

Building Education For Newly Diagnosed CKD Patients Based On The Experiences of End Stage Renal Disease Patients

Presented By: Shauntil Couch-Bah, BSN, RN

Project Chair: Dr. Tamar Pearson, PhD, FNP

Abstract/Background/Goals



Chronic kidney disease is a long-term condition where the kidneys gradually lose their ability to filter waste and water from the blood.

- Diabetes, hypertension, and heart disease are the primary risk factors for CKD. Genetics, obesity, and heart disease are also common risk factors (Healthy People 2030, n. d.).
- Health literacy is a determinant of health, and limited health literacy (LHL) is associated with multiple adverse health outcomes in chronic kidney disease (CKD) (Boonstra et al, 2021).
- CKD awareness is universally low, in the early stages and is higher among people with more advanced disease which signals a need for more education in early stages (Ladin & Rossi, 2020).

GOALS

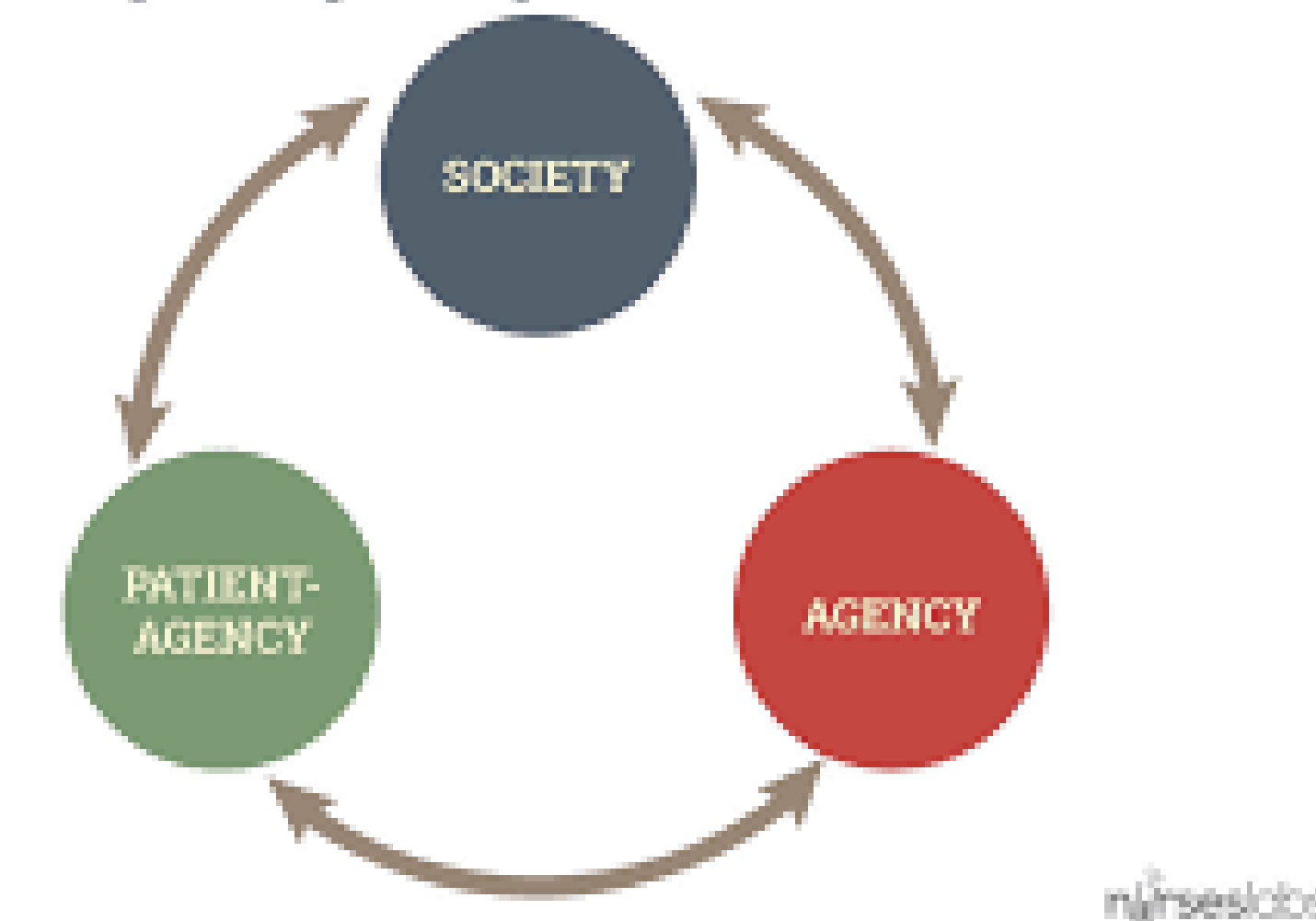
- Administer a survey exploring the knowledge of end stage renal disease patients currently receiving dialysis.
- Use these lived experiences to create useful tips that can be utilized by CKD patients in earlier stages of the disease process to help guide self-care.

METHODS

- Patients at a single center outpatient dialysis clinic were administered a short survey about their journey from CKD to end stage renal disease.
- No protected health information was collected, all patient identity was confidential, and participation was voluntary.
- Goal participation was 25 volunteers.
- Initial word search: Peer support for CKD patients, CKD, ESRD, health literacy, Healthy people 2030 and kidney disease, kidney transplant and health literacy.

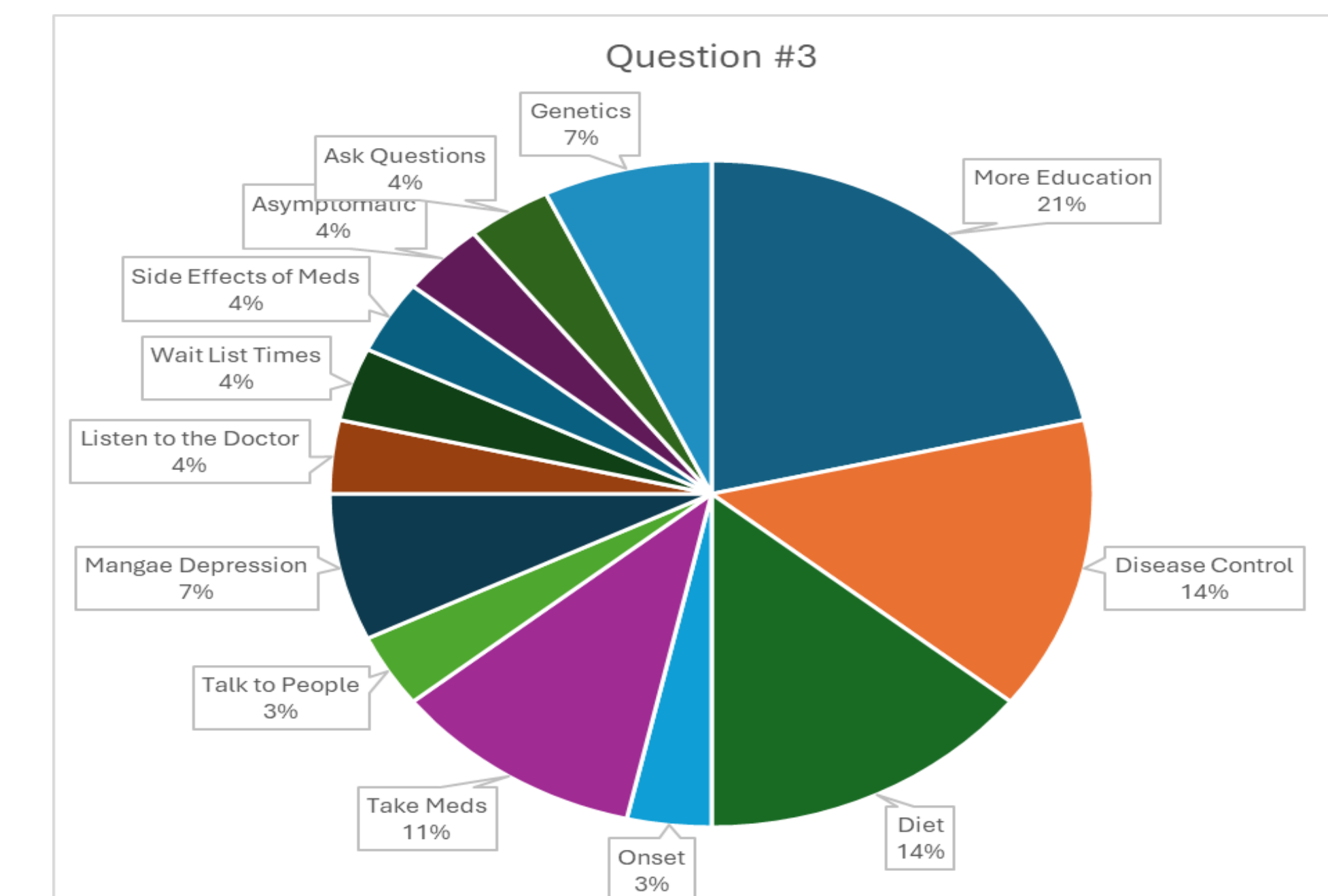
Conceptual Framework

Orem's Self-Care Theory:
Interrelationship among concepts



- Orem's Self-Care Deficit Nursing Theory (OSCDNT) originally defined self-care as "the practice of activities that individuals initiate and perform on their own behalf in maintaining life, health, and well-being" (Hartweg & Metcalfe, 2022).
- For individuals diagnosed with CKD, basic self-care includes medication adherence, lifestyle modifications (which include diet and physical activity), symptoms monitoring, and ability to cope and live with kidney impairment can determine quality of life and minimize complications encountered (Lightfoot et al, 2022).

RESULTS



- Question #3: "What is the most important thing you think newly diagnosed CKD patients need to know"
- 18 Volunteers contributed data
- The youngest patient was 39 years of age, the oldest was 87.
- More education ranked as the top recommendation by 21 % of participants.
- Disease control and diet both tied at number 2 with 14 %.
- Taking medications regularly landed the number three spot at 11%.
- Genetics and managing depression tied number 4 for 7%.
- Notable mentions: listening to the doctor, asking questions, and talking to people with CKD/ESRD.



This image was taken from League of Minnesota Cities peer support website.

CONCLUSIONS AND RECOMMENDATIONS

- Lived experiences collected from survey participants, have highlighted many important pearls of knowledge required to properly manage and control CKD as well as pre-existing conditions.
- Early education in the CKD journey allows the individual to freely choose compliance or non-compliance by increasing disease awareness, allows for the opportunity to choose a treatment path, required life-style modifications, and disease progression preparedness.
- Creation of an early education pamphlet with the top five need-to-know tips from survey responses includes: diet, CKD onset and progression, disease control of DM2 and HTN, medications to avoid or that may require different dosing and treatment modalities.

References:

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