

The Kidney Check project in British Columbia: An initiative to bring kidney health, diabetes, and blood pressure screening to First Nations communities

Background

- The project brings mobile screening directly into Indigenous communities, supporting early detection and timely follow-up care

Methods

- Screening conducted using point-of-care devices requiring only a few drops of blood and urine
- Individuals receive instant feedback on personal level of risk for kidney disease, hypertension, and diabetes. Values are based on Kidney Failure Risk Equation (eGFR and urine ACR), blood pressure, and A1C
- A community-led initiative that respects the self-determination and traditions of each participating First Nation



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Results

- Ten BC First Nations communities representing the province's five health regions were chosen to pilot the screening program
- In-community screening activities began in October 2019 and ran through March 2020 before suspension due to COVID-19
- 12 community visits were conducted with 133 individuals screened.
- 63% of individuals screened were found to have no risk of kidney failure, 34% were found to be at low risk, 2% at medium risk, and 1% at high risk.



"Kidney screening isn't as scary as I thought!"

"I learned what causes kidney problems and what keeps us safe from kidney disease."

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Conclusions

- It is hoped that screening will resume in Fall 2020 with several adaptations to study processes, including:
 - simplified quality control processes
 - additional written screening guides,
 - nurse training/refresher videos
 - real-time support during retraining and screening sessions
- Kidney Check has demonstrated the viability of a model to bring enhanced kidney health screening to rural and remote First Nations communities in British Columbia
- This program will help reduce the number of individuals in Indigenous communities who experience kidney failure requiring dialysis or transplantation



Learn more:

- kidneycheck.ca
- cansolveckd.ca

