

IMPROVING NUTRITION AND LIFESTYLE RELATED KNOWLEDGE AMONG PRE-DIALYSIS PATIENTS IN THE LUTON ADVANCED KIDNEY CARE CLINIC



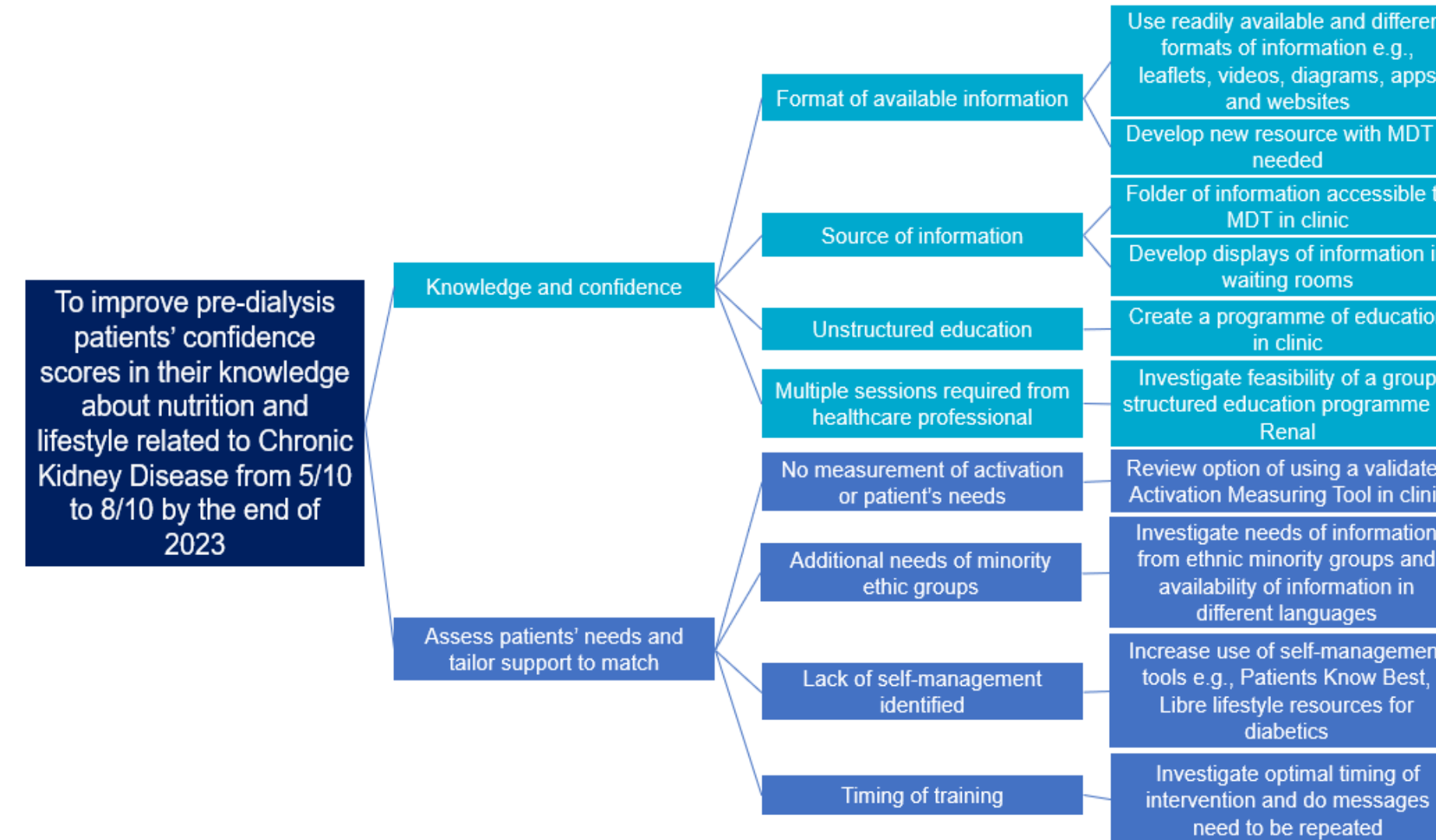
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BACKGROUND

- Self-management is an essential part of chronic disease management to empower patients to take an active role in their health.
- Supported self-management is the way healthcare professionals encourage, support and empower people to manage their ongoing physical and mental health conditions themselves. The provision of self-management education to help people with chronic conditions to develop the knowledge and confidence the need to manage their own health effectively forms an integral part of this process.
- The promotion of self-management behaviours is considered as a standard of care in Chronic Kidney Disease (CKD) guidelines, in the effort to decelerate CKD progression and prevent complications.
- The multi-disciplinary team, particularly Renal Nurses and Renal Dietitians, are present in Advanced Kidney Care clinics at the Luton & Dunstable hospital to provide this education.

DRIVER DIAGRAM



PDSA

1. Education programme in clinic
2. Develop new resources with MDT
3. Information displays in waiting rooms
4. Group structured education programme in Renal
5. A validated Activation Measuring Tool in clinic
6. Investigate needs of information from ethnic minority and availability of information in different languages
7. Increase use of self-management tools
8. Investigate optimal timing of intervention and do messages need to be repeated



METHODOLOGY

ENHT 7-step model for improvement



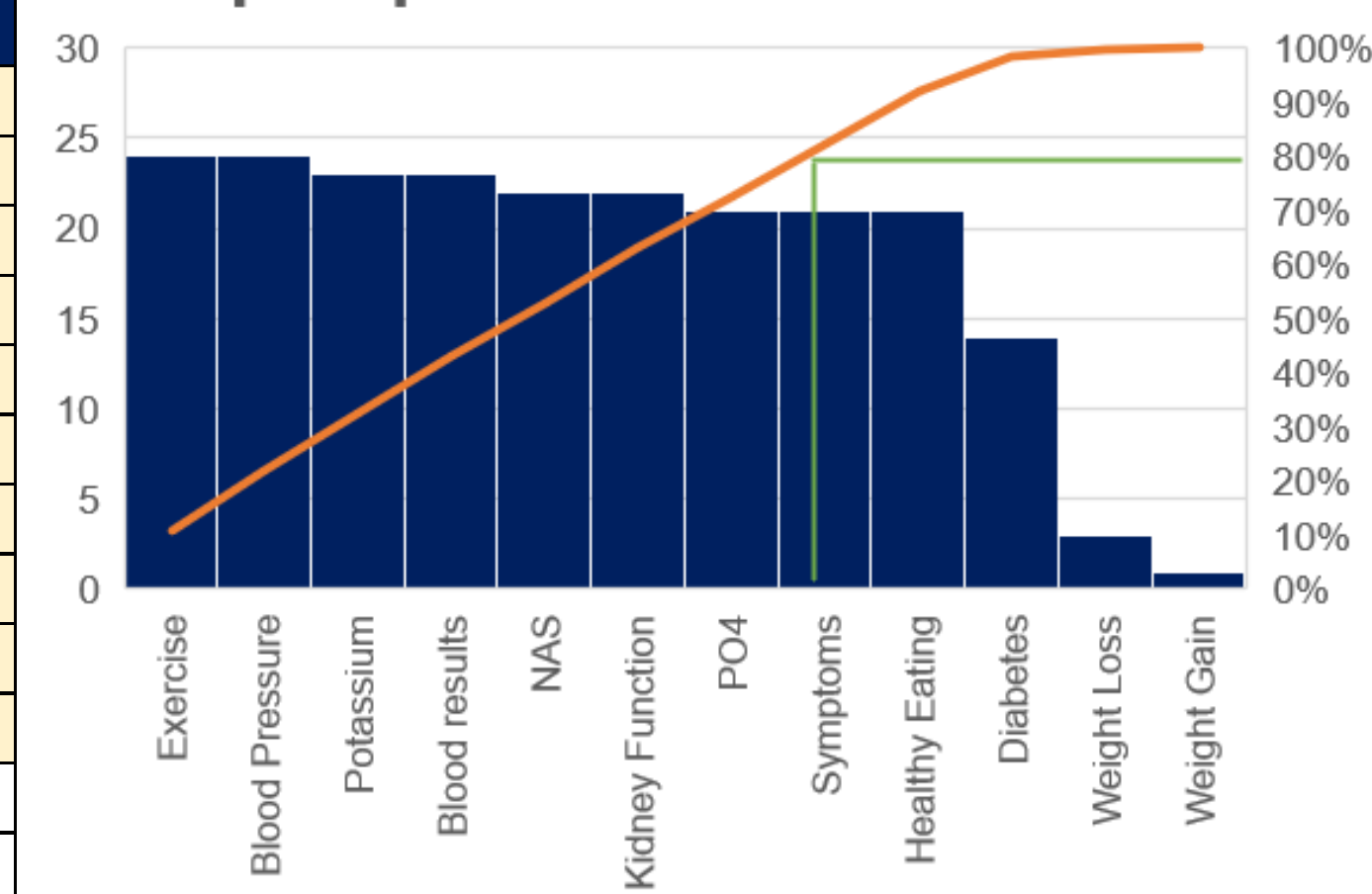
AIM

- To improve pre-dialysis patients' confidence scores in their knowledge about nutrition and lifestyle related to Chronic Kidney Disease from 5/10 to 8/10 by end of 2023.

UNDERSTANDING THE PROBLEM

RECEIVED INFORMATION (Baseline)	Percentage
Weight Loss	5%
Kidney Function	8%
Weight Gain	10%
Blood results	13%
Symptoms	29%
Healthy Eating	29%
PO4	33%
Exercise	33%
Blood Pressure	38%
Diabetes	42%
Potassium	67%
NAS	79%

Topics patients like to learn about

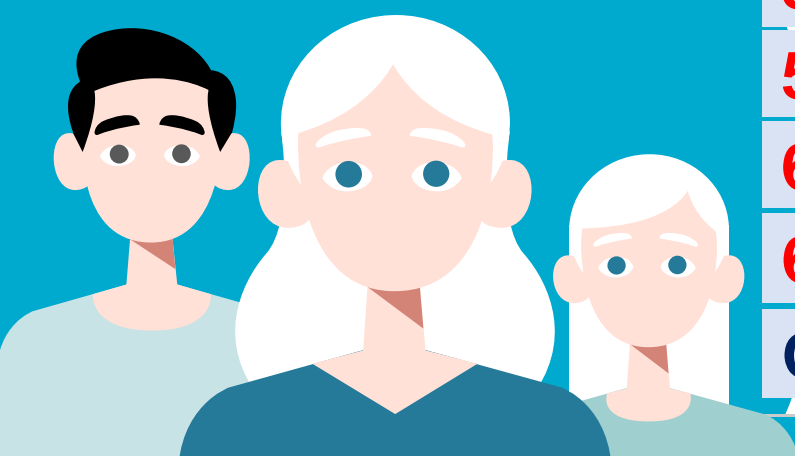


96% of patients prefer face-to-face appointment in a clinic to receive information

Patients' confidence scores (baseline n=25)

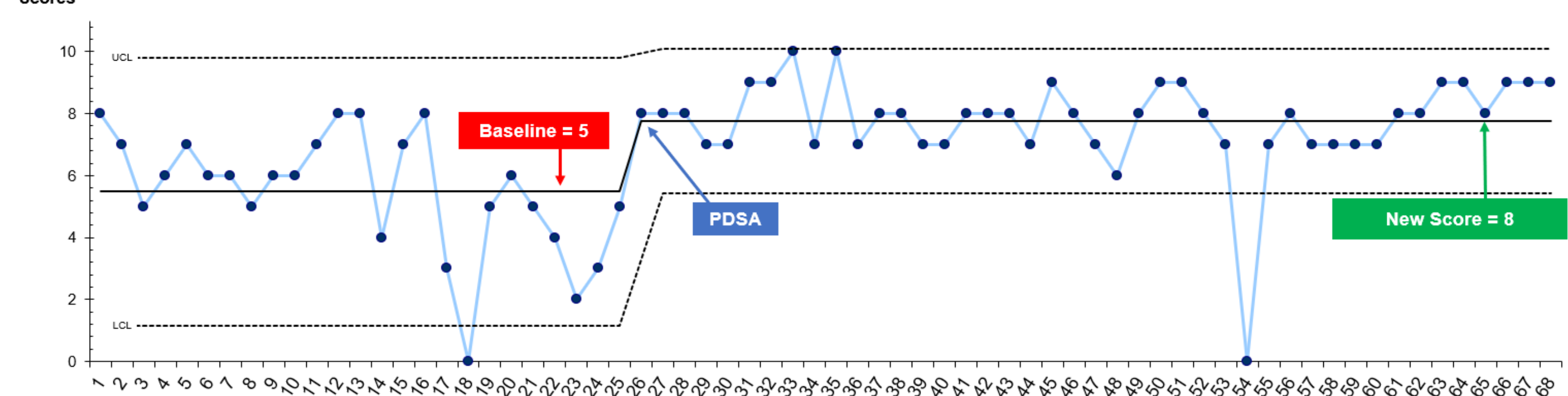
- 5 – knowledge about diet and lifestyle
- 5 – understanding of blood tests
- 6 – knowledge about medications
- 6 – ability to self-manage

Only 28% use technology tools to self-manage



MEASUREMENT FOR IMPROVEMENT

Pre-dialysis patients' confidence scores in their knowledge about nutrition and lifestyle related to Chronic Kidney Disease



43

patients received education about diet and lifestyle during weekly Advanced Kidney Care clinics (April – May 2023)

NEXT STEPS

- Continuous weekly data collections in the Advanced Kidney Care clinic until end of 2023 to monitor how many patients are educated and which specific topics education is delivered on.
- Development of information material in collaboration with others and use materials already available to supplement patient education.
- Repeat questionnaire in patients who received education in clinic, after they start dialysis and measure improvement.
- Review as an MDT, the feasibility of creating a group structured education programme for Renal patients.

LEADERSHIP LEARNING

- By speaking to patients about what matters to them, provides practical feedback to tailor healthcare providers' services
- Engage and work with stakeholders from the beginning and be prepared for barriers and challenges.
- Finding time in a busy clinical workload to do a QI project can be a barrier but it is possible with planning and prioritisation.

REFERENCES

1. NHS England – Measuring supported self-management. July 2021
2. Patient activation: the cornerstone of effective self-management in CKD? C K Lightfoot et.al. Kidney Dialysis 2022, 2(1), p. 91 – 105.
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