Chronic Kidney Disease

Resource Kit

Raising Awareness of Chronic Kidney Disease and Self-Management approaches in the community
Background

The Inner North West Melbourne Medicare Local (INWML), cohealth, Merri Community Health Services (MCHS) and Melbourne Health (MH) are committed to working together to improve patient care, outcomes and pathways for our shared community.

Since April 2012 the Chief Executives of our organisations have regularly met to discuss new opportunities to enhance collaboration, and to create a more strategic focus to our efforts. The development of a Collaborative Framework in 2013 and annual Collaborative forum was an important first step in directing our efforts and provided the catalyst to initiate a number of innovative projects, programs and models to address system gaps, and ultimately move more care into the primary care setting.

The Chronic Kidney Disease (CKD) project was initiated by a request from Melbourne Health Kidney Care at the November 2012 Inner North West Melbourne Collaborative Forum. Subsequently CKD was endorsed as a priority project by the Chief Executives.

Based on advice from MH, integration across the Royal Melbourne Hospital (RMH) and primary care is important to try to delay the onset of CKD by identification of those at low risk of progression so that they may be looked after appropriately in primary care. Subsequently the emphasis of the CKD project is building capacity across primary health care providers, tapping into community services and providing the right care in the right place. Local effort within the collaborative organisations has focused on raising awareness of CKD and self-management approaches within Community Health; fostering better engagement, up skilling and linkages between the Hospital Admission Risk Program (HARP) and Royal Melbourne Health Kidney Care unit; and engagement of General Practice.
Preface

The Chronic Kidney Disease Collaborative combined Inner North West Melbourne Medicare Local (INWML), cohealth, Merri Community Health services (MCHS) and Melbourne Health (MH) to explore ways of cooperating to raise the profile of, and interface between, care venues (community to tertiary/quaternary care) for people with chronic kidney disease (CKD).

Amongst other achievements, within this document we highlight collections of resources to facilitate CKD education and training for health providers and resources aimed at empowering patients to aid their self-management. Whilst this is not an exhaustive list of resources, it is a collection that can be confidently shared between health providers and patients in the knowledge that the content appears appropriate and helpful.

This is just one of the ways in which we have identified to cooperate across the spectrum of care, to deliver clinically proven therapies in the most appropriate and patient centred venue, whilst continuing to demand the best outcomes.

Our plan to share ideas and resources across traditionally very different care environments has been a goal of this group, and one which we have advanced in a number of ways over the last two years. We are striving to facilitate a more joined-up strategy in kidney health for the benefit of all of our patients and we continue to welcome suggestions for improvements or ideas for better ways of delivering care.

We hope you find this resource kit helpful.

Professor Steve Holt and the Chronic Kidney Disease Project Steering Committee
Purpose of Kit

This resource kit was developed as a tool to embed the processes and learning from the collaborative project within our organisations, as well as providing information to assist others who may be considering embarking on a CKD project.

Health Provider Tools and References

The health provider tools and reference section offers perspectives from both the broader strategic and high level health policy context as well as resources of an operational type that are applicable to clinicians working with clients.

A. Victorian Policy and Program Documents

The Department of Health asserts that providing a responsive, equitable and sustainable health system for Victoria has been increasing in complexity and difficulty due to pressure on systems and services emanating from population growth, the ageing of the population, increasing levels and types of chronic disease, rapidly evolving technologies and the rising costs of services. Chronic kidney disease shares several risk factors with other chronic diseases such as cardiovascular disease and diabetes, many of them modifiable, and efforts are being made to improve services for people both at risk of or currently experiencing chronic kidney disease.

The following documents and website links provide further information and the policy context of current government planning and action in this area.

5. Chronic diseases in Australia: The case for changing course. This background paper from The Mitchell Institute for Health and Education Policy (an independent research and policy think tank) may appeal to those who have an interest in the broader issue of chronic disease and policy development. The paper, written by Dr Sharon Willcox with the Mitchell Institute and a national expert advisory group as background for a 2014 policy forum, provides the case for changing course in Australian policies. It addresses the
health and non-health factors contributing to the prevalence of chronic diseases and puts forward four major directions for change. The Mitchell Institute anticipates this paper will promote debate in the policy community and encourage new action on chronic disease. http://goo.gl/rzkAuL

B. Raising Awareness & Management

The following resources aimed at health professionals focus on additional detail about CKD, early detection and management.


   - QKidney® Screening Overview - a form with tips on how to conduct a screening
   - QKidney® Results Sheet – a form to create a record for the participant
   - QKidney® Participant Understanding Results Form - a form that helps explain results to participants
   - QKidney® Health Professional Advice - a form with helpful advice for health professionals. http://goo.gl/6o0lkt

5. QKidney®-2014 risk calculator website. The website includes the online calculator as well as information and scientific resources which describe the development and validation of QKidney®. The calculator is only valid for people who do not already have a diagnosis of chronic kidney disease, stage 3b or worse. The QKidney® risk calculator can be;
   - accessed for free from www.qkidney.org
   - purchased (Aus $0.99) as an iPhone or iPad app from the iTunes store.

6. Kidney Check Australia Taskforce (KCAT). KCAT is responsible for Kidney Health Australia’s Heath Professional Education program. KCAT partners with external organisations such as Medicare Locals to deliver the education and offers modules for FREE to groups interested in hosting a workshop. http://goo.gl/M8VrwJ

   - Education Strategies
   - Modification of lifestyle and nutrition interventions for management of early chronic kidney disease
   - Early chronic kidney disease: Detection, prevention and management
   For clinicians with access to Therapeutic Guidelines there is a section on ‘Renal impairment and antimicrobial dosing’. The link is for the table of contents only. http://goo.gl/fvzLd3


10. Enable CKD Resources (UK). The ‘Package of Innovation (POI) for managing kidney disease in primary care’ was funded by The Health Foundation and managed by Kidney Research UK. The package includes free training materials for Practice staff (slide sets/handouts/supporting notes) on the management of CKD, quality improvement techniques and how to facilitate patient self-management. It also contains free self-management materials for patients including a comprehensive information booklet. https://goo.gl/0fmNCz

C. Self Management

The following resources provide further information for health professionals about self-management and utilizing this approach with clients. A salient point provided by a consumer reviewer was that when clinicians talk to clients about looking after their kidneys and taking control there is a need to acknowledge that some things are totally out of an individual’s control.


This resource is an extensive and practical manual for the implementation of self-management, providing information on different models, a ‘how to’ approach and step by step strategies. http://goo.gl/qIPtAq


5. Helping Patients Manage Their Chronic Conditions. This report from the California Healthcare Foundation describes five interlocking strategies that help caregivers work successfully within the collaborative model. It also reviews literature describing the effectiveness of self-management support methods. http://goo.gl/7ndJKb
6. Websites with further self-management information

- Flinders University The Flinders Program
  http://goo.gl/Y4H7l0
- Western Australia Department of Health Chronic Conditions Self-Management
  http://goo.gl/rpkHYA

Consumer Tools and References

The list of resources below provides some guide as to what information is available for consumers. Many of the resources restate the same information and the list is by no means exhaustive nor is it presented in order of importance but rather it is a starting place for health professionals seeking consumer resources about CKD.

Generally the consumer reviewers considered that many of the resources now available are straightforward with plain language and good content and that they would have found them useful when they were diagnosed. It was noted that depending on individual circumstances it may be more appropriate to provide small sections of some resources at a time and that some resources would be better utilized by those providing support e.g. carers, family or friends. It was commented that clients should always be given information that is up to date and incorporating current research particularly with the use of the internet and easy access to information which can present a problem for consumers in being able to determine what is quality and credible information.

Some of the resources listed include a brief description of the content or a comment from a consumer reviewer about a particular merit or useful circumstance for the resource.

Kidney Health Australia has an extensive range of factsheets (some of which are listed below) in English and other languages and their index page can be accessed at the following link - http://goo.gl/rlN6BN
A. Awareness Raising

1. How to look after your kidneys (Kidney Health Australia factsheet). http://goo.gl/slwdAU

2. All about Chronic Kidney Disease (Kidney Health Australia factsheet). This resource contains excellent language, pitch and presentation with clear, concise information. This is very good as context building information providing a list of symptoms for awareness and knowing what to look out for. http://goo.gl/Wa6OoJ

3. Looking after yourself with Kidney disease - Kidney Health Australia factsheet (also listed under self-management). This resource contains excellent language, pitch and presentation with clear, concise information. This is very good as context building information. http://goo.gl/aMRLa7

4. Kidney disease (Better Health Channel fact sheet). These fact sheets are very relevant and accessible with good language, pitch and presentation and are not as dense as some other resources. http://goo.gl/dZB0CF


6. Linking Kidneys, Cardiovascular Disease and Diabetes (Kidney Health Australia factsheet). http://goo.gl/3mSbvh

7. Manage your heart and stroke risk: A 3 step guide to better health. This document has been produced by the National Vascular Disease Prevention Alliance (NVDPA) which is a group of four leading Australian charities: Kidney Health Australia, Diabetes Australia, The National Heart Foundation of Australia and the National Stroke Foundation.

This resource has some very practical tips such as lifestyle goals and a health action plan. Some people may not see the link between the conditions and may need more explanation. https://goo.gl/uLjUjA

B. Self Management

1. Looking after yourself with kidney disease (Kidney Health Australia factsheet). http://goo.gl/aMRLa7

2. MedicineList+ (National Prescribing Service MedicineWise) app for Smartphones. This smartphone app provides many features such as allowing individuals to enter their medicines, set alarms for taking medicines, download prescription medicines information direct from a pharmacy as well as saving a medicines list as a PDF and emailing it to any email address. It is also possible to add details about health conditions, record details about medical tests and results, and have the results graphed. http://goo.gl/NkDy3Z

3. Ageing well: maintaining health as we age (Chronic Illness Alliance). An online course from the chronic illness alliance. http://plotproject.net/patce/

4. 10 tips for living with depression (Better Health Channel fact sheet). This fact sheet provides good tips and may be good for those starting out at an early stage of disease. It may also be better utilised as a resource for carers, family or friends as it very difficult for an individual to action themselves if they are depressed. http://goo.gl/awSLcT

5. Living life to the full with a chronic condition: a resource to help you take control of your life (a WA Department of Health resource).
Excellent and accessible resource that is most appropriate for clients diagnosed with a chronic disease and contains a good resources list at the end of the resource. http://goo.gl/fTvuAI
This cover page links to a shortened version of a DVD. http://goo.gl/WfxP6J

6. Living a Healthy Life With Chronic Conditions 2012 4th Edition: Self-Management of Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis, Emphysema & Other Physical & Mental Health Conditions. by Kate Lorig RN DrPH, Halsted Holman MD, David Sobel MD MPH, Diana Laurent MPH, Virginia González MPH, and Marian Minor RPT PhD. Bull Publishing. This resource is a complete guide for those living with chronic physical and mental conditions. It is filled with hundreds of proven tips, helpful suggestions, and concrete strategies to deal with chronic illness, to manage emotions, and to live a productive life. Available at book stores or from the publisher and an audio version and ebook are also available.

Indigenous Resources

Kidney Health Australia collaborated with an expert group to gather and share existing education material culturally sensitive to the needs of Indigenous Australians. This link provides access to many resources including education resources and flipcharts for health professionals and aboriginal health workers as well as information flyers for clients. http://goo.gl/wzk1h7
Translating Resources

The need for resources in various languages was repeatedly mentioned by consumer reviewers. The websites below provide links to some translated resources.

1. Kidney Health Australia Translated Health Education Resources. 
   [Link]

2. Health Translations Website. 
   Health Translations enables health practitioners and those working with culturally and linguistically diverse communities to easily find translated health information. 
   [Link]

3. Cue Cards in Community Languages. 
   The Eastern Health Transcultural Services have developed Cue Cards designed to help health professionals communicate with clients and carers. The cue cards cover a range of simple words, including those for personal needs and medical terms. The cards use word translation and supporting illustrations to facilitate communication with people who do not use English as their first language. 
   [Link]
The Chronic Kidney Disease Project Steering Committee (CKD PSC) was established to lead and drive the development, implementation and evaluation of the project. Membership of the committee includes representatives from community health, the acute setting, general practice and the INWMML and their contribution and support throughout the project is acknowledged and appreciated.

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The content of the resources kit was developed with additional clinical expert input from a variety of individuals:

- Jenny Beavis - Renal Nurse Practitioner RMH
- Amanda McOrmond - Chronic Care Nurse MCHS
- Michelle Nalder – Senior Renal Pharmacist RMH
- Michael Perrone – Program Manager and Podiatrist cohealth
- Deb Wilson – General Practitioner
- Jenny Soding - Manager Renal Health Clinical Network, Department of Health and Human Services

The collaborative partners gratefully acknowledge the consumer representatives who reviewed this resource kit and provided invaluable input into its content:

- Chris and Gary (consumer and carer)
- Margaret (consumer)

We thank them for providing the considered and experienced perspective of the consumers who ultimately we want this resource kit to benefit.