

Media Release
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Bradford joins national project to improve care for kidney patients

Bradford renal unit is taking part in a national, ground-breaking project to encourage kidney patients to play a more active role in their health care.

The unit, based at St Luke's Hospital, part of Bradford Teaching Hospitals NHS Foundation Trust, is one of 23 renal units throughout the UK involved in the innovative Transforming Participation in Chronic Kidney Disease (CKD) Programme – Think Kidneys.

The 'Think Kidneys' programme has been established by NHS England and the UK Renal Registry, and will enable clinicians and care teams to work in 50:50 partnership with patients living with CKD as well as their families and carers.

The vision of the programme is to empower CKD patients, encouraging self-management of their condition so that they can achieve personal and clinical goals that are important to them.

As a first step, CKD patients will be given a survey called the Patient Activation Measure (PAM) to fill in. The survey has been developed and tested in the US to assess the knowledge, skills and confidence people have in managing their own health and healthcare.

The PAM uses 13 questions to establish where people are in terms of their activation – from Level 1 to 4. Level 1 is where the patient is not activated and feels they are not being well supported by the clinical team, and Level 4 is where the patient is highly activated, manages his own condition well and feels his needs and requirements are being well managed by the clinical team.

A similar survey has been developed for clinicians to assess their ability to support and manage patient activation process, and the recorded data of both surveys will be analysed by the UK Renal Registry.

The serial PAM surveys will be used to monitor individual activation level over time, and help and training will be provided to the clinicians to try and shift all individual baseline scores from 1 to 4 in partnership with the individual patient.

A local Bradford Project Team, made up of seven volunteer CKD patients (champions from local kidney patient groups) and seven clinicians (in 50:50 partnership) has been set up to roll out the project in Bradford and Airedale.

The team recently attended a meeting in London to help with 30, 60 and 90 days plans for the project. The Bradford team has been linked with a group from Sheffield renal services and the two teams will work closely together, sharing best practice.

Associate Specialist in Renal Medicine, Dr Ramla Mumtaz said: "PAM and related surveys will enable us to explore and establish the patient care needs, and resulting measurements of responses will direct us to determine shared objective in partnership with individual patients."

John Stoves, Consultant in Nephrology and General Medicine added: “The Bradford renal unit is keen to be part of this national initiative which encourages our patients to play a more active role in their care, recognising that patient engagement can lead to a better experience of care and better clinical outcomes.

“It has the full support of NHS England, the UK Renal Registry, the Health Foundation and our National Clinical Director. We hope to share our experiences with both the UK renal community and other chronic disease specialties in the Trust.”

Rachel Gair of UKRR said: “The whole thrust of the programme is that patients’ knowledge about their condition and how to manage it is an underused asset, which is often wasted.

“Evidence shows that by working closely with patients to help them develop their skills, knowledge and confidence to understand and be more proactive in their care offers major benefits. The aim of this innovative work, which we are developing with clinicians and patients, is to unlock potential to improve services and outcomes for patients.”

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Note to Editors:

1. Bradford Teaching Hospitals NHS Foundation Trust:

Bradford Teaching Hospitals NHS Foundation Trust runs the Bradford Royal Infirmary and St Luke’s Hospital.

The Foundation Trust also manages the four local community hospitals at Westwood Park, Westbourne Green, Shipley and Eccleshill, GPs with a special interest in gynaecology and urology, and services for stroke, TIA, heart failure, cardiac rehabilitation, diabetes, Parkinson's and haemoglobinopathy.

We were granted Foundation Trust status in 2004 and now have more than 50,000 members making us the third largest Foundation Trust in the country.

The Bradford Royal Infirmary is home to one of the busiest A&E departments in the country with more than 125,000 attendances each year, while the maternity unit is also one of the busiest, delivering more than 6,000 babies each year. We also opened a new £2 million neonatal unit in January 2015.

St Luke’s Hospital provides outpatient and rehabilitation services, a dermatology department and the Pennine Breast Screening Service amongst others.

As a teaching hospital, we are at the forefront of research, education and development in healthcare. Our Ophthalmology department is home to numerous worldwide clinical trials taking the lead in eye care research. We also offer pioneering robotic surgery with the use of our £2 million da Vinci robot which has trebled prostate operations at our Bradford Royal Infirmary site and we are the only centre in Yorkshire to offer this revolutionary procedure for all three urological cancers of the prostate, bladder and kidneys.

For more information please visit www.bradfordhospitals.nhs.uk

2. **Think Kidneys** is a national programme led by NHS England in partnership with UK Renal Registry. Transforming Participation in Chronic Kidney Disease (TP-CKD) will develop a person centred approach to care. People will be supported to build their skills, knowledge and confidence to better manage and make decisions about their own health to improve their quality of life. To find out more visit www.thinkkidneys.nhs.uk/ckd