

Patient Information

## Renal Services

# Young Adult Renal Clinic

### What is the Young Adult Renal Clinic?

Renal is another word relating to the kidney. The renal clinic is for young people aged between 16 -25 years old who have a kidney problem. You may have been referred directly by your GP or transferred from children to adult renal care services at UHCW or Birmingham Children's Hospital.

When you attend this clinic you could be seen by a number of health professionals and other specialist renal staff who can support you with a range of needs.

At the clinic appointment your renal consultant will introduce you to the renal team including a specialist nurse, clinical psychologist, dietician and renal social worker.

### How can the renal clinic help you?

- Providing information about your condition, the treatment options and possible side effects.
- Discussing your test results. You can also view your results via the 'Renal patient view' system.
- Offering support on how to manage your condition.
- Making sure you understand the importance of a healthy lifestyle; which includes appropriate exercise and diet, sexual health and avoiding smoking
- Helping you to understand how your condition might affect your future education and career plans.
- Enabling you to ask questions about your condition and share any worries/fears.
- Making you aware of the support networks that are available.

### General Advice and Consent

Most of your questions may have been answered by this leaflet however; this is only the starting point for discussion with your healthcare team.

Before any doctor, nurse or therapist examines you they must seek your consent or permission. In order to make a decision you will need to have the information from health professionals about the treatment or investigation which is being offered to you. You should ask them more questions if you require further information.

The information you receive should be about your condition, the alternatives available to you, and whether it carries risks as well as benefits.



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## Where can I find more information about kidney disease?

There is lots of information available about kidney disease and good websites such as:

[www.kidneycareuk.org](http://www.kidneycareuk.org)

Kidney Care UK contact: 01420 541424 (9am - 5pm, Mon–Fri)

[www.kidney.org.uk](http://www.kidney.org.uk)

[www.kidneypatientguide.org.uk](http://www.kidneypatientguide.org.uk)

[www.infoKID.org.uk](http://www.infoKID.org.uk)

[www.nhs.uk/livewell/sexandyoungpeople/Pages/Sex-and-young-people-hub.aspx](http://www.nhs.uk/livewell/sexandyoungpeople/Pages/Sex-and-young-people-hub.aspx)

[www.talktofrank.com](http://www.talktofrank.com)

## Who can I contact if I need to speak to someone?

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