

Adapting the evidence-based digital self-management program 'My Kidneys & Me' for routine clinical care: A qualitative study into transforming kidney care

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Introduction

- Effective patient education and self-management has the potential to improve health and well-being and optimise healthcare usage for people with long-term conditions including Chronic Kidney Disease (CKD)
- However, people with early-stage CKD are often unaware or have minimal understanding of their condition. There is a paucity of support and resources available
- To support people with CKD our team in Leicester co-developed an online digital education and self-management program called My Kidneys & Me (MK&M)
- A multi-centre trial showed that MK&M is effective at improving Patient Activation

Learn about the findings from our multicentre randomised control trial



MY KIDNEYS & ME

Aim

This study explored factors for consideration to support effective, widespread implementation of MK&M in primary and secondary care from a healthcare staff perspective

Methods



Semi-structured interviews were conducted in person or via telephone and audio-recorded



A range of **Healthcare Professionals (HCPs)** with kidney care experience were invited to participate



Data were analysed using **thematic analysis**

Results



42 participants



20 kidney doctors, 6 kidney nurses, 10 allied healthcare practitioners (physiotherapist/pharmacist/dietician) and 6 healthcare managers/policymakers

Revising MK&M to improve equitable access

Adaptations to **improve equity and accessibility** for underserved groups, particularly low health literacy and reaching minority ethnic groups



Having the material in **different languages** I think would be **really helpful**

(Renal Counsellor)

Like **digital champions**, trying to **support people to use technology, maximise the benefits of technology** in healthcare settings

(Quality Improvement Manager)

If you look at the **health literacy around CKD** it's even **worse**. So trying to **address that** with the materials that we are producing

(Pharmacist)

Effective integration into clinic workflow

To facilitate adoption, MK&M should be **integrated via signposting** and through **engaging and effective ways of providing website details**: embedding in appointment letters, emailing, leaflets and QR codes



It's just another resource that we'd sort of **signpost patients to** would fit in there. It be **quite easy to work into clinical practice**.

(Nephrologist)

It's **referring people to the website**, creating a **poster for that website...sending an email out masse** because it just helps improve engagement

(Pharmacist)

So **primary care**, like I said, are really **good at sending out text messages**, and it becomes **quite easy**, because they have a **list of patients** who've got CKD, they just **send a message** to everyone about this programme.

(Nephrologist)

Integration with current initiatives

The use of current initiatives to facilitate implementation of CKD patient education. For example, the **use of risk stratification to identify high-risk individuals** and **incorporating into other specialities or related diseases** such as diabetes



We do have the **risk equation** now, so that **helps with predicting when people are likely to need education**. And I think that's really useful

(Medical Manager)



Your **blood pressure monitoring card** would have My Kidneys & Me, you can also **look at My Kidneys & Me** if you wanted to do it online. And keep an eye on your blood pressure.

(Haemodialysis Lead Nurse)

GPs and nurses are **bringing people in for diabetes reviews** and things like that, they might be people who could say this is a really good thing that you could do. Any of these **lifestyle changes** wouldn't just work for the kidney disease. They will help **cardiovascular and diabetes**

(Nephrologist)

Conclusion

- This study highlights the work needed to bring evidence-based programs like MK&M to clinical settings to support effective CKD self-management
- These data will be used to revise MK&M and design and conduct implementation trials

Themes