

A Student-Led Session on Autosomal Dominant Polycystic Kidney Disease (ADPKD)

Information for the teacher or administrator approving or supervising the session

What this is

A student is asking to give a short (about ten to fifteen minute) educational session on autosomal dominant polycystic kidney disease (ADPKD), an inherited kidney condition that most people have never heard of. The materials come from the PKD Bridge School Outreach Toolkit, an open-access resource designed primarily for adolescents with ADPKD or known familial risk. The content is written for a general school audience. The session is designed to be led by a student, in a classroom, health class, advisory period, or similar setting, under the school's ordinary approval and supervision. It does not require a clinician, lawyer, or other specialized professional to be present.

What the session covers

- What kidneys do and what ADPKD is, in plain language
- Common misconceptions: it is not contagious, not caused by anything the person did, and not the same for everyone
- Why the condition can surface during the school day (individualized access to water or the restroom, medical appointments, fatigue, pain, and individualized decisions about some sports) even when a student looks well
- How classmates can be helpful without being intrusive, and why a student's health information is theirs to share or not
- Where to find reliable general information (PKDBridge.org, the PKD Foundation, and NIDDK)

What the session is not

The session is educational only. It is not medical advice, legal advice, school-advocacy representation, counseling, or crisis support. The presenter has been asked not to give amounts or targets for water, salt, or blood pressure; not to name medicines; not to discuss any individual's health, including other students, family members, or their own beyond what they have chosen in advance to share; not to answer questions about testing or risk for any individual; and not to advise staff on what accommodations any student should receive.

Accommodations, 504 plans, and individual students

Nothing in this session substitutes for individualized accommodation planning, clinical guidance, or school-specific decision-making. In U.S. public schools, eligibility and supports under Section 504 are determined through the school's own process using individualized information; a clinician may provide relevant documentation but does not decide the school's plan. Other schools may use different processes. The presenter is not advocating for any student's accommodations and has been asked to say so if a question comes up. Whether the presenter has ADPKD, or a plan of their own, is the presenter's information to share or withhold.

Your role

- Approve, schedule, and supervise the session as you would any student presentation
- If a question during the session is about a specific student, or about testing, treatment, or risk for the person asking, redirect it to the school nurse or counselor and, as appropriate, the student's parent or guardian and clinician
- If a student discloses a health concern of their own during or after the session, treat it as you would any such disclosure under school policy
- If you would like to see the slides or the speaker notes before the session, the presenter can provide them

Questions

General questions about the toolkit can be sent through PKDBridge.org. Questions about a specific student should go to that student's family, their own clinician for medical questions, and the school's health or student-services staff for school matters.

PKD Bridge School Outreach Toolkit, version 5, September 2026. Educational information only; see the disclaimer in the toolkit. PKD Bridge is independent; references to outside organizations do not imply affiliation, sponsorship, or endorsement.