



# iCARE eGFR: A New Way to Assess Kidney Health in Youth with Type 2 Diabetes (T2D)



## Definitions

- 1 eGFR = estimated glomerular filtration rate = A calculation that estimates kidney function
- 2 iCARE = improving renal Complications in Adolescents with Type 2 Diabetes through REsearch = A research study focused on kidney health in youth with T2D
- 3 iCARE eGFR = A calculation created and validated by the iCARE team to estimate kidney function in youth living with T2D

## Who?

Our project team includes:

- Patients with T2D
- Family members
- Diabetes & kidney doctors
- iCARE research staff
- Students



## What?

### We Asked:

- What do patient partners know about eGFR and why it's important for kidney health?
- Are pediatric diabetes doctors across Canada measuring kidney health?
- Are these doctors using eGFR to measure kidney health?
- Why aren't all doctors using eGFR?
- What would help more doctors use eGFR?

### We Learned:

Before working on this study, patient partners with T2D were not familiar with eGFR

Yes! They are following the current kidney screening guidelines

Only 7% are using eGFR consistently, most use random urine screening

They aren't comfortable with eGFR, they don't know what is a "good" vs. "bad" value

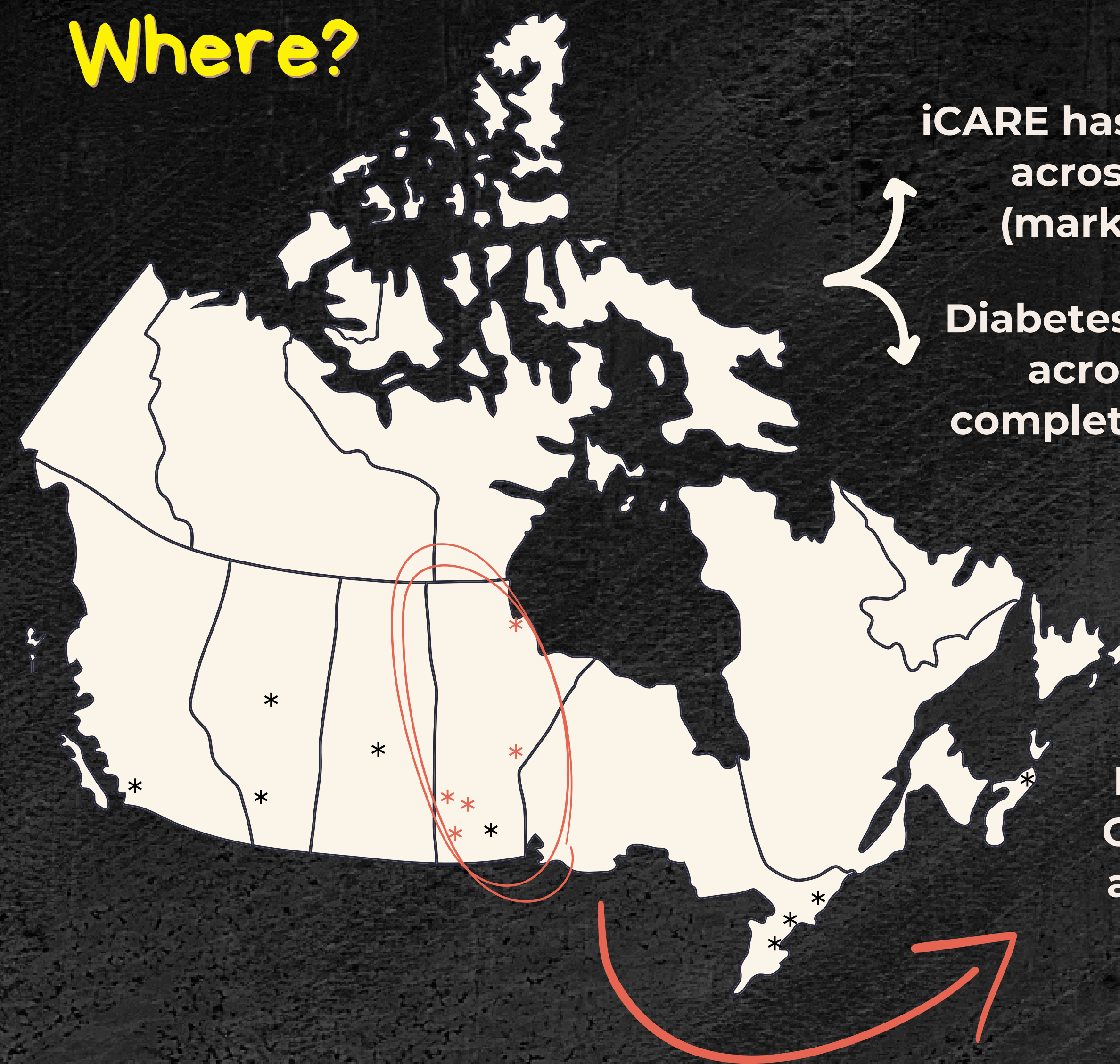
Automatic calculation tool for eGFR & clear cut offs about "good" and "bad" values

## Why?

Implementation of iCARE eGFR is important because...

- The iCARE eGFR is reliable and validated for youth with T2D
- Young adults with T2D and kidney complications wish they had known to talk to their diabetes doctors about kidney health when they were younger

## Where?



iCARE has project sites across Canada (marked with \*)

Diabetes doctors from across Canada completed the survey

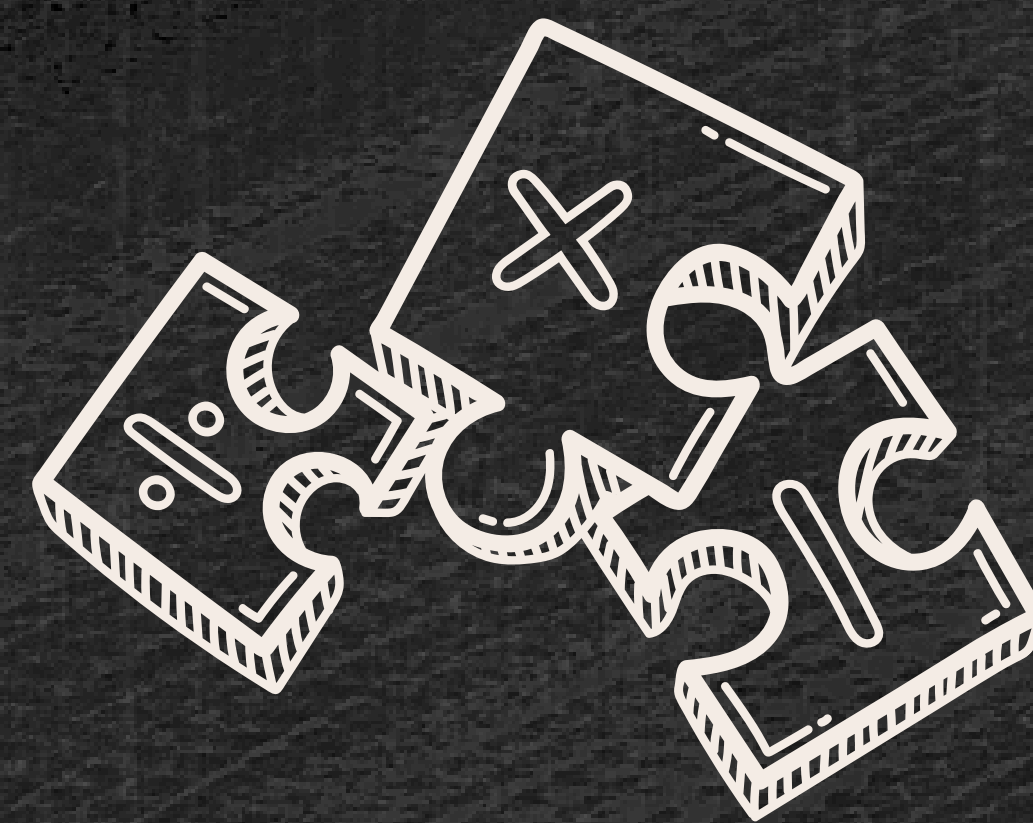
Members of our Patient Advisory Group come from around Manitoba (marked with \*)

## When?



## Next Steps:

- Work with patients and families to create education tools that promote self advocacy about kidney health ex. "How to talk to your doctor"
- Develop an eGFR toolkit (ex. website, app, EMR tool) for doctors to use



Visit our Website!

