

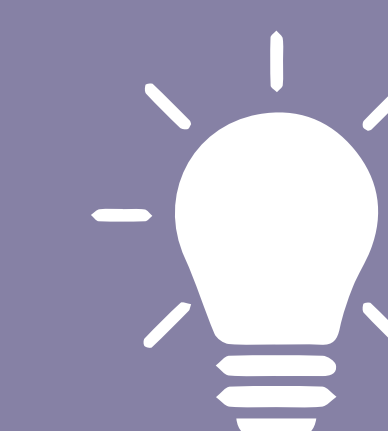
# My Kidneys My Health: A Co-Created Web-Based Self-Management Support Tool for Adults with Chronic Kidney Disease

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## 1. Insights



- Chronic kidney disease affects 1 in 10 Canadians.
- Supporting self-management can slow disease progression and improve quality of life.
- Enhancing self-management support is a research priority for adults in Canada and those that care for them.
- Benefit of having patient partners who vary in age, gender, ethnicity, and technology attitudes.

## 2. Aim

To co-create a web-based self-management support tool for adults with chronic kidney disease.



## 4. Findings

- Accessible self-management tool with valuable information and interactive tailored components.
- A patient partner describes the website as a *“one-stop shop of a comprehensive self-management tool that touches on all aspects of chronic kidney disease care.”*
- 10,000 users have accessed the My Kidneys My Health website between March 2020 and June 2023.

## 3. Methods

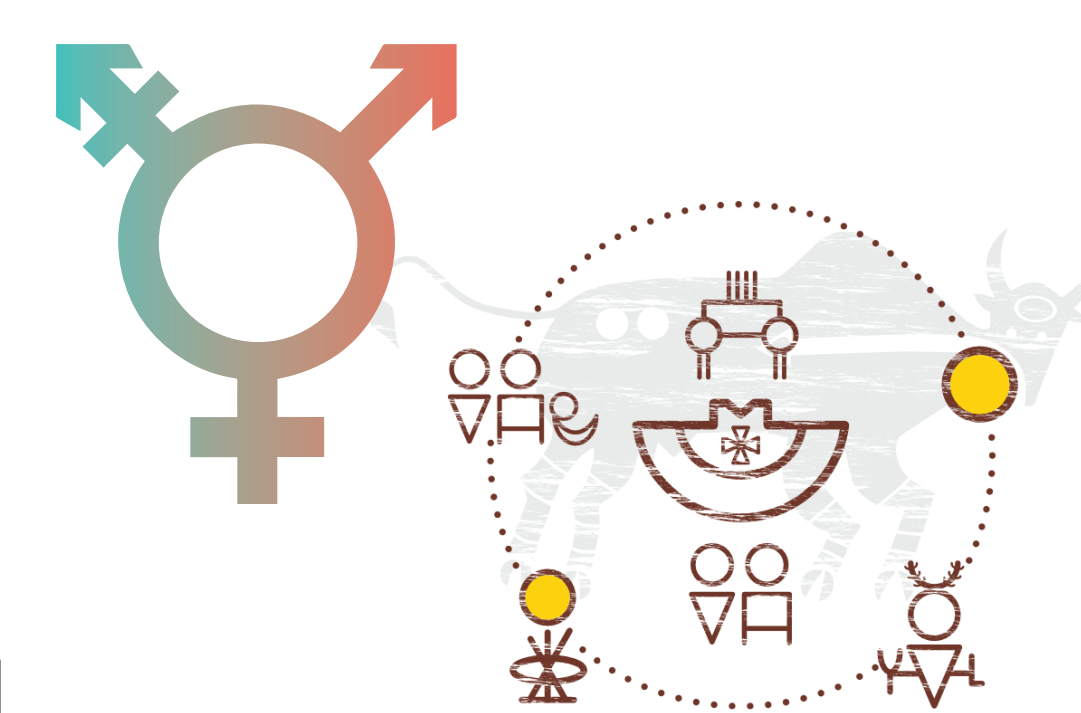


- Pragmatic, mixed methods design informed by the Knowledge-to-Action framework.
- Patients were proactive partners in:
  - Identifying the research problem.
  - Reviewing literature and identifying knowledge gaps.
  - Identifying patient self-management needs and preferences.
  - Co-designing an eHealth tool (My Kidneys My Health).
  - Implementing and disseminating the tool.
- Credibility and accessibility considerations:
  - Health on the Net code to comply with health information standards.
  - Web Content Accessibility Guidelines to reduce access barriers.



## 5. What's Missing... Adapting My Kidneys My Health website to:

- Meet the needs of Indigenous populations with chronic kidney disease.
- Incorporate peer support resources.
- Provide sexual health support.
- Actively engaging new patient partners and Indigenous communities to adapt the tool.



## 6. Conclusions

Patient experiences and their stories have significantly influenced the understanding of self-management support for people with chronic kidney disease. Early involvement of patient voices was key to co-creating My Kidneys My Health.