

MILESTONES TOOL
Pediatric to Adult Nephrology
Alport Syndrome Patient
Ages 10-12 (Stages 1-4 CKD)

Ready/Approaching Ready/Not Ready
relative to preparedness to move on to
questions found in the next Milestones Tool
Worksheet for ages 13-19 found on the ASF
website: www.alportsyndrome.org.

All About Alport

What is the name of your kidney disease?

	Ready	Approaching Ready	Not Ready
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Can you explain a bit about the role of the kidneys
in your body?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Medications

What is the name(s) of the medication(s) you take to
to treat your kidney disease?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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What is the dose you take/how much you take each day?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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When do you take this medication(s)?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Why is it important to take this medication(s)?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Are there any medications you should NOT
take as a person with Alport syndrome?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Do you feel physically different in any way after you
take your medication(s)?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Are you allergic to any medications?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Lab Information

Do you know why you have your blood drawn and why
you're asked to pee in a cup at the doctor's office or lab?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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After these tests, does anyone share with you what was
was learned? How is this information shared with you?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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General Health and Lifestyle

Why are exercise and good nutrition so important?

Ready

Approaching
Ready

Not Ready

Why is it important for you to drink enough water? Do you know how much water you should drink each day?

Do you know what kinds of foods and drinks are NOT good for your kidneys? (Do you have any dietary restrictions?)

Self-Management Skills

Do you feel comfortable asking your doctor(s) questions?

Who is responsible for making sure you take your medication(s)? (What steps could we take to help you be ready to take over this responsibility?)

What would you do if you ran out of your medication(s)?

Emotional Health

How often do you think about or are reminded that you have Alport syndrome?

Is there someone in your life you are comfortable sharing your feelings with about having Alport syndrome?

Do you have any specific questions or concerns you would like to discuss about living with Alport syndrome?