

# Strategies to enhance patient self-management of chronic kidney disease (CKD): A multi-phase approach

1

2016-17

## Scoping Review and CKD clinic survey

- Reviewed self-management research and resources to see what is available for patients
- Found limited self-management information and education, with little to no patient involvement in the development of self-management supports

2

2017-18

## Defining Preferences

- Asked patients and caregivers about their experiences with self-management and preferences for topics and format for a self-management support
- Found they preferred a tool that had tangible supports, information topics relevant to their needs that can be accessible “on the go”

3

2018-19

## Co-Design and Usability Testing

- Patients and caregivers provided feedback on a prototype of an electronic tool (My Kidneys My Health website)
- Found that the website was user-friendly, with some suggestions to make it easier to find information

4

2019-20

## Feasibility Testing

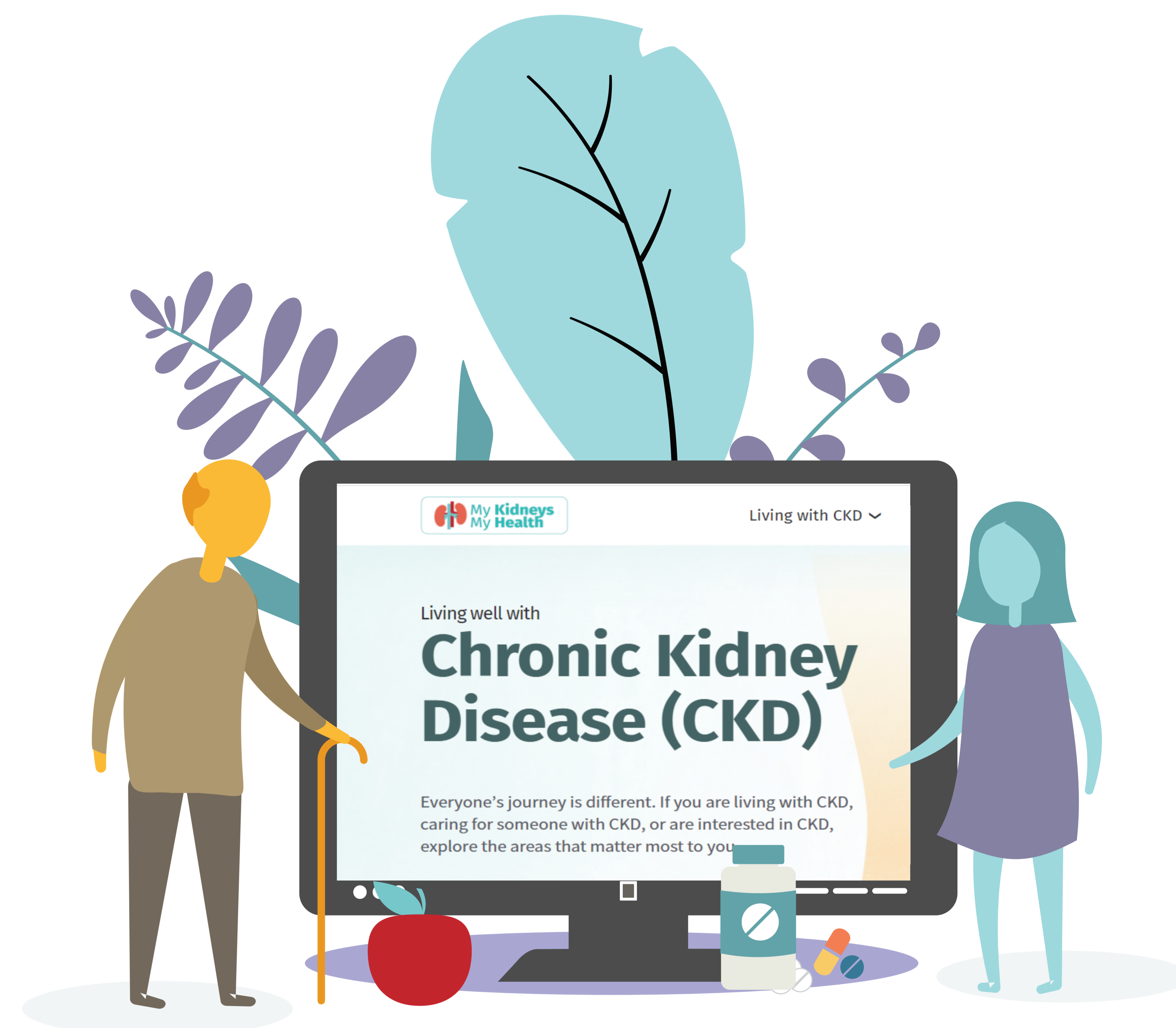
- Tested to see if website met the needs of patients and caregivers, how they used the website, and if it changed how they managed their CKD
- Found that the website provided customizable content and tools for patients with early-stage CKD and those with changing health care needs.

5

2021-22

## Implementation & Evaluation

- We will ask clinicians what kind of support they need to share My Kidneys My Health with patients and caregivers
- Based on this information, we will co-develop implementation strategies and test if they worked



[www.mykidneysmyhealth.ca](http://www.mykidneysmyhealth.ca)

*CKD self-management  
at your fingertips*

To learn more about the CKD self-management project please visit:  
<https://cansolvekd.ca/research/theme-3/self-management> or  
contact Mo Donald at [donaldm@ucalgary.ca](mailto:donaldm@ucalgary.ca)