



Think Kidneys Team

The Think Kidneys Team is looking to share people's stories about becoming more involved in their health care and self-managing their condition – particularly people with long term conditions. If you would like to tell your story get in touch by emailing us at thinkkidneys@renalregistry.nhs.uk

For more information about the programme and the people involved visit

www.thinkkidneys.nhs.uk/ckd

The Think Kidneys programme is being run by the UK Renal Registry and NHS England and is supported by The British Kidney Patient Association.

Find out more about their work on these websites

www.renalreg.org.uk

www.england.nhs.uk

www.britishkidney-pa.co.uk



Think Kidneys is a national programme led by NHS England in partnership with UK Renal Registry



Transforming Participation in Chronic Kidney Disease -

a unique NHS programme to help
people with CKD live their best life

www.thinkkidneys.nhs.uk

Transforming Participation in Chronic Kidney Disease

This national NHS programme has been developed to help people who live with chronic kidney disease to get the most from their lives.

One of the biggest aims for the NHS both now and for the future is to put patients at the centre of their care and we believe this can have the greatest impact for people who live with a long term condition.

The programme will help people with kidney disease to develop their

- 🍷 **knowledge** to understand their disease and how they can best manage it
- 🍷 **skills** to practically look after their health and wellbeing, and
- 🍷 **confidence** to take responsibility and to make informed decisions about their care

Armed with knowledge, skills, and confidence – and becoming ‘activated’ - people will be able to set and reach goals in their life that they may have previously thought difficult or even impossible, and as a result improve their lives.

“I spent many years as a patient – always describing myself as that. Since I decided to get more involved and learn all I could about my condition I feel much more in control and somehow more involved in my own life. My condition no longer defines me as a person and I’m much healthier and happier. Life is good. And that’s why I’m involved in the programme.”



Ian Hazel

kidney patient and co-chair of the commissioning workstream for the programme

The programme is being developed by patients and clinicians working together bringing their own experiences and expertise to the programme. It’s called ‘co-production’ and it means that everyone involved has equal input and responsibility for taking part and contributing – that way we can be sure that what the programme delivers will be improvement which patients are happy about.

“The programme will help kidney care teams to assess, define and deliver expected patients’ care needs in a manner which means the person will feel more confident and empowered after each clinical encounter.”



Dr Ramla Mumtaz

Associate Specialist in Renal Medicine, Bradford Teaching Hospitals NHS Foundation Trust

Ten kidney units in hospitals across the country – from Plymouth to Newcastle - are taking part in the pilot and helping to develop the learning and tools we need to make the programme a success. We will capture the learning along the way so that those who follow can benefit from the work.

The Programme Team has divided the work into 3 areas so that changes can be made to the way services are delivered. These are

- 🍷 **measurement** – through the use of questionnaires and surveys we will understand more about people’s experience of care and support them in gaining knowledge, skills and confidence to self-manage
- 🍷 **intervention** – to create the resources and tools to help people develop the skills, knowledge and confidence to self-manage
- 🍷 **commissioning** – to ensure this becomes a recognised way of working in the NHS for the benefit of patients living with chronic kidney disease

We expect this unique way of patients and clinicians working together will be able to be applied to help people living with other long term conditions to get the most from their lives.