SPRUN

Scottish Paediatric Renal and Urology Network

Acute Kidney Injury in newborns Information for parents and carers

This document has been prepared by Public Services Delivery Scotland (PSD Scotland) on behalf of the Scottish Paediatric Renal Urology Network (SPRUN). Accountable to Scottish Government, PSD Scotland works at the heart of the health service providing national strategic services to the rest of NHS Scotland and other public sector organisations to help them deliver their services more efficiently and effectively. The SPRUN network is a collaboration of stakeholders involved in the care of patient with renal and urological conditions, who are supported by a PSD Scotland Programme Team to drive improvement across the care pathway.

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Who is this leaflet for?

This leaflet is for parents and carers of newborn babies who have had a serious acute kidney injury (AKI). An AKI is when the kidneys temporarily stop working properly. The kidneys control the balance of water and salts in the body. This leaflet explains how to keep your child's kidneys healthy.

Follow-up care

After an AKI your baby will have appointments with the health care team. What these look like will depend on how severe the AKI is.

The healthcare team will explain:

- who will be involved in your child's care
- how often follow-up appointments are needed
- how long this follow-up is likely to continue

As your child gets older and their kidney health remains stable, they may no longer need regular clinic appointments and can be discharged from routine follow-up.
To help keep your child's kidneys healthy in the future, it is important to follow the advice outlined below.

Seek medical advice if you are concerned about any of the following:

- your child is feeding less than usual or drinking fewer fluids
- vomiting or diarrhoea that continues for a prolonged period
- passing less urine than usual, for example having fewer wet nappies

How to keep your child's kidneys healthy

Drinks

- Give your child plenty to drink. Water or milk is best, depending on their age.

Toilet habits

- Once your child is toilet trained, encourage them to go to the toilet regularly. Try not to let them "hold on" when they need to go.

Diet and exercise

- Encourage a healthy, balanced diet and regular physical activity.

Constipation

- Help prevent constipation, as it can increase the risk of urine infections.

Medicines

- Avoid giving your child anti-inflammatory medicines like ibuprofen on a regular basis, unless your doctor has advised it.

At other health or hospital appointments

At routine check-ups, not related to kidney follow-up, you can ask for:

- A blood pressure check
- A urine test (dipstick) to check for small amount of protein

Long-term advice

Many babies experience a good recovery after AKI but may still require ongoing monitoring.

As your child grows up, they may not need regular appointments with children's doctors or kidney specialists and may be discharged from follow-up care.

It is helpful for your child to know that they had an acute kidney injury as a baby. This information may be important when discussing their medical history with healthcare professionals when they are an adult.

For more information about SPRUN and other helpful resources:

SPRUN Website: www.sprun.scot.nhs.uk
Email: nss.sprun@nhs.scot

If you need this leaflet in another format (such as large print), please:

- Email psd.contact-us@nhs.scot
- Phone: 0131 275 6000
- Contact Scotland BSL at contactscotland-bsl.org

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