Evaluation of Chronic Kidney Disease Symptom Management Algorithms and Patient Information Sheets in Two Kidney Care Clinics

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Background
- As renal function declines, symptoms related to chronic kidney disease (CKD) become more prevalent and impact quality of life (QoL) in the non-dialysis CKD (ND-CKD) population.
- BC Provincial Renal Agency (BCPRA) has implemented the Edmonton Symptom Assessment System (ESAS) to systematically assess patients' symptoms.
- BCPRA has developed 8 symptom management algorithms and accompanying patient information sheets to aid in the management of CKD-related symptoms.
- There is limited published data assessing symptom burden and the impact of symptom management guidelines in the ND-CKD population.

Objectives
- To assess patients' ESAS score before and after implementation of the BCPRA symptom management algorithms
- To assess patients' satisfaction after receiving care following the BCPRA algorithms and patient information sheets
- To assess renal nurses' and renal dieticians' satisfaction with the BCPRA algorithms and patient information sheets

Methods
- **Design:** Prospective quantitative and qualitative study
- **Inclusion Criteria:**
  - Age ≥ 19 years
  - CKD stage 3-5
  - English
  - Unable to speak English

**Evaluation Criteria**
- **Phase I:** Renal nurses and renal dieticians working at the SPH and VGH KCCs
- **Phase II:** Focus groups with eligible KCC nurses and dieticians to assess feedback on symptom management guidelines and patient information sheets
- **Data Collection:**
  - **Phase I:** Interview eligible patients to assess satisfaction and to solicit feedback on symptom management guidelines and patient information sheets
  - **Phase II:** Focus groups with eligible KCC nurses and dieticians to assess feedback on symptom management guidelines and patient information sheets
- **Analysis:** Descriptive statistics to assess demographic data and changes in patients' ESAS score and extraction of themes from interviews and focus group transcripts

**Results**
- **Phase I:**
  - 34 patients were interviewed
  - Median age 66 years, 49% female
  - 73% had diabetes, 65% hypertension
  - 4 patients (12%) had eGFR > 15 mL/min
- **Phase II:**
  - 9 KCC nurses and 2 dieticians participated

**Conclusion**
- Patients perceived that information sheets were helpful and easy to use
- Majority of ESAS scores improved after interventions
- Patients perceived that information sheets were helpful and easy to use

**Suggestions for Further Improvement**
- Make patient information sheets available in other languages
- Incorporate more visuals and less text into patient information sheets
- Allocate more time for symptom management discussion during KCC visits
- Standardize the strategy to follow up on the symptoms addressed and recommendations made during KCC visits

**References**