

2017 NWRD Annual Conference Poster Presentation

Title: *Survive and Thrive with Chronic Kidney Disease* - An Education and Prevention Program

Authors: Kathy Schiro Harvey MS, RDN, CSR, Sara Prato MS, RDN, and Michelle Rowlett MSW, LICSW

Background:

Chronic Kidney disease (CKD) is the 9th leading cause of death in the United States (1) and is a major public health concern affecting over 10% of American adults. (2) With the progression of CKD, the kidneys eventually stop functioning resulting in ESRD or kidney failure. In 2013, approximately 117,000 Americans were diagnosed with ESRD. (3) Today, over 660,000 Americans have ESRD and are dependent on dialysis or a transplant to sustain life. (4)

While CKD is being diagnosed earlier, there are few education and intervention programs in our region available for patients in the earlier stages of CKD that educate, support, and empower patients in changing their lifestyle to slow the progression of their disease. Patients, who are educated earlier and can apply their learning, stay healthier longer and are better prepared for renal replacement therapy, should they need it.

PSKC has developed and launched the first comprehensive program (*Survive and Thrive with CKD*) in Snohomish County that focuses on educating, supporting, and empowering CKD patients to make lifestyle changes to slow the progression of their disease. The program serves pre-dialysis patients primarily at CKD stage levels 3 (30-59 glomerular filtration rate-GFR) and 4 (15-29 GFR).

Program goal: To reduce the progression of kidney disease and stabilize kidney function of CKD patients by educating and empowering patients to manage their health and lifestyle to promote better kidney health.

Program Description: *Survive and Thrive with CKD* is a six-week course designed to show individuals how to slow down kidney disease and promote kidney health. We encourage people to take charge of their health in a fun and interactive classroom setting.

Topics covered include:

- Your kidneys and what they do
- Goal setting
- Nutrition and how it affects your kidney function
- Heart healthy eating and healthy living choices
- Overcoming shopping and cooking challenges
- Coping with kidney disease and making a plan for your life
- Available treatment options

Outcomes: Year one data below. Two year data will be presented on poster.

Short-term Outcome #1 - Enroll 100 patients in the early CKD education and prevention program, reach 100% of Nephrologists, obtain 50 patient referrals

In the first year, we have reached 100% of Nephrologists in South Snohomish County. Through program promotion and outreach, 103 people have attended one of our classes, and we have received 66 referrals to the program.

Short-term Goal #2 - Successful patient retention and engagement in the program. 60% of patients will participate in at least one additional relevant program activity.

During the first year, a total of 103 people have attended one of our classes, and 61% have attended two classes. Of the 103 who attend any class, 83% attended our introductory class and 66 people were enrolled in our six-week program. Of the 66 people enrolled in our six-week program, 90% have participated in at least one additional relevant program activity and 72% have completed 5 out of 6 classes.

Long-term Goal #1 - Increased patient knowledge of CKD and adoption of healthy lifestyle options.

One of the primary goals of the *Survive and Thrive with Chronic Kidney Disease* program is to increase current understanding and awareness of CKD and End Stage Renal Disease (ESRD). Our six-week program is designed to empower individuals to improve their health through a variety of lifestyle changes and increased health management.

Long-term Outcome #2 - Pre and post testing of CKD understanding - number of patients with improved understanding

To assess individual understanding of class materials we authored pre/post tests for each of our classes. Post-test results show an increase in patient knowledge (32-59%) after each class presentation.

Long-term Outcome #3 - Number of patients who develop and adopt healthy living behaviors

To assess the number of individuals who adopt healthy living behaviors after attending our program, we developed a program evaluation. Greater than 70% of program participants are reading food labels, setting goals, understanding labs tests, and feel their kidney disease is more manageable.

Long-term Outcome #4 - For patients who attended the program and reach stage 5 CKD or kidney failure, we want to increase the number of patients who are prepared in advance for renal replacement therapy for better outcomes.

This goal extends beyond year one.

References:

1. American Kidney Fund
2. National Chronic Kidney Disease Fact Sheet 2014, Centers for Disease Control and Prevention
3. U.S. Renal Data System Annual Data Report 2015
4. U.S. Renal Data System Annual Data Report 2015