What is nephrotic syndrome?

Nephrotic syndrome is a rare, serious disease of the kidneys that can relapse and remit (come and go) throughout childhood. It is not contagious and cannot be spread to others.

Children with nephrotic syndrome have difficulty fighting off infections

Proteins that normally help fight off infections spill out into the urine during relapses.

Medications needed to treat nephrotic syndrome suppress the immune system.

TIPS FOR TEACHERS:
- Inform parents about outbreaks (flu, chicken pox, cough, cold, etc.)
- Ensure everyone in the classroom washes hands frequently
- Sanitize desks and surfaces every day
- Do not put a child with nephrotic syndrome in a group with a child with cough, cold, etc.

Doctor’s appointments and hospitalizations can lead to a lot of missed school days

Less time in school → Worse school performance

TIPS:
- Encourage physical activity and participation in sports
- Establish good communication with parents to support the child

Some medications can have severe side effects

Physical changes

Swelling in face
Swelling in body
Weight gain

Behavioral changes

Changes in mood
Difficulty concentrating
Emotional lability

TIPS:
- Fluid intake requirements may change during a relapse
- Allow free access to the bathroom
- Notify the child’s parents if you notice changes in behavior

Urination habits may change

Visit https://lab.research.sickkids.ca/parekh/research/insight/infographics/