

P093

## P093 -Evaluation of a Community Kidney Service education programme

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### Introduction

An innovative Community Kidney Service has been running since 2016 in four CCGs. The Service aims to improve primary care identification, coding and management of CKD, identify progressive CKD, provide rapid access to specialist advice provided by e-clinics and promote patient self-management. A long term anticipated outcome of the service will be a reduction in incident end-stage kidney disease (ESKD) growth. This abstract focuses on the patient education (self-management) programme within the service and describes how this has been evaluated.

### Methods

The development of the evaluation framework for the education programme has involved patients and carers. Funding for the evaluation was provided by the local Kidney Patient Association (KPA). A steering group was convened via existing KPA and Patient Forum groups. The steering group shaped both survey and interview questions for patients. A member of the steering group is employed as a research assistant on the evaluation project and has been involved in dissemination of the surveys, organisation and running the interviews, data analysis and dissemination of findings.

Paper surveys (n=266) were sent to patients 7-19 months after they had attended 1-1 or group education sessions to see if one isolated education session with a kidney nurse could lead to a sustained change in behaviour. Semi-structured interviews were undertaken with patients who returned the questionnaires and indicated they were willing to be interviewed (n=9). Survey links were sent electronically to practice nurses, either via CCG newsletters or directly via practice nurse forum facilitators.

### Results

53 surveys were returned from patients (20% response). 46/53 (86.8%) patients knew nothing or a little about kidney disease before they attended either the 1-1 or groups sessions, with 13/53 (24.5%) knowing a little and 32/53 (60.4%) knowing a lot about kidney disease after the session. After the kidney session, some patients reported changes to lifestyle including drinking more water (30.1%) and making changes to their diet (28.3%), with 9.4% specifically reporting reduction in salt intake. Thematic analysis of interview data showed that before education, patients were often shocked or very anxious at the diagnosis (of CKD) and they did not understand how they could help themselves to self-manage the condition. Following education, 37/53 (69.8%) reported changes that had impacted on their health. One interviewee said "I do think about it daily, for how well I want to look after my kidneys and how well I want them to be, so it's definitely had a long-term impact on me." Surveys were returned from 22 practice nurses. 80% were aware of the community kidney service but only half were aware of education sessions for patients.

### Conclusions

Involvement of people with kidney disease in this evaluation has ensured that the invitation letter and survey to patients was meaningful and understandable. Patients with mild-to-moderate CKD are benefiting from education that has the potential to reduce anxiety about the diagnosis and supports them to make changes than can reduce CKD progression. Further work needs to be done to advertise the service to practice nurses.