

Introduction

- ❖ Collaborative goal-setting between health professionals and patients is a key element of managing chronic disease.
- ❖ BC patient experience survey results over the past decade have consistently found that patient goal-setting has significant potential to enhance overall patient experience in chronic kidney disease (CKD) care.
- ❖ However, little is known about what is needed to improve goal-setting from the perspectives of patients and family caregivers living with CKD, as well as renal health professionals.

Aim

To identify and describe what is needed to improve goal-setting for adults with CKD from the perspectives of kidney care professionals, patients, and family caregivers living with CKD

Methods

Data Collection

- ❖ Period: July to September 2019
- ❖ Source: Seven focus groups across BC health authority renal programs that included patient, family and renal health professional participants; 53 participants in total
- ❖ All focus group discussions were audio-recorded and transcribed.

Analytical Approach

- ❖ The transcripts were categorized into common themes related to perceptions about the benefits of patient goal-setting in CKD and what is needed to improve goal-setting with adults living with CKD.



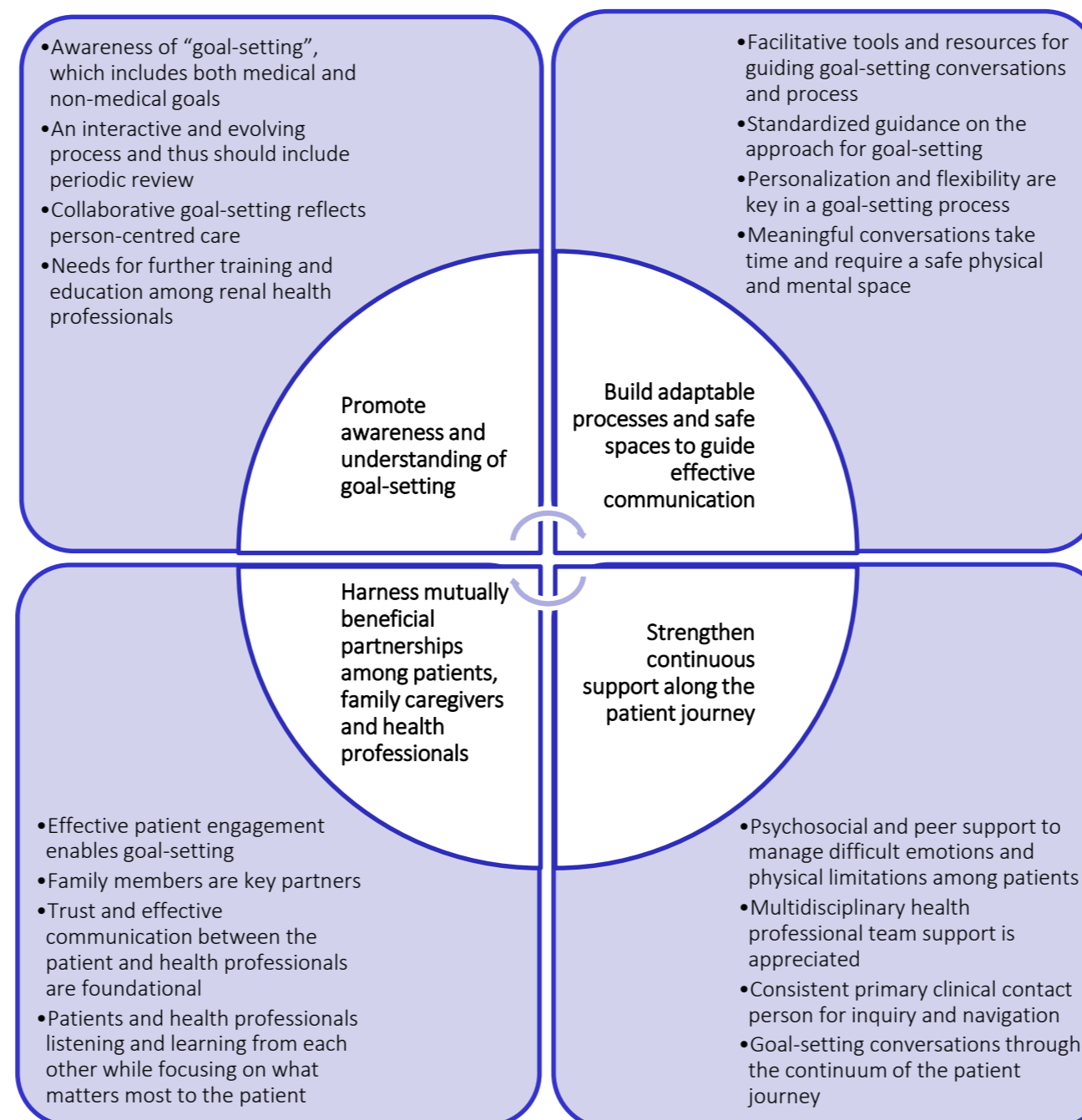
Results

Patients, family members and renal health professionals all recognize that setting goals with patients is useful and valuable when it is done well.

Key benefits identified by focus group participants include:

- ❖ Patient- and family-specific
 - A greater sense of control and hope
 - Motivated and empowered patients
 - Better understanding of kidney health and care
 - Better health and quality of life
 - Enhanced experience of care
- ❖ Health professional-specific
 - Better understanding of their patients
- ❖ Mutual benefits
 - Better patient and health professional relationship
 - More effective tailoring of CKD care
 - Improved overall patient experience and outcomes

Requirements for improving patient goal-setting



Results

Focus group participants demographics.

Focus Group Participants	
Patient	20
Family Caregiver	4
Clinician	26
Manager	3
TOTAL	53
Patients & Family Caregivers	
Total	24
Age (years)	
20-39	1
40-59	10
60-79	11
80 or older	2
Gender	
Female	15
Male	9
Indigenous	1
Visible minority	4
Person with disability	5
Clinicians & Managers	
Total	29
Role	
Dietitian	3
Director/ Manager	2
Nephrologist	5
Nurse	16
Pharmacy technician	1
Social Worker	2
Experience in CKD care (years)	
< 5	3
5-10	4
11-15	9
>15	13
Gender	
Female	26
Male	3

Conclusions

- ❖ Optimizing goal-setting in patients might require a shift in culture to enable more effective and collaborative communications among patients, family caregivers and health professionals along the whole patient journey.
- ❖ Further effort includes a provincial workshop with key stakeholders to discern a common approach to mobilize the culture change across all CKD care settings.

Acknowledgements

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