

# Provincial Conservative Kidney Management (CKM) Pathway: *Living Well Without Dialysis*

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## Collaboration

*“Excellent to know there was such a variety of participants - especially 'different' health care workers. EVERYONE shared common goal of improving the system. Wonderful to behold! Makes one optimistic for the future!”*



## Clinical Innovation

*“I learned about the gaps in service that I was previously unaware of. I feel that areas for improvement were identified which is the first step to making changes.”*



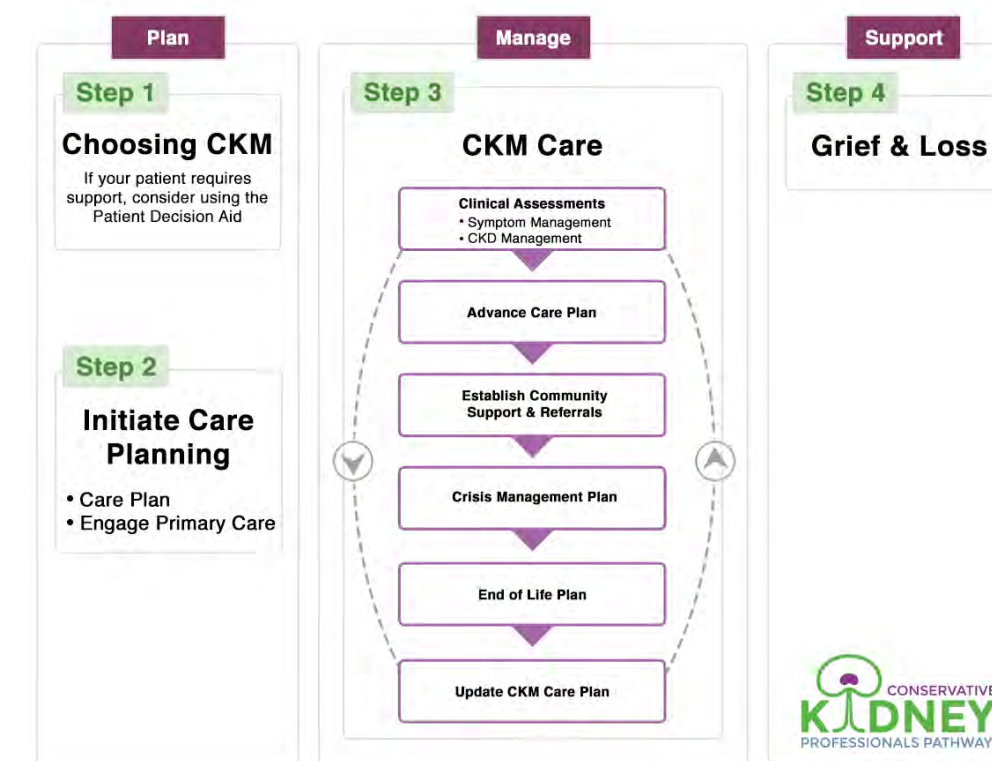
## Integration

**BACKGROUND:** Patients >75 years are the most rapidly growing group starting dialysis. Frail elderly patients managed conservatively (without dialysis) may live as long as patients who elect to start dialysis, with better preservation of quality of life & physical/cognitive function, no burden associated with dialysis procedure, fewer admissions to acute care centers, and can remain in home communities.

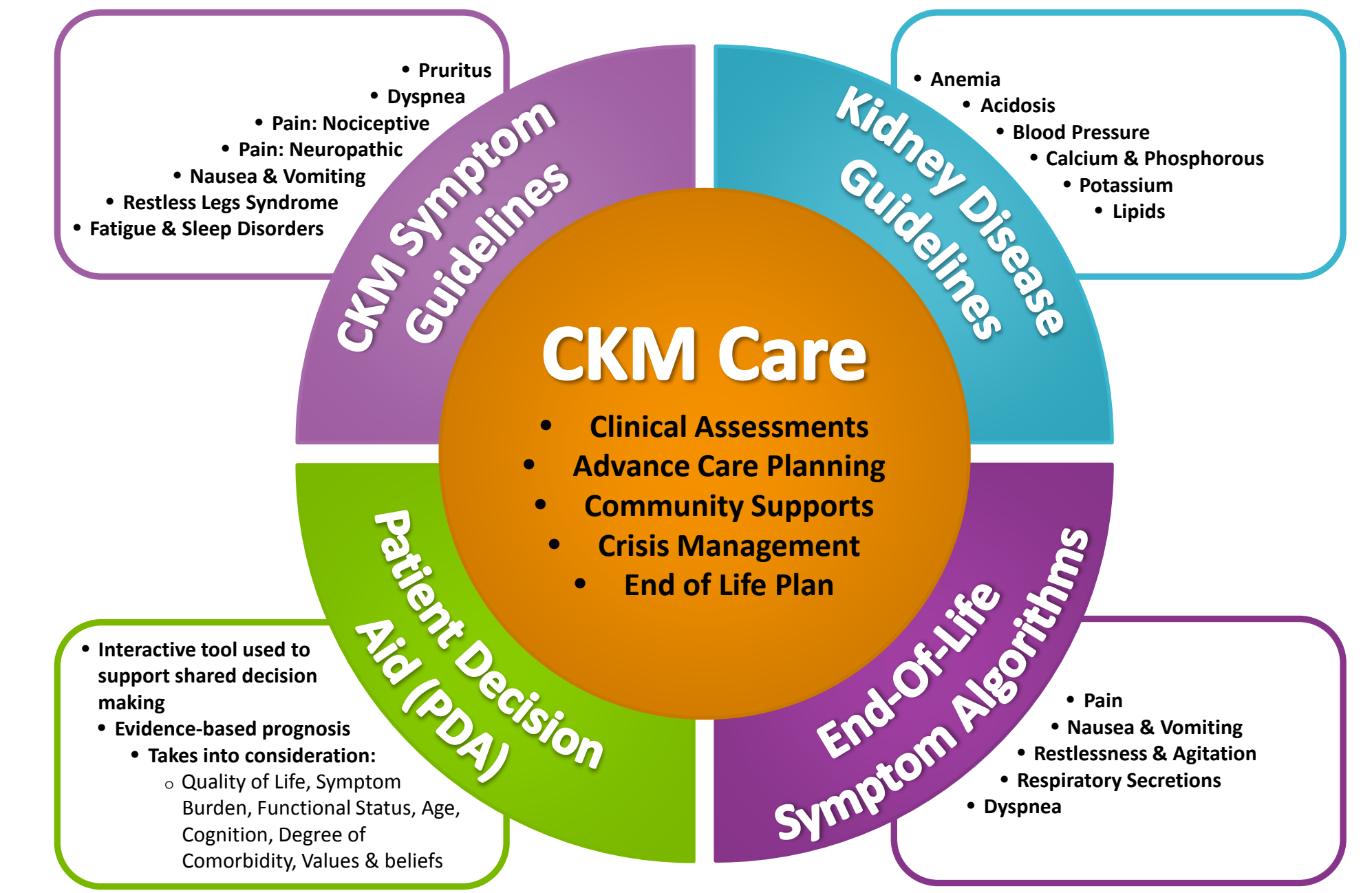
### Conservative Kidney Management Pathway



The Kidney Supportive Care Research Group, in partnership with the Kidney Health SCN, launched a provincial conservative kidney management (CKM) pathway in September 2016. The “mobile first”, interactive web-based tool empowers communities, families / patients and clinicians to help guide **individualized integrated care plans**.

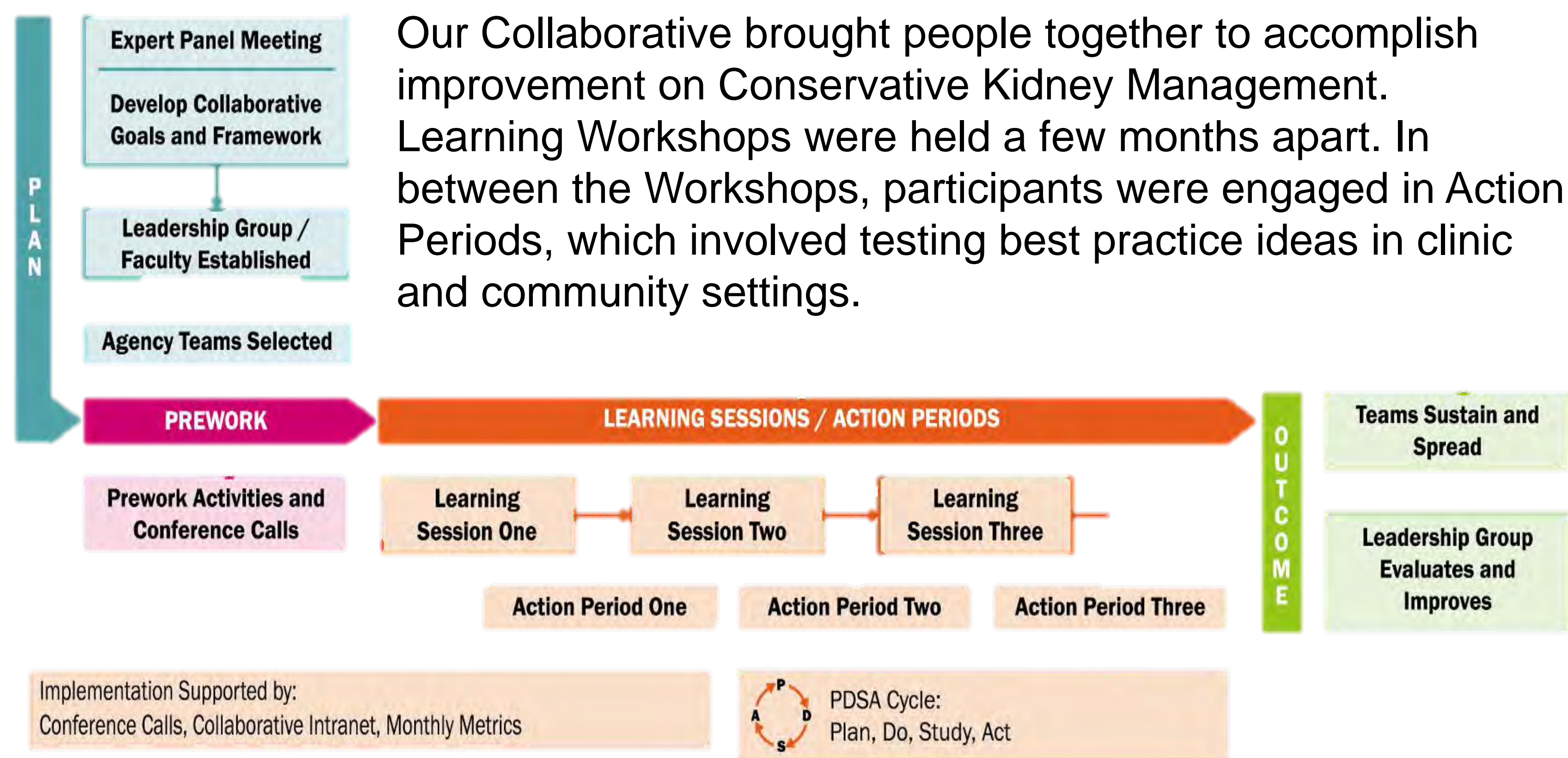


Numerous resources are available to patients, families and healthcare providers on the freely accessible online clinical pathway website and from Data Group.



### Broad Engagement & Collaborative CKM Pathway Implementation

Stakeholders, including patients and families, from across Alberta identified current challenges, enablers, and opportunities to providing excellent care for patients who choose conservative kidney care.



The input was used to support the development, implementation, and evaluation of the CKM pathway



Northern and Southern Alberta World Cafés

#### Future Directions

- Broader Implementation of the CKM Pathway across Primary Care Networks in Alberta
- Development of a National CKM Toolkit
- Collaborating with Alberta Health Services & Strategic Clinical Networks to Expand Model to Supportive Care for Other Chronic Diseases

### Early Results of the CKM Pathway

Early results of patients ≥65 years old with stage 5 chronic kidney disease and who have chosen CKM are showing that the pathway is empowering patients to make informed decisions about their care, improving access to information and healthcare resources, reducing symptom burden, and preserving physical function and quality of life.

#### Appropriate Initiation of CKM

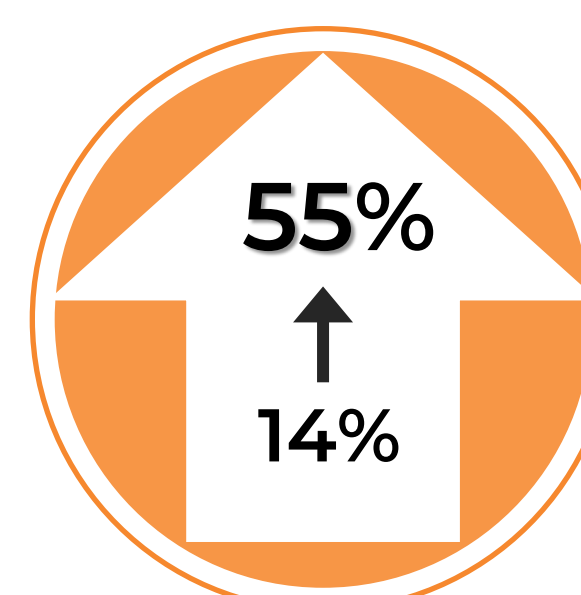


Uptake of Conservative Kidney Management  
8% → 16%

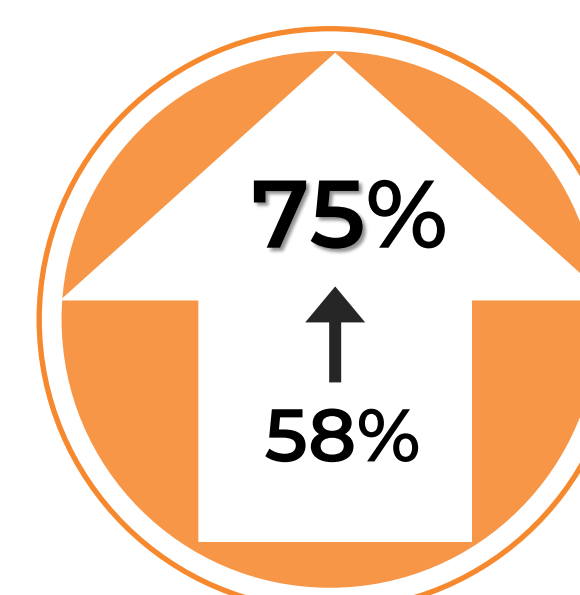


Patients Not Changing Their Mind After Choosing CKM  
60% → 91%

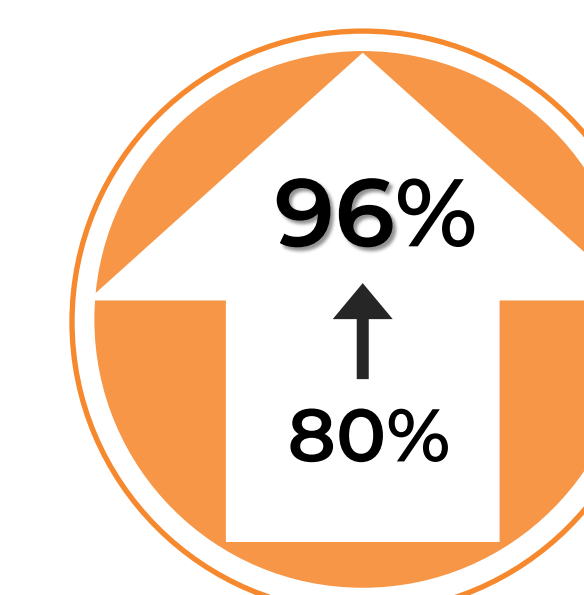
#### Patient Outcomes



Completed Goals of Care Designation Medical Order



Patients recall Advance Care Planning discussion



Patients receiving care at preferred location prior to death

#### Patient Preferences

Acceptable functional status preserved (rather than decline)

86% → 86%

Absence of severe symptoms

51% → 74%

Acceptable quality of life preserved (rather than decline)

51% → 57%