

# Patient-focused Self-management of CKD Project Newsletter

Issue 4: FALL 2017



## Team Accomplishments: July-December

- **Phase 1:** The environmental scan and scoping review manuscripts have been submitted to two different journals
- **Phase 2:** Identifying the self-management needs and priorities of patients and their caregivers:
  - Two focus groups have been completed in Calgary, and one has been completed in Lethbridge, Alberta
  - Ten patient phone interviews have been conducted in four provinces (BC, AB, NL, ON)

## Team members- we need your help!

Are you interested in reviewing the summary themes from the interviews?

Are you interested in assisting with planning and developing the materials for the consensus meeting in Spring 2018?

If so contact Maoliosa (Mo):

[donaldm@ucalgary.ca](mailto:donaldm@ucalgary.ca)

## Meet Dwight Sparkes (a patient partner):

- Married for 19 years; no children
- Passionate about self-management, patient empowerment, reading, hiking, fitness, and Aikido
- Fun facts:
  - #1- I will be doing my black belt in Aikido soon
  - #2- I am probably the tallest patient partner with CAN-Solve network. I am 6'5"

## Next Steps:

- Focus groups will be conducted in London and Toronto, Ontario in early January
- One-day consensus meeting to be held in Calgary, Spring 2018. At this meeting, patients, caregivers, clinicians, researchers and decision makers will have the opportunity to prioritize areas of importance for a self-management strategy

