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Effect of Chronic Kidney Disease Education and Coaching Among CKD Stage 4 and 5 Patients

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Objective: The primary objective of this program was to facilitate smoother transition to dialysis among predialysis and incident dialysis patients. It is expected that through education and coaching, the patients would be able to transition to their choice of modality and start with a permanent access. Ultimately it was our goal to decrease dialysis related complications, especially those that are associated with catheter access among new dialysis patients

Methods: Stage 4 and 5 CKD patients were enrolled into a series of classes taught by multidisciplinary team that included care partner (health coach), dietitian, home training nurse, social worker and financial coordinator. Patients also received coaching and coordination between the classes to ensure patients' understanding and enhanced skills in self management of Chronic Kidney Disease. Patient family members were strongly encouraged to participate in the program and in the decision making process of patients' health. When patients completed the classes, they continued to receive counseling and coordination until the start of dialysis. The program was then offered again at a different level for all patients who start dialysis. At this level, patients were exposed to one on one counseling and coaching by the health coach who also ensured coordination of care for 120 days after enrolling into the program.

Results: Overall, the patients were found to have improved in self management skills at the end of the program. PD modality was chosen and achieved by 39% of the participants versus 7% as reported by USRDS. Dialysis was started with permanent access among 78% of the participants when compared to 27% among USRDS participants. Only 15% of the participants started with catheter only access as opposed to 60% reported by USRDS.

Conclusion: Home dialysis is highly preferred among those who are educated on treatment options. Patients are also more inclined to obtaining a permanent access with education and good coordination of care by the healthcare team. Stage 4 and 5 CKD patients should receive education and coordination for smoother transition into dialysis and beyond.

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