

# RENATA

*my nephrologist*

INSTRUCTIONS FOR THE  
EDUCATIONAL WORKSHOP



## I. OBJECTIVES

The Renata Project is an educational and research initiative aimed at promoting kidney health from early ages. Children are positioned as active agents in transmitting information to their families, increasing awareness of chronic kidney disease (CKD) and its prevention.

The project involves professionals from the Spanish Society of Nephrology (SEN), the Spanish Society of Nephrology Nursing (SEDEN), and the National Federation of Kidney Patients (ALCER).

The intervention integrates reading the book *Renata, my nephrologist*, didactic activities, and a pre-/post-intervention knowledge assessment for both students and families to evaluate the educational impact.

This protocol outlines the steps required for professionals implementing the Renata program in a school setting.

By the end of the workshop, participants will be able to:

- Understand what kidneys are, where they are located, and what they are for
- Know which medical specialist is responsible for kidney care
- Understand what the (silent) kidney disease is and why it is important
- Know what happens when the kidneys stop working
- Recognize the symptoms that appear when they stop working
- Learn how to identify if the kidneys are diseased
- Learn about the treatments that replace kidney function: hemodialysis, peritoneal dialysis, and transplantation

## 2. METHODOLOGY

The workshop consists on two parts:

A. A theoretical session in which healthcare staff/volunteers will explain the basic information of kidney disease and its implications, using simple and visual elements and *Renata's* book, involving the children and addressing any questions that may arise.

B. A dynamic session where participants can put into practice the knowledge acquired through games and a final questionnaire taken from *Renata's* activity book.

The total number of participants will be divided into groups (6–7 children per group). Each group will be assigned a character from the book and must then choose a team representative.

Each team will complete two initial challenges (one more if there is a tie). The fastest team in these rounds will be the first to participate in the final game ("*Renal Hangman*").

### 3. LENGTH

The workshop lasts approximately 60 minutes.

### 4. AUDIENCE

Renata's workshop is for children between 8 and 12 years old.

### 5. REQUIRED MATERIALS

- Renata, my nephrologist books
- Large strainer
- Two container recipients
- Hydrogel balls
- Solution (water + povidone-iodine)
- "Renal Olympics" activities
- Water bottle
- Blackboard + chalk



### 6. PLACE

To be determined.

### 7. EVALUATION

To measure the impact of the activity and its purpose of prevention and improvement of knowledge about kidney disease, information before and after the workshop is collected to carry out a study called "Promotion of Kidney Health from Childhood: Impact of an Educational Intervention in Schoolchildren and Their Families".

The study includes one short questionnaire for children and another for families, both completed before reading the book. Families do not attend the workshop; instead, they learn about the activity by talking with their children afterwards. Once the book has been read in class and the activities have been completed, children are invited to complete a second questionnaire, and families are asked to complete a questionnaire designed for them too. This helps us understand what students learned and what they shared at home.

### 8. AUTHORSHIP AND COPYRIGHT

This workshop has been developed by a nephrologist, a nurse, an illustrator, and boys and girls who advise the Spanish Renal Foundation. It is endorsed by the Spanish Society of Nephrology (SEN), the Spanish Society of Nephrological Nursing (SEDEN), and the National Federation of Kidney Patients (ALCER).