

# A Acceptance C Choice E Empowerment

**Acceptance, Choice and Empowerment (ACE): A Peer Educator based community project that aims to improve choice and quality of life for pre-dialysis patients**

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Kidney Research UK



[www.kidneyresearchuk.org](http://www.kidneyresearchuk.org)

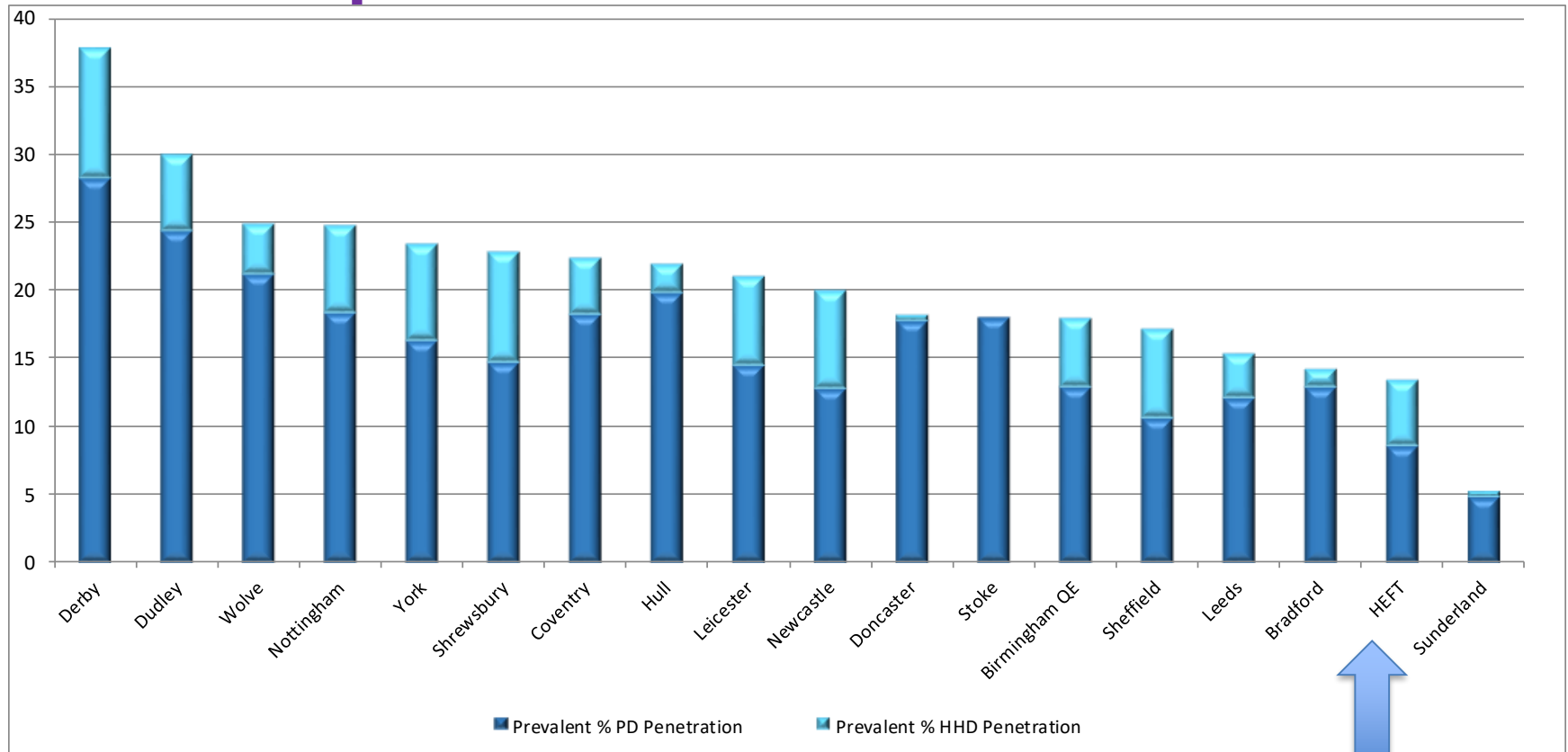
Registered charity no. 252892. Scottish charity no. SC039245.



# Heart of England Foundation Trust (HEFT)

- Serves a catchment population of around 1m patients
- High levels of BAME communities
- Low levels of health literacy
- RRT programme for half a century
- Excellent pre-dialysis programme with above RA standards for vascular access

# Proportion of PD & HHD



# Background to the “need” (1)

- Particular issues with BAME communities
- Late decision making
- Last minute change of mind
- Related to non acceptance of diagnosis and lack of empowerment

# Background to the “need” (2)

- Education in some groups of patients sub-optimal – difficult to get rapport
- Misinformation
- HD became the default as patient not empowered
- Not enough kudos for home therapy as the majority dialysed in centre

# Helping to reduce inequalities: Peer Educators/Supporters

- Simple
- Empathetic—volunteers are truly representative of target communities
- Trained (accredited) & supported to deliver key messages
- Proven & Evidence based: *The effectiveness of a peer outreach initiative as a tool for increasing the numbers of Black, Asian and minority ethnic people who register as organ donors CKJ-00050-2015 (Clinical Kidney Journal)*
- Cost effective & sustainable
- Flexible
- Building capacity
- PEs confidence & opportunities
- Multi award winning!



# ACE Peer Educator recruitment & training

- Via Kidney Research UK's previous Peer Educator projects & via Renal Unit, HEFT
- 11 Peer Educators recruited; 10 completed training; 9 "active"
- Accredited 2 day training programme delivered by Core Project team members over 1 weekend
- Interactive & open sessions with cross learning and support +++
- Excellent evaluation from PEs
- Half day Dialysis Decision Aid(DDA) training from Dr Hilary Bekker (Baxter funded)
- Peer Educator Co-ordinator recruited (brand new post): Maz Ali.....





# Peer Education 4 Pronged Approach

- Clinics
  - Patient Education Days
  - Home Visits
  - Telephone follow up
- 
- Standard Operating Procedures developed
  - Reflective practice diaries kept by all.

# A Collaborative approach

Between:

- Patients, carers and families
- Peer Educators
- A Charity: Kidney Research UK
- Renal Unit Staff @HEFT, B'ham
- Funders, Baxters Healthcare

# Mrs B

***“I was very grateful that the nurse and Shahnaz took time to provide me with the information.”***

***“I was scared at first but was really happy that she brought Shahnaz to speak to me in my own language and explain the dialysis to me as she has been through it”***

- 20 home visits

It was a very good experience for the patients (carer)

Different individual experiences

Very informative and time to ask questions

It gave me a helpful insight into the reality of dialysis.

Excellent, very helpful educational

Very good.

Provided reassurance

Peer  
education  
worked well  
with this  
gentlemen.  
RN

I wouldn't change anything, but I  
do believe we could do a lot  
more if we had a bigger remit to  
help and support patients  
through their journey. PE

The support of  
a PE helped  
me to get  
through to a  
lady.... RN

Made me feel more  
confident that the  
programme would  
be a success. RN

Overall  
feeling really  
good about  
helping  
patients. PE

# Any Questions?

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