

# Chronic Kidney Disease

## Basic Education Class Frequently Asked Questions

Your provider has recommended that you attend a class about your kidneys. Here are some answers to common questions.

### What is this class about?

This class covers basic information about your kidneys and how to keep them as healthy as you can. You'll learn the DO's and DON'Ts for patients with kidney disease. This includes medications, diet, and managing other illnesses.

### It sounds like it could be boring. Will it be long or hard to follow?

It's not. The class is interactive and very simple. We use a lot of pictures, stories, and practical tips. It lasts 90-120 minutes but the time goes by quickly. That's because patients are very involved in the class.

### Do I have to be there in person?

No, you do not have to attend in person. You have the option for in-person or virtual classes. You may attend virtually if:

- You have Stage 3 kidney disease and live in any U.S. state except California
- You have Stage 4 or 5 kidney disease and live in Louisiana or Mississippi

In-person class is offered in a group setting in three locations

1. Ochsner Medical Center – Jefferson Highway in New Orleans
2. Ochsner Medical Center – West Bank Campus
3. Ochsner Nephrology - Covington

The group class will include a review of individual test results and a brief one-on-one check-in with an education team member.

### Can I schedule a private class?

Yes, classes can be scheduled with an RN Educator specially trained in chronic kidney disease and will include a review of personal test results and medications. These appointments will last one hour with the option to schedule follow-up visits as needed. RN Educators are currently only available at the Jefferson Highway and Covington clinics.

### How much does it cost?

There should be no cost to you. Most insurance plans (like Medicare) cover 6 hours of kidney disease education if you have Stage 4 or 5 CKD.

### How do I schedule?

You can do it yourself in the MyOchsner portal, or call 504-703-0792 to schedule. You may need to leave a message with your phone number. We will call you back to schedule your class.

### Why should I attend? Can't I find this information on the Internet?

Your kidney disease is unique to you. The more you learn from your own Ochsner care team, the more you will know about how to keep **your** kidneys working as well as possible.



**The better your kidneys work, the less likely you are to spend time in the hospital.**

You may even be able to avoid or delay dialysis or other treatments. **We can help you learn to keep your kidneys as healthy as they can be.**



**See what our patients are saying about the CKD class**

.....  
**"It made me feel more positive and motivated to make changes to my health overall."**

**"Time well spent."**

### + Need more information?

To schedule or for more information about the class, call 504-703-0792.



1-866-OCHSNER | ochsner.org