

PATIENT-FOCUSED SELF-MANAGEMENT OF CKD

NEWSLETTER



ACHIEVEMENTS:

- *May 7-9: twelve members of our research and support team met in Halifax for the Can-SOLVE CKD Network 2023 AGM*
- *May 11: Sabrina and Shannan presented the My Kidneys My Health implementation study and peer support scoping review results at the Canadian Society of Nephrology 2023 AGM*

NEXT STEPS

- *Team meeting June 26th at 2pm MST*
- *Do you have any ideas to promote My Kidneys My Health? (e.g., events, social media outlets, etc.) - please email Sabrina*

PROJECT UPDATES

We continue to make progress on our three pillars of work for this phase of our project. More details to be shared at our Team Meeting at the end of June.

- **Peer Support:** The team is currently drafting the manuscript for the scoping review on peer support programs, to be submitted for publication.
- **Sexual Health:** Our study to explore the perceptions, practices, and needs on the provision of sexual health support for individuals with CKD has been approved by ethics. We are preparing to launch the first phase of this study, a survey to health care providers in CKD clinics across Canada.
- **Engagement and Needs of Indigenous Communities in Alberta:** We have been meeting with a local Knowledge Keeper, Catherine Turner (Can-SOLVE Indigenous Liaison Manager), and other groups (e.g., Indigenous Wellness Core) to co-develop a study to understand the kidney health priorities of Indigenous communities in Alberta. We are partnering with the APPROACH team, led by Dr. Matt James, for this study.

DISSEMINATION ACTIVITIES

From January to May 2023, My Kidneys My Health was accessed by 2,135 users (primarily from Canada, accessing the website in English). There was an increase in users from the United States, Australia, and France, as well as increased use of the website in German and French.

The "Common Foods & CKD" and "CKD Food & Diet" pages remain the most frequently visited, indicating the significance of food and diet considerations for individuals with CKD.

The most effective, trackable dissemination strategies were the inclusion of the website link on partnered websites (CKD Pathway, Kidney Wellness Hub, Can-SOLVE CKD, BC Renal, Kidney Foundation of Canada). Additionally, there was an observed increase in the utilization of printed patient materials.

Strategy for Patient-Oriented Research

SPOR

Putting Patients First 

 **Can-SOLVE
CKD Network**

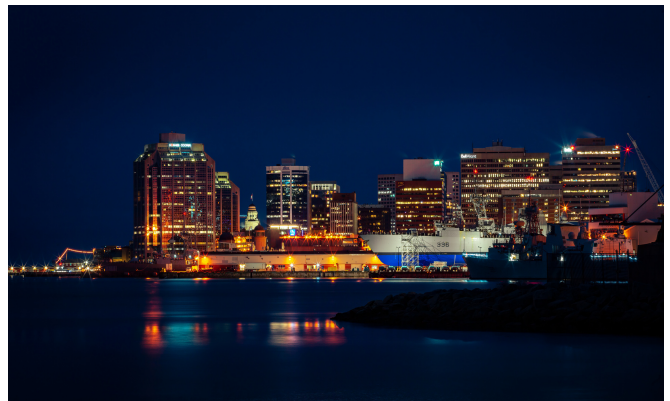
DISSEMINATION ACTIVITIES CON'T

My Kidneys My Health was presented to the CKD Clinic Network, Solid Organ Transplant meeting, Canadian Association of Nephrology Administrators Summit, and CSN AGM. The Dissemination Working Group continues to meet quarterly and seek new opportunities to raise awareness about the website.



CAN-SOLVE CKD NETWORK AND CANADIAN SOCIETY OF NEPHROLOGY ANNUAL GENERAL MEETINGS

Can-SOLVE held their Annual General Meeting from May 7-9, 2023 in Halifax, Nova Scotia. It was a great opportunity for our team to come together for the first time in 3 years and reconnect. Learn more about the presentations, see photos, and share feedback on the meeting [here](#). Results on the implementation of My Kidneys My Health and the peer support scoping review were also presented at the Canadian Society of Nephrology AGM.



"It was an unexpected pleasure to be invited to attend this year's meeting and one that I very much appreciated. It was wonderful to meet everyone in the team, take part in the lively discussions and learn of the various ongoing research projects represented in Halifax. I came away with a renewed understanding of and gratitude for all the people who work so tirelessly and with such commitment to improving the CKD patient journey." - Betty

"I appreciated very much to be part of a successful annual meeting. The venue and the speakers provided meaningful content. The highlight for me was Inclusion, Diversity and Equity Access, specifically when she talked about "to change the way of practice" that can be used. Also was great to see each other in person again and learn that our engagement with the network continues and requires to continue learning and contributing for the benefit of the community." - Lucy

INTRODUCING GILLIAN



Hi! My name is Gillian and I'm thrilled to introduce myself as a student working at the University of Calgary on the Can-SOLVE self-management project this summer. I'm currently working on my Medical Sciences Bachelor's degree at the University of Western Ontario, and I'm beyond excited to be a part of this research opportunity to add to my experience in the field of medicine. I have lived in Calgary my entire life and some of my favorite activities are going to the Rockies to hike or ski with my family.