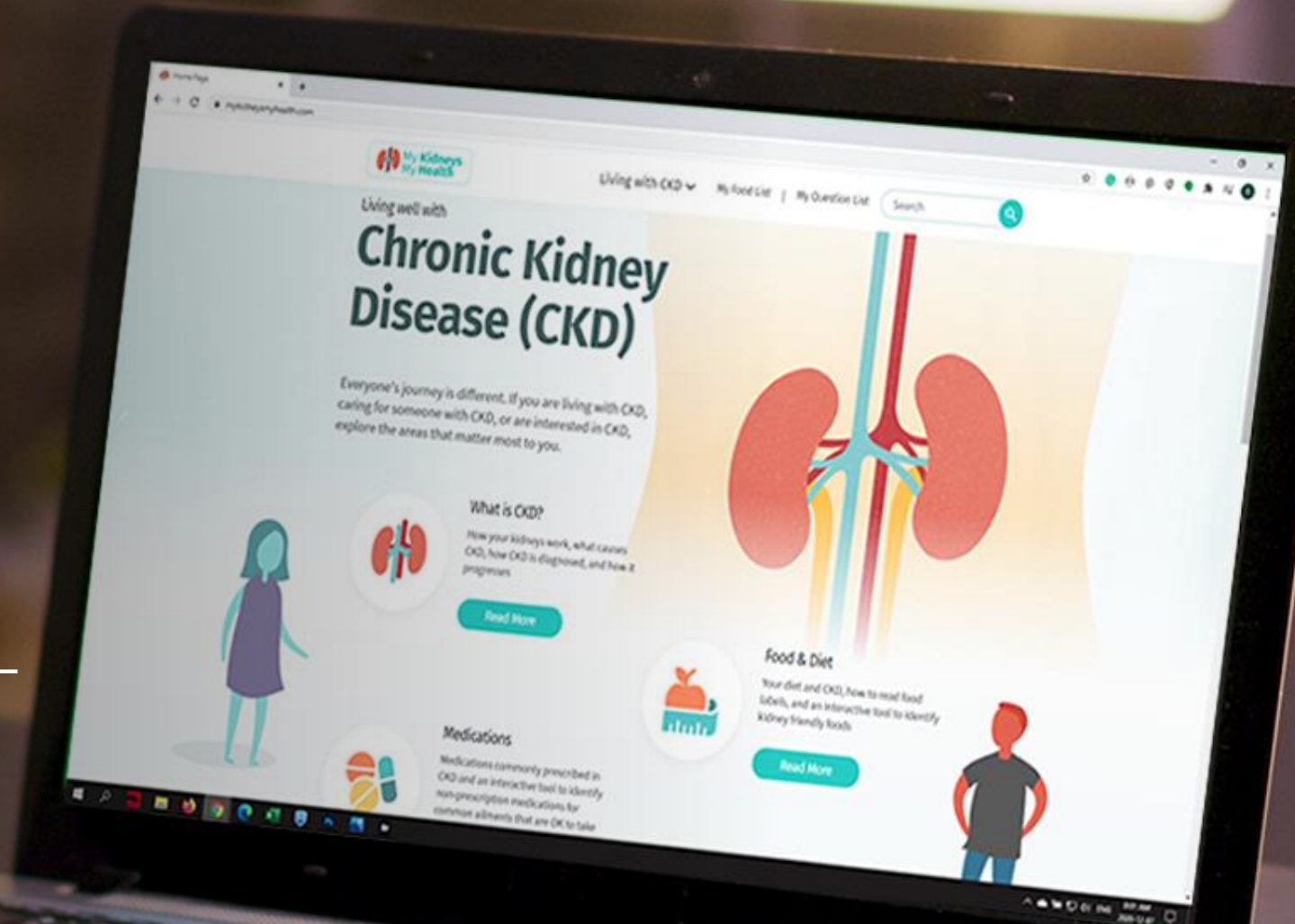


# *My Kidneys My Health* *a website co-created* *with patients, for* *patients*

Dr. Maoliosa (Mo) Donald  
September 15, 2022



# Territorial Acknowledgement

I would like to acknowledge the traditional territories of the people of the Treaty 7 region in Southern Alberta, which includes the Blackfoot Confederacy (comprising the Siksika, Piikani, and Kainai First Nations), as well as the Tsuut'ina First Nation, and the Stoney Nakoda (including the Chiniki, Bearspaw, and Wesley First Nations). The City of Calgary is also home to Métis Nation of Alberta, Region 3.



# Agenda



## Agenda

What is My Kidneys My Health  
How it was developed  
Why use My Kidneys My Health  
Orientation on website topics  
Implementation tips

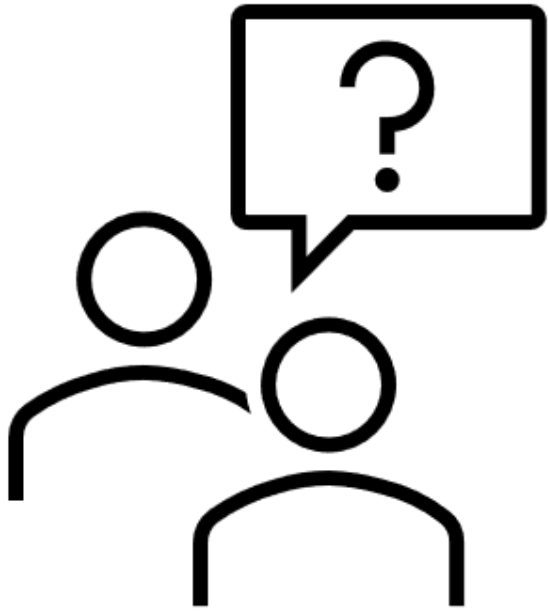


## Learning Objectives

Participants can...

- Explain what My Kidneys My Health is, who it is for, and when to use it
- Share ideas and learn how to use the website in practice





# *Polling Questions*

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Before we begin...

- Have you **heard of** the My Kidneys My Health website prior to this presentation?
- Have you **shared** My Kidneys My Health with your patients?



# *What is My Kidneys My Health?*



For those with early CKD or newly diagnosed



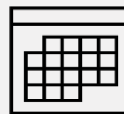
Credible info on patient-prioritized self-management topics



Interactive tools & resources (Food List, Question List)



Variety of formats (text, visuals, audio, video)



Launched March 2021





# *How was My Kidneys My Health created?*

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- Can-SOLVE CKD Network project
- Developed by self-management research team (patients, caregivers, clinicians)
- Collaboration with key stakeholders and partners (e.g., KFOC)
- Content is based on current evidence-based clinical practice guidelines



# Phases of Research

## Phase 1:

Identify & describe literature and current practice



1

## Phase 2:

Assess & prioritize patient and caregiver needs



2

## Phase 3:

Co-design & testing of eHealth tool prototype with patients and caregivers



3

## Phase 4:

Preliminary evaluation of website with patients and caregivers



4

## Phase 5:

Develop and evaluate implementation strategies to integrate into clinical practice



5



# Why use My Kidneys My Health?

## Benefits for patients and caregivers

- Meets patient need for an individualized support
- Patients found the website:
  - *Easy to use, useful, and offers valuable tailored info*
  - *May improve self-efficacy and support self-management*
  - *Valuable for early or newly diagnosed CKD, or those with changes in health status*





# *Why use My Kidneys My Health?*

## **Benefits for health care providers**

- Supports patient education about kidneys, CKD, and other self-management topics
- Reliable, evidence-based resource that you can share with patients and caregivers
- Interactive tools like the My Questions List can support conversations





What is CKD?



Food &amp; Diet



Medications



Symptoms

Mental  
Well-beingPhysical  
Well-being

Finances

Work  
& Education

Travel

# Website topics

Living well with

## Chronic Kidney Disease (CKD)

Everyone's journey is different. If you are living with CKD, caring for someone with CKD, or are interested in CKD, explore the areas that matter most to you.

### What is CKD?

How your kidneys work, what causes CKD, how CKD is diagnosed, and how it progresses

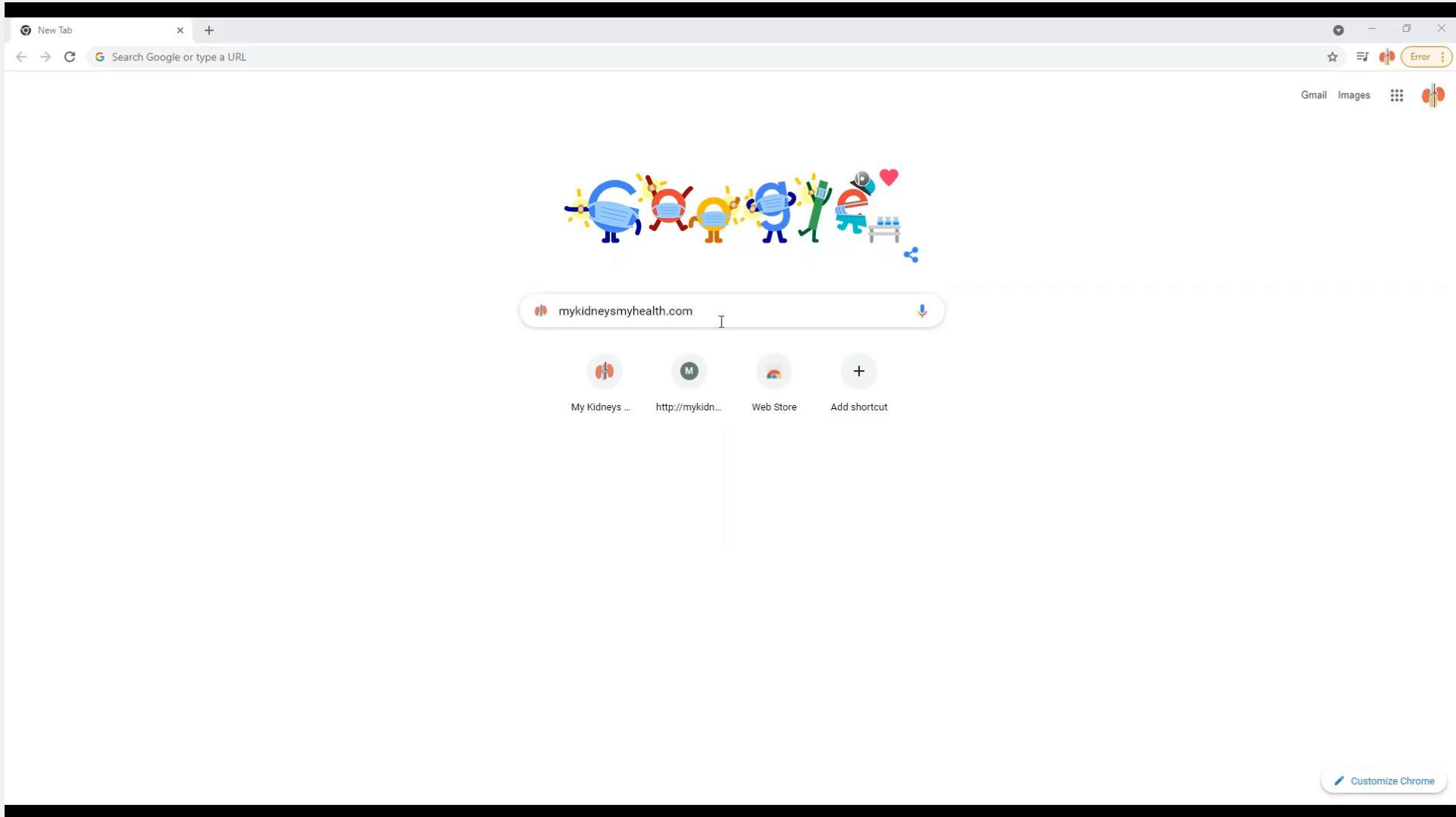
[Read More](#)

### Food & Diet

Your diet and CKD, how to read food labels, and an interactive tool to identify kidney friendly foods

[Read More](#)

Medications



mykidneysmyhealth.com

# Implementation Tips

## When

- Share the link before or after appointments
- Walk patient through website during appointment
- Print a [poster](#) and put it in your waiting room

## How

- Highlight sections based on health needs/interests
- Highlight videos, interactive features
- Incorporate link or [postcard](#) into your communications with patients

## Who

- Anyone on the team could share it (clinicians, nurses, dietitians, pharmacists, etc.)
- Share it with patients with CKD or who are at-risk of having CKD; caregivers



# *Next steps*

- Complete study on supporting implementation into clinical practice
- Update content as new evidence is released
- Adapt My Kidneys My Health to meet needs of diverse populations, including:
  - *Language translation*
  - *Development of printable materials*
  - *Conducting needs assessments*





# *Acknowledgements*

Patients, caregivers, and health care providers who participated in all phases of this work

CKD self-management research team members  
Kidney Foundation of Canada





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