

Transforming Participation in Chronic Kidney Disease

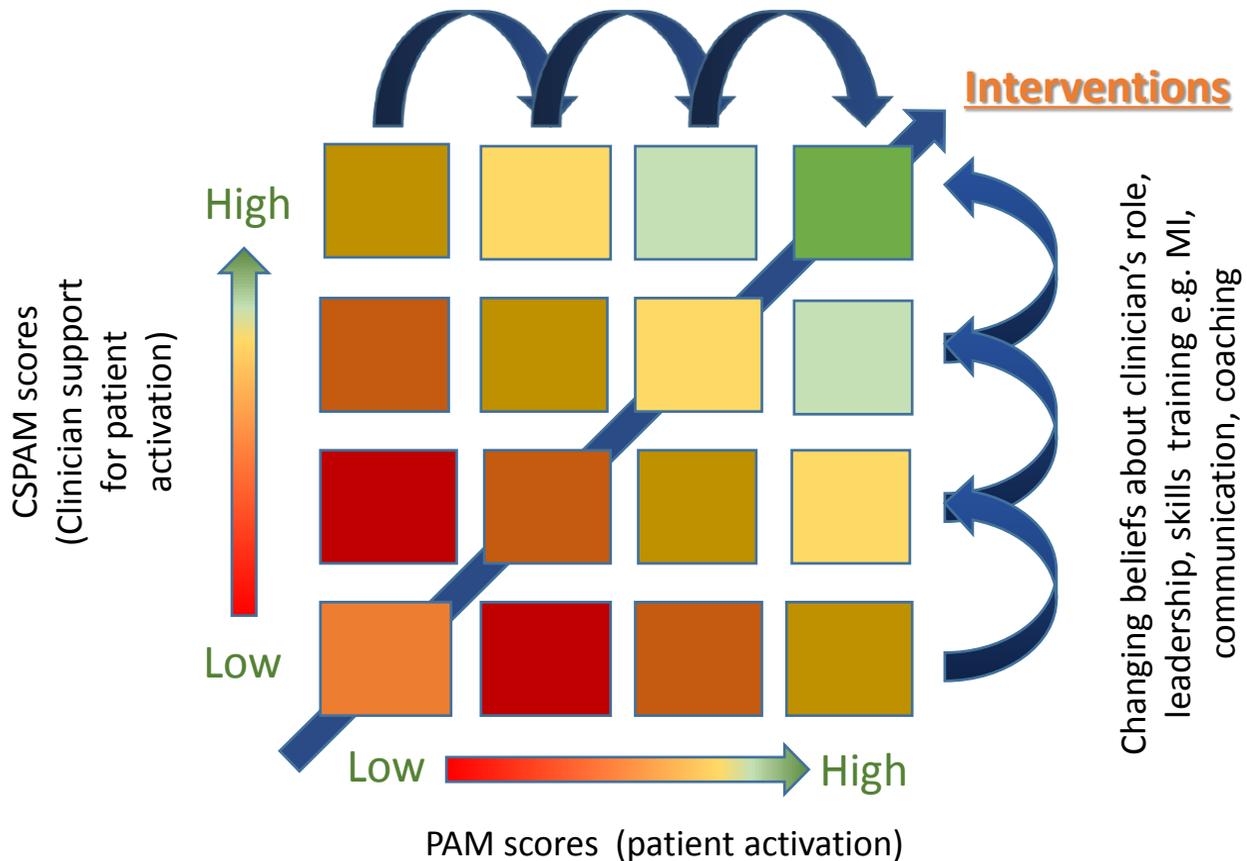
The knowledge, skills and confidence cube



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

Education, self-awareness, changing beliefs about patient's role, self-management support, skills development

Knowledge, skills and confidence cube

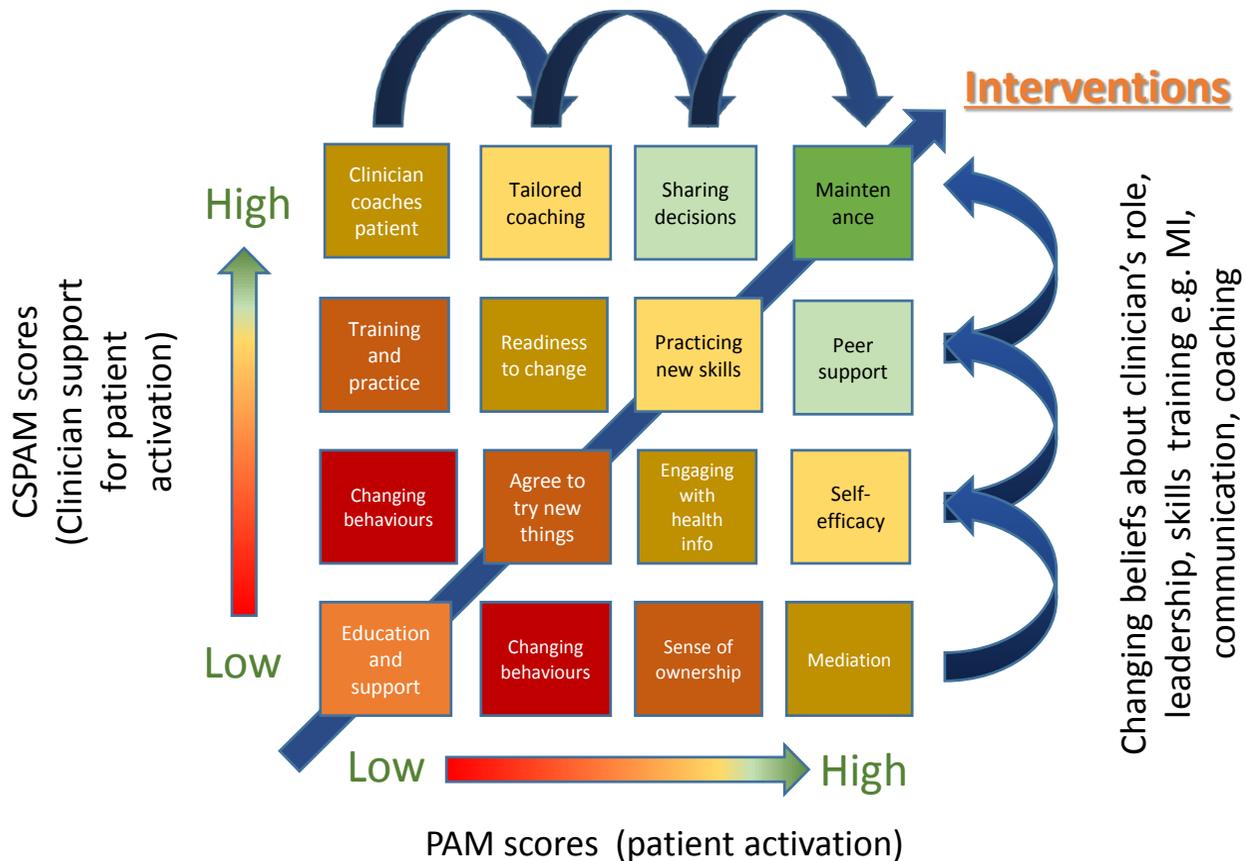


Knowledge, skills and confidence cube

- The cube diagram on the previous slide is a representation of the journey a person might make towards increased self management and self care, and also the journey a clinician can make towards fully supporting their patients' aspirations.
- The two axes show the skills, knowledge and confidence for *patients* and *clinicians* that can be acquired along the journey, and which increase as you move from the bottom to top.
- For the clinician the left axis shows how, by increasing education and changing the way they work, they can start to increase their understanding of how to support their patients who wish to become more involved in their own care.
- Similarly, for the person with the health condition, moving from left to right and upwards shows more steps towards greater involvement in their care.
- The ambition is for both individuals and the clinicians to aim to reach top right, or any square towards top right where they feel comfortable, confident and happy, moving one square at a time.
- The next slide shows the cube completed with the activities that might make up the different elements of a person's journey – whether they are a patient or a clinician.

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- Starting bottom left and moving across the squares as new skills are learnt, the different elements can be achieved in a straight line or zig-zagging across the matrix. Journeys across the squares may be very different and will be entirely dependant on motivation, confidence, time, availability of support for the individual to help them move on, availability of education.
- There is no right or wrong way to reach top right and the intervention in each square may vary with health condition, clinical setting etc.
- There is no fixed timescale for moving from one square to the next and so a person may stay on a square for as long as it takes for them to feel confident and then if /when they wish they can move on.
- Understanding where people are positioned on each axis and in each square will enable tailor-made support or interventions to be offered to enable people to develop their respective skills, knowledge and confidence wherever they are in their journey.
- For example, the clinician at the low end of the left axis may benefit from exploring collaborative goal setting and the person with the health condition at the left end of the bottom axis may be offered appropriate information e.g. dietary help and advice
- The next slide is an example of a person's own journey to self care.

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