

APPROACH: Risk prediction to support shared decision-making for managing heart disease

Project Newsletter
(01/2025)



My Heart Care and CKD

A PERSONALIZED SHARED DECISION AID

In October we held an in-person patient partner/team event in Calgary to test the My Heart Care and CKD Decision Aid in simulated patient-health care provider encounters. We included time for project updates, a group lunch, and a debrief after the simulated session to hear from the patient and clinician participants about what worked well and what appeared as barrier to use.



Maureena Loth, patient partner, and Matthew James, nephrologist and co-PI, participate in a simulated clinical encounter using the paper version of the My Heart and CKD decision aid.

We tested both the online and paper-based formats of the tool and found relative facilitators and barriers of using the tool in different modes, which will help to guide our team with implementation support needs. Through role playing with our patient partners, these simulations identified areas where we could improve implementation supports as well as make updates to the decision aid to improve useability during a clinical encounter. One of our participants summarized the session, saying “Many thanks for all the work contributing to an important life changing cause.”

Breaking News!

After months of writing, editing, and revisions, we have submitted our My Heart and CKD Decision Aid Design paper, based on input from 32 patients and 18 clinicians during the development process. The paper is titled “Human-Centred Design and Development of a Shared Decision Aid for Patients with Chronic Kidney Disease Facing Invasive versus Conservative Management Choices for Coronary Heart Disease”.

We look forward to feedback from the review process.

What is the Quintuple Aim?

Health care in Canada and around the world is increasingly focusing on improving health equity and patient experience. In alignment with these priorities, our intent for the My Heart and CKD decision aid is to:

1. Enhance patient experience
2. Improve population health
3. Reduce costs
4. Improve provider experience
5. Advance health equity

Focusing on our first aim; the decision aid is designed to support shared decision-making, which leads to higher confidence in decisions and improved satisfaction with care. When patients feel included in their health journey their confidence in health care teams improve as does their own health awareness.

Updated Tool Validation

The models that inform the decision aid have now been externally validated in a cohort of patients referred to Nephrology in British Columbia and a second more recent cohort of patients from Alberta. This provides us with assurance the risk information provided in the decision aid is relevant to many different patients. Publication of the model validation and decision aid development will strengthen our evidence-base for using the decision aid and is important to provide confidence to collaborators for using the tool and participating in the implementation pilot trial.

Give the Decision Aid a Try!



<https://myheartandckd.ca/>