**‘Know your kidneys’ – An evaluation of an educational seminar for patients with CKD 3**

**Problem:** We have previously conducted a qualitative question based study of patients in our nephrology clinic with CKD 3 exploring information needs and preferred modes of delivery. It was novel to focus on patient education at this earlier stage of CKD in comparison to the National Service Framework where the emphasis is on the latter stages of disease. Our current initiative was in response to the findings that patients valued face-to-face contact, to allow for questions and answers in a safe and open forum. At the same time an integrated community or shared care pathway was being developed, which was also aimed at improving access to information for patients with CKD 3.It is in line with national drivers for patient education and self-management including the NHS plan, NICE CG73 and the Five Year Forward View.

**Purpose**: To design, deliver and evaluate an interactive information seminar for patients with CKD stage 3.

**Design**: A patient information session called ‘Know your kidneys’ was designed and delivered bi-monthly at a large nephrology clinic. It was offered to all by written invitation handed out during appointments and displayed in the clinic area.

The CKD shared care pathway team identified 4 key messages to be delivered to the patient group with early stage CKD, and developed the acronym the ‘**STEM**’ of kidney health to support the learning. STEM covers **S**ick day rules, **T**argets (B/P, weight, HbA1C), **e**GFR and **M**edicines. The focus is on self-management and lifestyle modification in order to improve patient outcomes. The format is a nurse practitioner led slide presentation with interaction throughout. Feedback was gathered in the form of a questionnaire following the sessions. Sessions took place in the afternoon and evenings at the convenience of the patients.

**Findings:** A total of 8 sessions have been delivered to date with 107 patient attendees. Family members were also welcomed. There were 76 respondents to the questionnaire (71%) and thematic analysis was used to evaluate the feedback. The main theme was that this approach was ‘*welcomed’, ‘overdue’, ‘the right thing’.* There was a nuance that educating showed that we cared, ‘*A really good initiative - really informative and cleared up some misconceptions and assumptions. Time very well spent. The emphasis on self-care is so helpful, thank you for organising this very informative session*. *More of the same please’*. The clarity of the presentation was highlighted positively as was the ‘*friendly, open environment’.* In addition*,* meeting other patients with CKD was welcomed. It was noted that there was an element of heightened expectations in that patients anticipated that modification of lifestyle and risk factors would guarantee slowing of progression, despite it being stressed that some may still progress. Patients asked for more sessions, in particular more detailed dietary advice. There was no negative feedback. A limitation was that the patients present were motivated and represented a small percentage of the total population of the clinic (107/ 1200).

**Conclusion**: Group presentations for patients with early stage kidney disease are welcomed and positively evaluated by a particular group of self-volunteering patients and their families. Care must be taken not to unrealistically heighten expectations during these sessions, whilst encouraging the benefits of self-management. The long term impact of such education requires further study. Additional methods of delivery such as an electronic or written format should be investigated in order to reach the wider group.