



VOLUNTEER RESPONSIBILITIES AND EXPECTATIONS

- A Volunteer should arrive at a KidneyMobile screening approximately 60 minutes prior to the scheduled time of the event.
- A Volunteer should wear business casual clothing or scrubs (NO blue jeans please).
- A Volunteer should arrive at the event or screening ready to work.
- A Volunteer will be given an assignment to administer a screening station, assist with registration, flow of the screening or assist in other areas of the screening and/or KidneyMobile.

A VOLUNTEER WILL BE ASKED TO PARTICIPATE IN ONE OF THE FOLLOWING:

*Please Note: Not all screenings are available at each KidneyMobile® site.
For more information on a particular screening please speak with a NKFI staff member.*

- **Blood Pressure:** Untreated and/or undiagnosed high blood pressure can cause kidney disease. Normal blood pressure is below 120/80.
- **Blood Glucose:** This finger prick is used to assess how much glucose (sugar) is in your blood. Diabetics and others may have an HbA1c test which provides a 3-month 'snapshot' of the amount of sugar attached to red blood cells.
- **Body Mass Index (BMI):** Body Mass Index is the relation of height to weight. Obesity can cause diabetes and cardiovascular complications.
- **Waist Circumference:** This is a simple measurement of the waist. Carrying too much weight around your middle can increase your risk of developing diabetes and other diseases.
- **Urinalysis:** A urine sample determines if there is an infection or if there are microscopic amounts of protein present. This can be an early sign of kidney disease, sometimes referred to as "spilling protein".
- **Blood Draw:** A blood draw provides information on serum Creatinine and eGFR, an estimation of kidney function.
- **Private Consultation:** The NKFI wants to make sure you understand your screening results and important next steps to better your health. Each participant will have a private consultation at the end of the screening where you receive your individual test results.
- **KidneyMobile® Tours:** Everyone is encouraged to board the KidneyMobile® for an educational tour with hands-on displays as well as view a short video featuring people whose lives have been touched by kidney disease.

Volunteers are not allowed to leave stations unattended and are asked not to participate in the screenings until the end of the screening if time permits!