

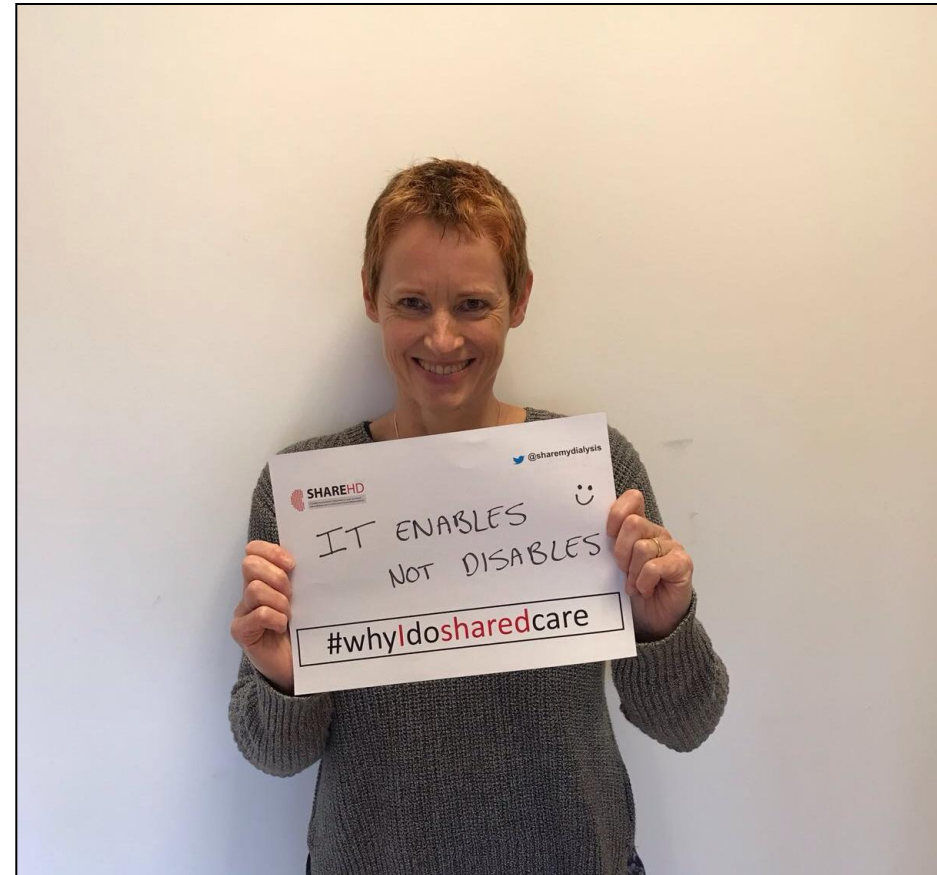


Unlocking potential through Shared Haemodialysis Care

Tania Barnes
12/09/17

Shared haemodialysis care is...

Supporting and working
with, not **for** people



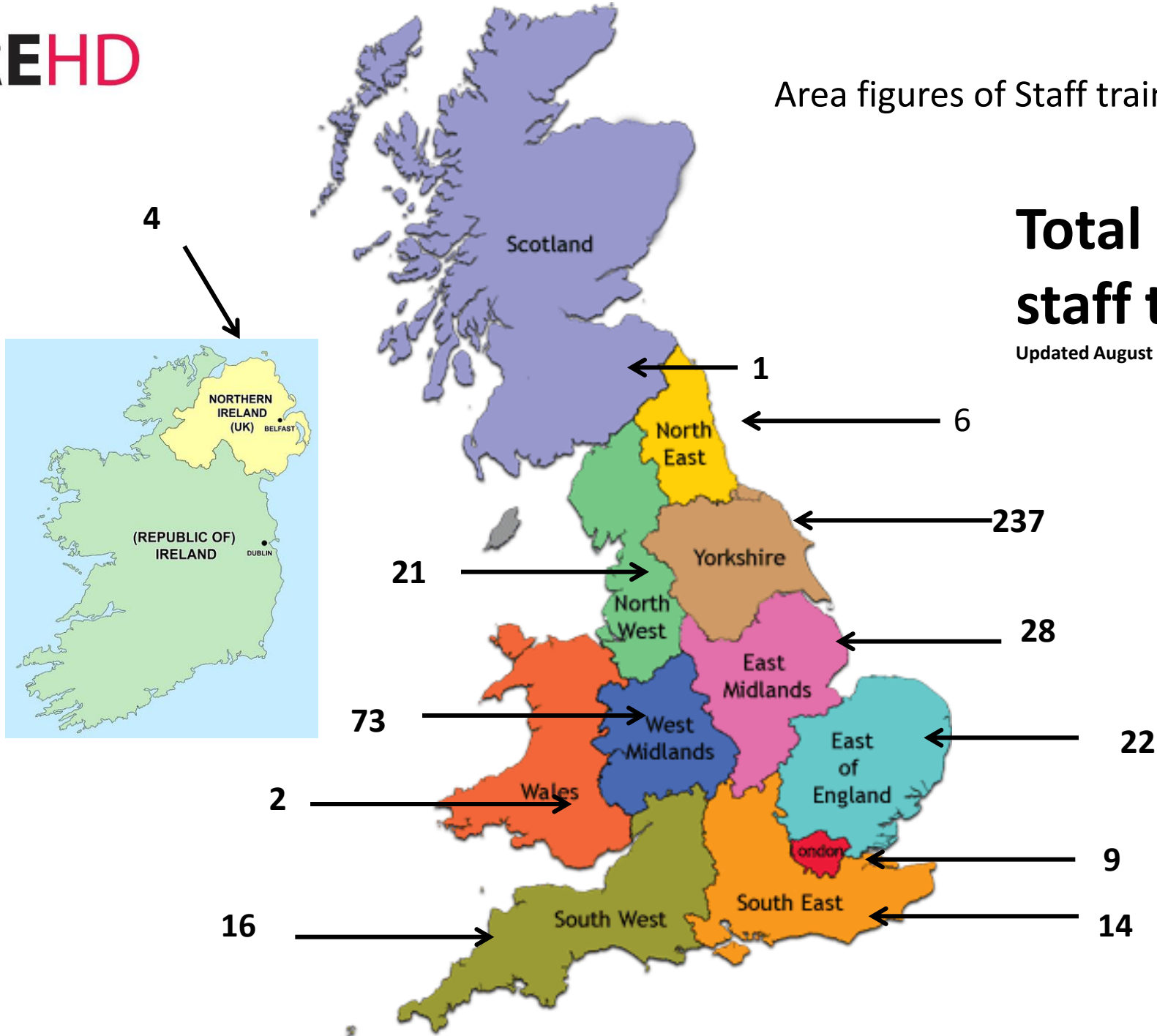


Behaviour and relationship change

Area figures of Staff trained from courses 1-32

Total number of staff trained = 433

Updated August 24th 2017





= part of the bigger picture in engaging patients in
self management
NHS England 5 year forward plan

We are living longer!

Chronic conditions are predicted to account for 60% of the global burden of disease by 2020

(World health organisation 2017)



Demand for healthcare is increasing but the budget is not!

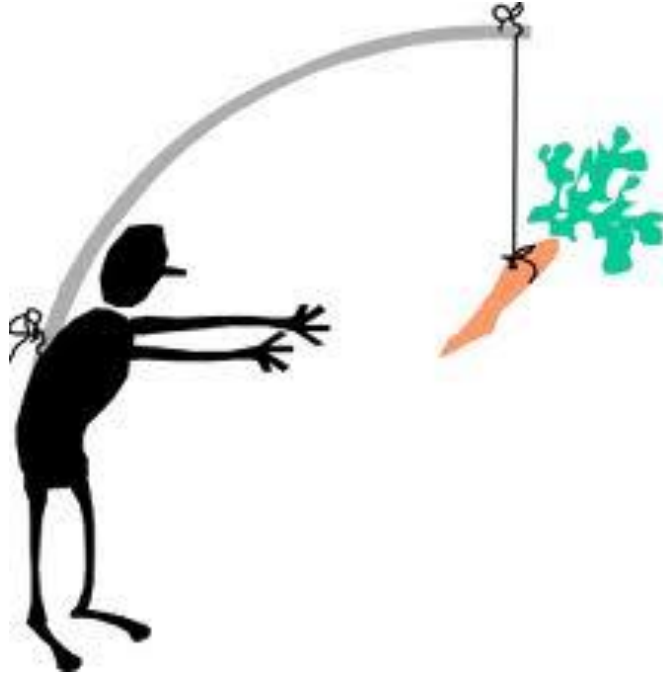


This is important



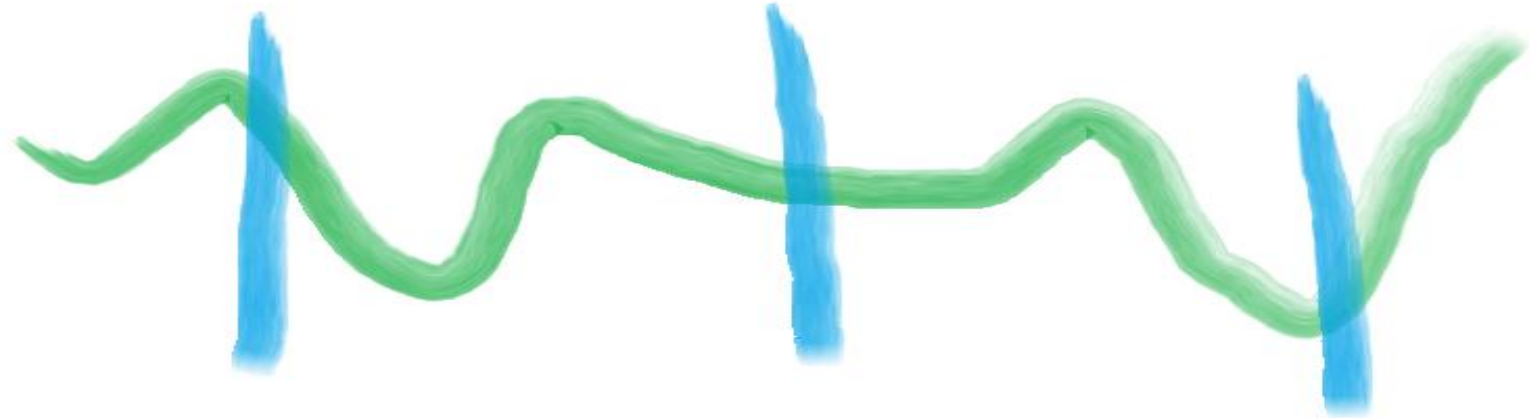
But it is not our primary driver

Our motivation is...?



- ✓ Maintaining or restoring independence
- ✓ Providing a positive experience rather than a disabling environment for the sick

Self management is normal for many people



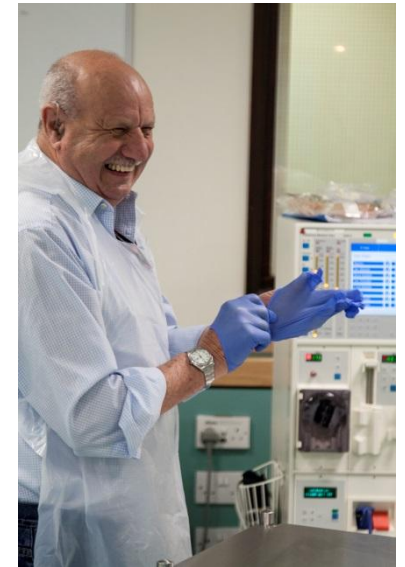
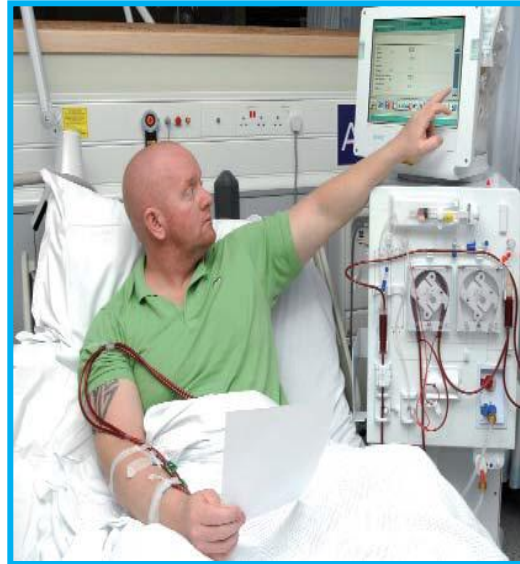
Challenging assumptions!



When we challenge our pre conceived ideas about what people are capable of...

We become open to what they want!

Shared haemodialysis care is an Equitable service that actively supports engagement at all levels and is shared



“We do a lot of tasks!
We are special!”

Shared Care = EQUITY



Vs

“Some of us do lots,
some of us do a little.
We are all in the
Shared Care gang!”



Nargis's Story

Was an Active mother
Family history of CKD

In denial
Very scared
No confidence

Passive receiver of care

“I felt normal”



“My Life started again when I was learning,
I felt in control
I understood what was happening”

What were those magic ingredients?

- Offering the very small achievable tasks
- Gentle, casual approach - changing the power relationship with a different approach
- No contract, no pressure
- Making it easy
- Believing that people can and will wish to do more if asked



Behind the passive...or reactive

They may not want
or be able to climb a
mountain!

Fear

Boredom

Helplessness

Hopelessness



But they might be
persuaded to open the
door to the boot cupboard!



Unlocking potential!

Engaging at a level meaningful to the individual



Which of the following dialysis related tasks would you like to try?

Blood pressure

Weight

Hand and access hygiene

Prepare pack

Set-up machine

Insert needles / Connect access

Program machine

Commence dialysis

Discontinue dialysis

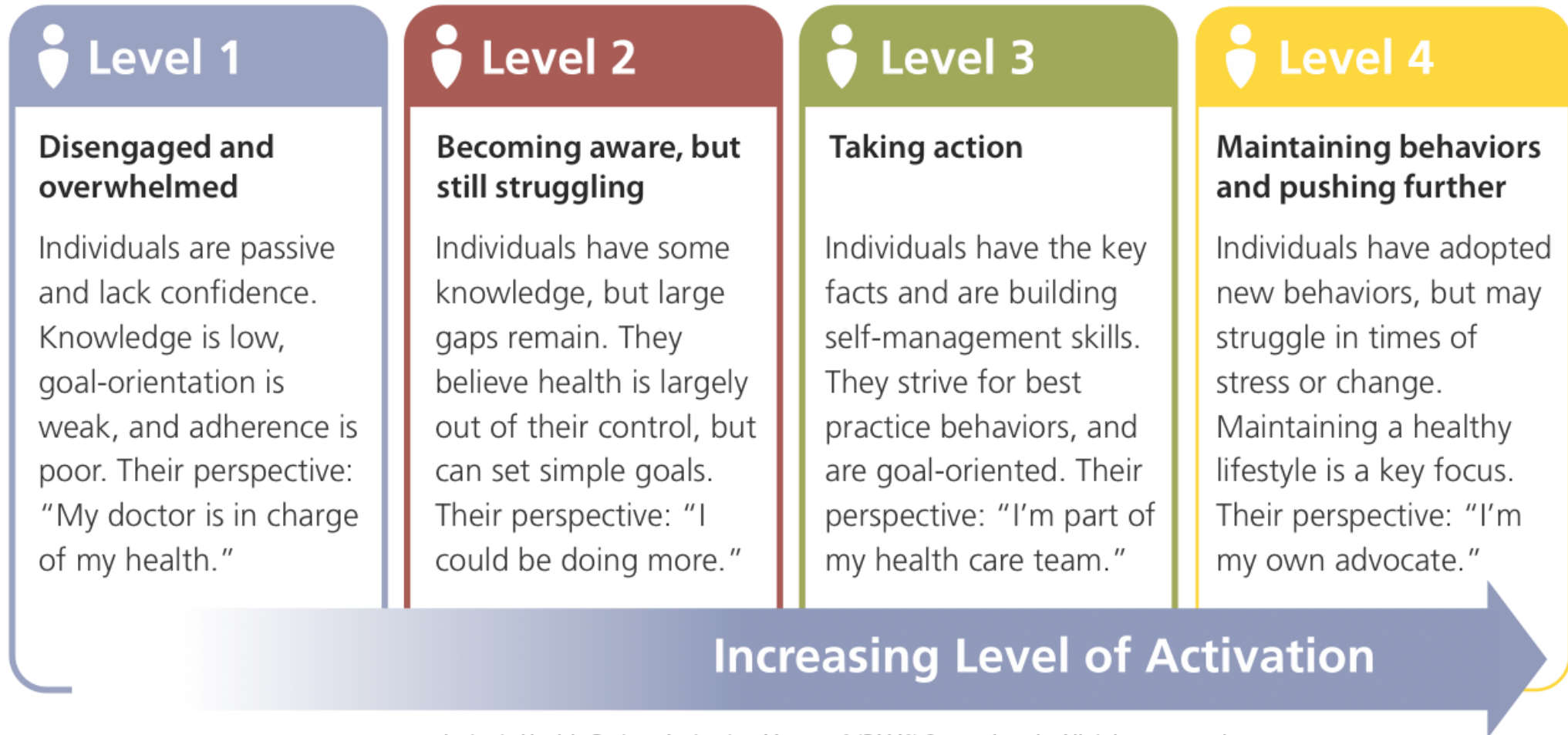
Disconnect access / remove needles

Strip down machine and clear away

Problem solving

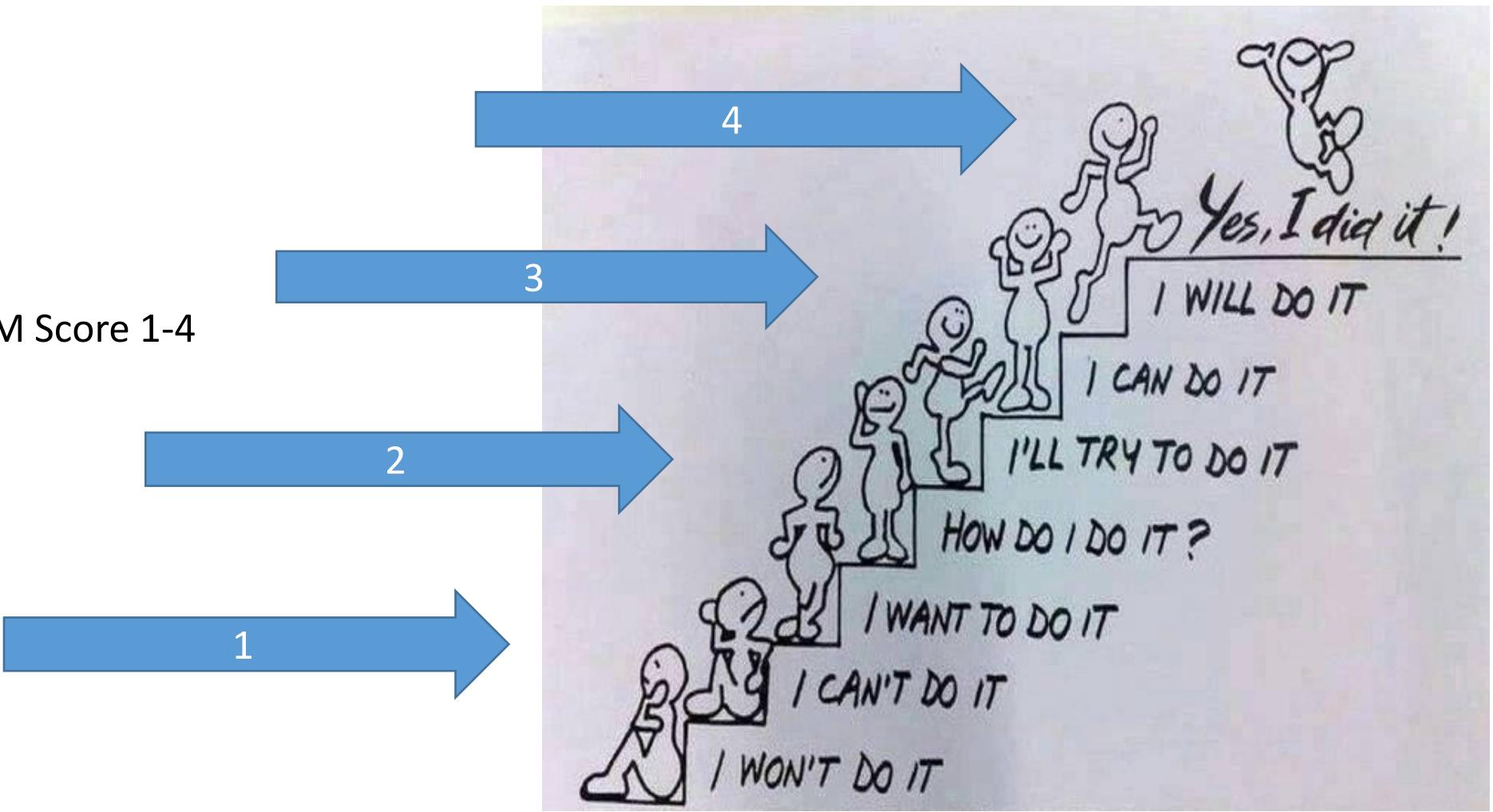
Administering medications

Patient Activation Measures



Completely Assisted ← Degrees of **shared** haemodialysis care → Fully Self-caring

PAM Score 1-4



Unlocking potential!

People with long term conditions supported to self care are more likely to:

- ✔ Experience better health and wellbeing
- ✔ Reduced perception of symptoms
- ✔ Improved compliance with medication
- ✔ Reduced unnecessary hospital admissions
- ✔ Greater confidence and sense of control
- ✔ Better mental health



Care planning: improving people's lives with long term conditions 2011

Mathers N et al, RCGP

Mental health recommend:





12 trusts working together in a collaborative

Team Support

Shared Vision

Patient & HCP Teams

Sharing Resources



Networking

Learning events

Learning to Use Quality Improvement methodology



By Scaling Up Shared Haemodialysis Care we will...

SHAREHD AIMS –

- Increase the number of patients engaging in own care
- Increase the number of patients who are enabled to go home to dialyse
- Improve patient self-management skills irrespective of Patient health literacy level
- Use health care resources more effectively through greater patient participation

Capturing the data..

Tricky!

Counting tasks and recording on Renal Registry

Linking the PAM data with the tasks

Percentage of those who move from shared care to home.

We can't capture the atmosphere and the emotion people feel in numbers and graphs!



The patient stories we hear from every unit that starts Shared Care tell us what we need to know

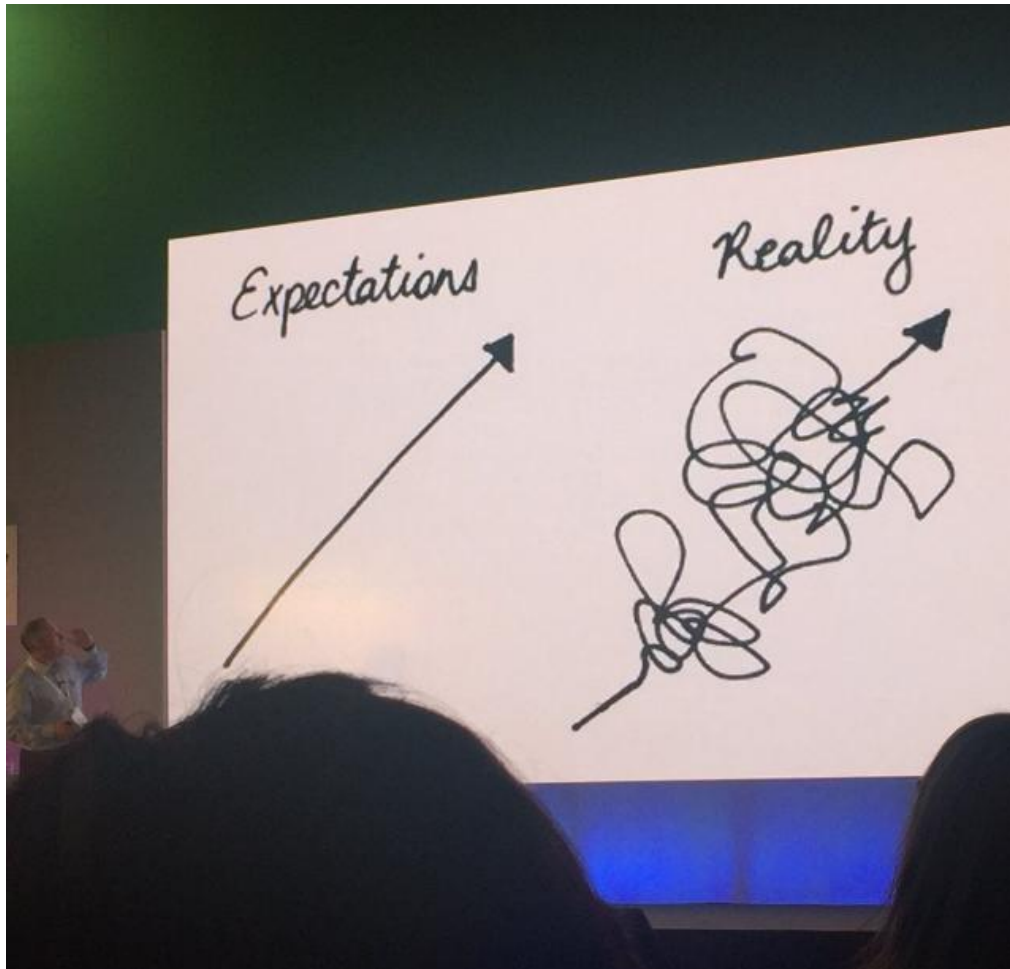
Changing a culture

= not always straight forward



SHAREHD

A Quality Improvement Collaborative to scale up Shared Haemodialysis Care in centre based haemodialysis patients



We have started a movement that we hope to be the norm for all dialysis patients in the future

www.shreddialysis-care.org.uk

Uptake of change takes time and is variable



SHAREHD

Thank you!

Any questions?



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