

What happens next?

You will be asked by a member of the team if you would be happy to take part in the programme. They will be able to answer any queries you have.

We hope that you will help us by getting involved in this important programme, though we do understand you may choose not to take part, and this will not affect your care.

If you would like to volunteer to help us with the questionnaires, please contact...

Name:

Telephone:

Email:



www.thinkkidneys.nhs.uk

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

'THINK KIDNEYS'

Valuing Individuals and
Transforming Participation in
Chronic Kidney Disease

Patient and Carer Information
on a New Programme

What is the programme all about?

Your renal unit is taking part in a new programme to help people with chronic kidney disease (CKD). We want to help you develop the skills, knowledge and confidence to be involved in managing your own health care, to live the best life you can.

We know that learning you have CKD changes your life. It affects every aspect of your life – work, relationships, fitness, overall health and wellbeing. You may feel tired, sad or that you're less independent. But by taking back some control it's possible to work towards helping you get what you want in your life for yourself and your family.

Studies show that you will benefit if you are actively connected and working with your renal team to manage your care. You can achieve more by looking after yourself and feeling that you have more control in your life when you are not in a clinic or your GP surgery.

By taking part in the programme you will have an equal voice with everyone looking after you and carrying out your health care. This will involve talking about a range of different types of support for you to help you gain the skills, knowledge and confidence to take part in decisions made about your care with your renal team. You can then be actively connected to every aspect of your care.

Why are we doing this?

This programme will explore the relationship between patients' involvement in their care and the outcomes and experience they have as a result.

Every member of the renal team is supporting this important work.

How are we doing this?

Through a series of surveys we will ask you about your health and the care you receive.

Questions will be about:

- your current experience of living with CKD
- what you need to improve your quality of life, and
- how we can help you to achieve your goals

We will use your answers to design and test new ways of supporting people with chronic kidney disease.

Protecting patient information

The NHS has strict rules which protect patient information. The responses to the surveys for this programme will be sent to the UK Renal Registry for analysis.

Responses will also be given to your doctor to help you work together to improve your experience. More general responses will be anonymised and fed back to the hospital so that we can improve our services. An example of this could be about communication or facilities in the renal unit.

We will be recruiting volunteers to help send out and collect the surveys. These volunteers will be trained to follow the NHS rules on the protection of patient information.

**‘THINK
KIDNEYS’**