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

Project 3.2

Project journey: Adults with CKD and those that care for them have identified a need for a CKD self-management support intervention that can be individualized to a patient's unique situation, priorities and preferences to manage their disease and enhance their quality of life

Phase 1: (2016-17)
Discover what exists for CKD self-management support

- Self-management CKD intervention scoping review**
- National CKD clinic survey**

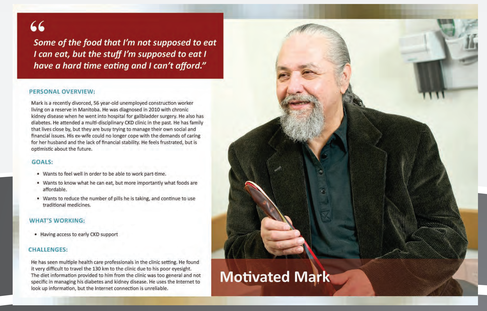
Key findings: Lack of comprehensive information for CKD self-management, educational material primarily in written format, and lack of patient involvement in intervention development

** Published results, see handout

Phase 2 (2017-18)
Define CKD self-management support preferences of patients and caregivers using personas

- **Focus groups and telephone interviews**
- **National consensus workshop for an eHealth tool**

Key findings: 8 content areas identified; symptoms, travel, work/school, finances, mental/physical health, diet, understanding CKD, and medication



Persona example

Phase 3 (2018-19)
Develop an electronic health (eHealth) tool

- **CKD self-management website environmental scan (eScan)**

Website eScan key findings: Website readability generally poor (grade 11+) and content areas identified in phase 2 were not available on most websites

- **Co-develop content and features for an eHealth tool**

We are Here

Journey Endpoint

A novel, tailored CKD patient self-management web-based tool co-developed and tested by patients and caregivers

Phase 4 (2019-21)
Deliver and evaluate the eHealth tool

- **Coming soon**

1. Inform & Consult

2. Involve & Collaborate

3. Lead & Empower

Ongoing Levels of Patient Engagement

Can-SOLVE CKD Network

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