recommended
- Follow the prescribed diet
- Get enough physical activity
- Participate in mental health treatment when needed

**Not following your child's treatment plan can delay your child from getting a kidney transplant.  
It can also lead to the following health problems, or death:**



## How can the medical team help?

Your child’s medical team is available to:

- Provide translators as needed
- Provide training and retraining whenever necessary
- Involve parents and family members to ensure communication and education
- Involve family members in treatment planning
- Enlist support from other community resources if you are feeling burned out

## What happens if adherence becomes a safety issue?

If adherence becomes a safety issue, there are steps that the medical team will take to make sure your child is receiving the best care and support. This may include:

- Having a written contract with parents or family members which clearly describes the care plan, treatment, and goals.
- Possibly involving resources such as private duty nursing, or partial-hospital or day-hospital programs depending on insurance coverage.
- Wellness checks from local law enforcement.
- Referring you and your child to the Division of Child and Family Services (DCFS). DCFS may assist in helping you and your child follow the treatment plan. They may be able to provide additional support to your family.

**Your child’s health is our main concern and priority. Please ask for clarification in the treatment plan, or help, if you are feeling overwhelmed or confused. We are here to help you take the best care of your child.**

### Questions for my doctor

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### Notes

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