

PATIENT-FOCUSED SELF-MANAGEMENT OF CKD (1.0)

NEWSLETTER



HAPPY HOLIDAYS!

ACHIEVEMENTS:

- *Developed printable My Kidneys My Health resources to support patients and providers*

NEXT STEPS

- *Do you have any ideas to promote My Kidneys My Health? (e.g., events, social media outlets, etc.), please email [Sabrina](mailto: Sabrina)*
- *Core team will reach out with information for the 2023 Can-SOLVE CKD Network Annual General Meeting*

Final study phase: implementation

We are completing the final phase of our Can-SOLVE 1.0 project: implementing My Kidneys My Health in clinical practice. In early 2022, we interviewed healthcare providers to understand barriers and facilitators to implementation. Over the summer, we developed implementation supports based on the results (e.g., [postcards](#) and [L-pagers](#) for patients, guides for providers, and educational sessions).

We are now interviewing healthcare providers again to evaluate these implementation strategies and apply learnings to the spread and scale of My Kidneys My Health. We will also examine Google Analytics Data and results from a pop-up survey on the website.

Final steps of Can-SOLVE 1.0 funding

Next year will be the final year for this phase of our project. It has been our pleasure to work with all of you and see how our research question about how to support self-management resulted into a useful tool for patients and caregivers.

In the spring, we will be completing the annual review of activities. In May, the Can-SOLVE CKD Network will hold their annual meeting in Halifax. More details to come.

Dissemination activities

In 2022, 3,315 users visited My Kidneys My Health 5,195 times. Most users were new to the website (83%). Our most successful strategies have been:

- Inserting a link in the [CKD Pathway](#)
- A posting in [ecortex.ca](#)
- incorporating links on partnered websites: BC Renal, Kidney Wellness Hub, Can-SOLVE CKD, the Kidney Foundation of Canada, etc.

We see increasing usage of the printed patient materials, and associated spikes in users after educational events and interviews with participants. The Dissemination Working Group continues to meet and identify future opportunities to spread awareness of the website.

Strategy for Patient-Oriented Research

SPOR

Putting Patients First 

