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Opportunities for psychological support in kidney medicine

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National Institute for
Health Research



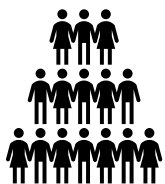
University of
BRISTOL

A Systematic Review and Meta-Analysis of Utility-Based Quality of Life in Chronic Kidney Disease Treatments

Melanie Wyld^{1*}, Rachael Lisa Morton¹, Andrew Hayen^{1,2}, Kirsten Howard¹, Angela Claire Webster^{1,3}

Living with kidney disease

Group	Utility score estimate	95% CI
Kidney transplant	0.82	0.74, 0.90
Pre-dialysis	0.79	0.70, 0.89
Dialysis	0.70	0.62, 0.78
Conservative care	0.62	0.43, 0.82



3 million people

Shortness of breath

Leg swelling

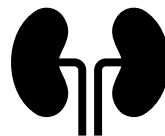


Impaired quality of life



Frequent appointments

Cramps



Sick



Impaired physical activity

Taste disturbance

Restless legs



Difficult decisions

Itching

No energy



Depression in 34%

<http://www.kidney-international.org>
© 2013 International Society of Nephrology

clinical investigation

Prevalence of depression in chronic kidney disease: systematic review and meta-analysis of observational studies

Suetonia Palmer¹, Mariacristina Vecchio², Jonathan C. Craig³, Marcello Tonelli⁴, David W. Johnson⁵, Antonio Nicolucci², Fabio Pellegrini^{2,6}, Valeria Saglimbene², Giancarlo Logroscino⁷, Steven Fishbane⁸ and Giovanni F.M. Strippoli^{2,3,9,10}



50% increase in mortality

Exeter Kidney Unit



- In 2018, approximately:
 - 4000 under follow up with chronic kidney disease
 - 120 inpatient transfers/year with acute kidney injury
 - 540 with kidney transplants
 - 450 on haemodialysis, 20 on home haemodialysis
 - 80 on peritoneal dialysis
- 0.2 FTE Clinical Psychologist
- Talkworks

WELCOME TO TALKWORKS

MOVING FORWARD ONE STEP AT A TIME

Is the way that you are feeling affecting your daily life? Are you struggling to cope, feeling low, anxious or overwhelmed by your thoughts and feelings? Are you living with a health condition that is making you feel tired, frustrated and worried? You are not alone and we can help.

IAPT SERVICE FOR DEVON

We are a free, confidential, NHS talking therapy service, part of **IAPT** (Improving Access to Psychological Therapies), for people (aged 18+) in Devon (excluding Plymouth), helping you to feel better and giving you the tools and techniques to improve your mental and physical wellbeing.

Mapping the UK renal psychosocial workforce: the first comprehensive workforce survey

Maike L. Seekles^{1*}, Paula Ormandy² and Emma Coyne³

BMC Nephrology

Table 5 Average 1 WTE adult staff- to- patient ratios for all units

	2001		2017		2002 Recommendations	
	Dialysis	RRT	Dialysis	RRT	Dialysis	RRT
Renal Psychologists ^a	Unavailable	1: 15233	1: 1053	1: 2252	Not known	1: 1000/500
Renal Social Workers	Unavailable	1: 693	1: 642	1: 1373	1: 70	1: 140

^aWhen taking psychology and counselling/psychotherapy services together, the 2017 establishment is 1:668 for dialysis patients and 1:1429 for RRT patients

British Journal of Renal Medicine | 2017; Vol 22 No 2

Renal young adult transition services: a national survey

Table 2. Frequency of the surveyed aspects of renal services; overall and difference between units with and without a dedicated transition clinic

Item	Respondents answering 'Yes'			p
	All units (n=49)	Units with a transition clinic (n=31)	Units without a transition clinic (n=18)	
Named transition lead, n (%)	32 (65.3)	28 (90.3)	4 (22.2)	<0.0001*
Dedicated nurse specialist, n (%)	22 (44.9)	20 (64.5)	2 (11.1)	<0.0001*
Access to psychology service, n (%)	37 (75.5)	27 (87.1)	10 (55.6)	0.02*
Youth worker or key worker, n (%)	17 (34.7)	14 (45.2)	3 (16.7)	0.06*
Peer support mentor programme, n (%)	8 (16.3)	5 (16.1)	3 (16.7)	1*
Social network group, n(%)	16 (32.7)	13 (41.9)	3 (16.7)	0.1*

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³ King's College Hospital NHS Foundation Trust, King's College Hospital, London

⁴ Salford Royal Hospital NHS Foundation Trust, Salford Royal Hospital

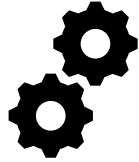
APP role



Evidence based



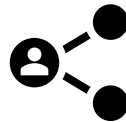
Outcome measures



Fully embedded



With the patient throughout their journey

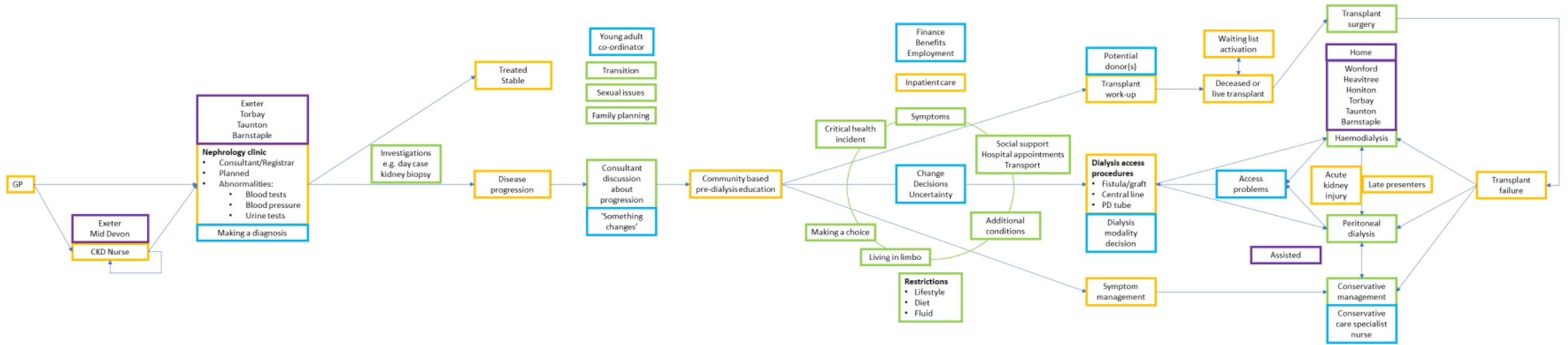


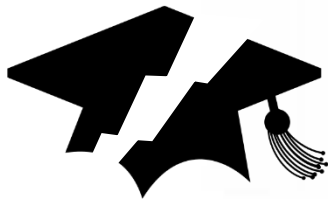
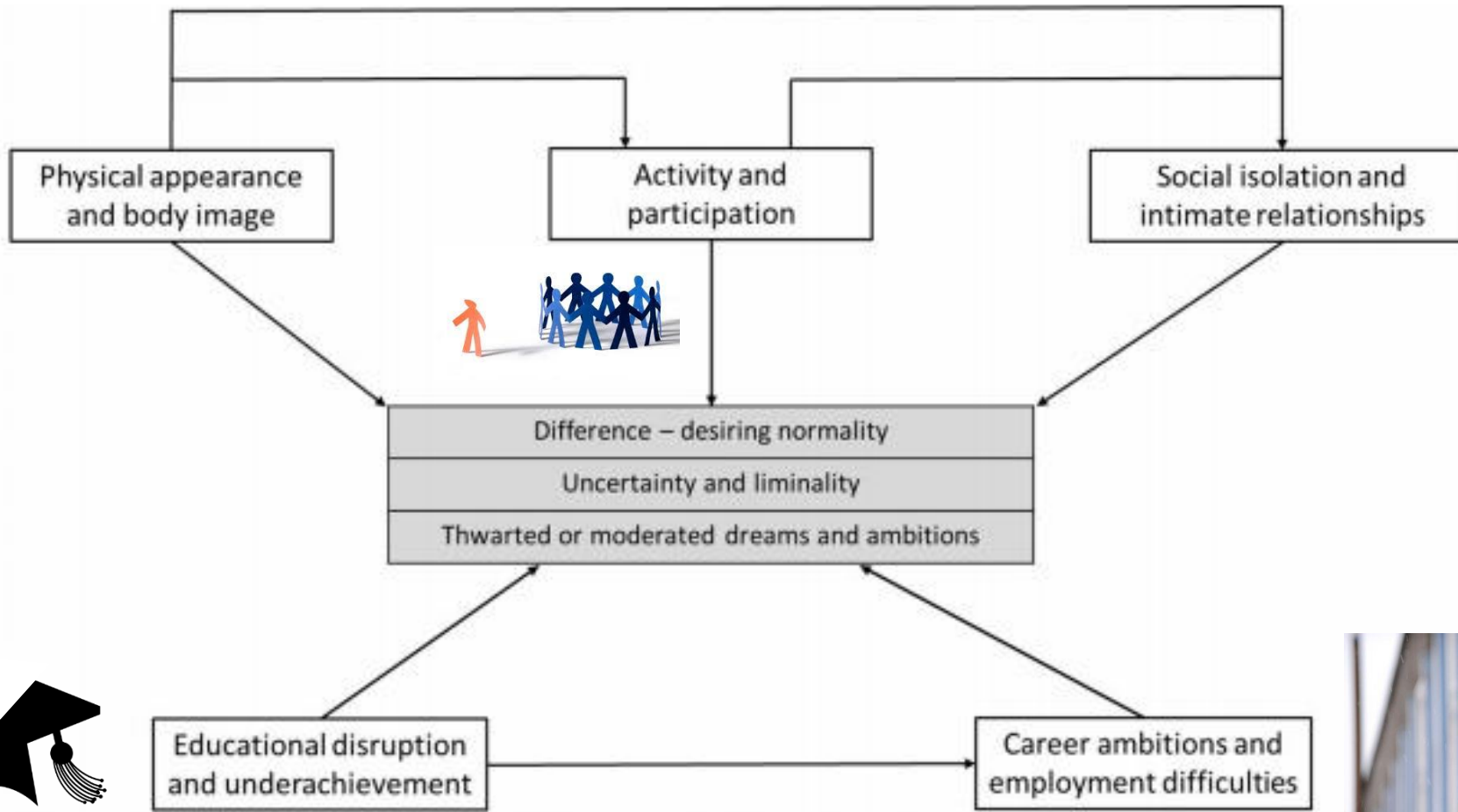
Support IAPT referral



Screen Liaise with MDT

A complicated journey...

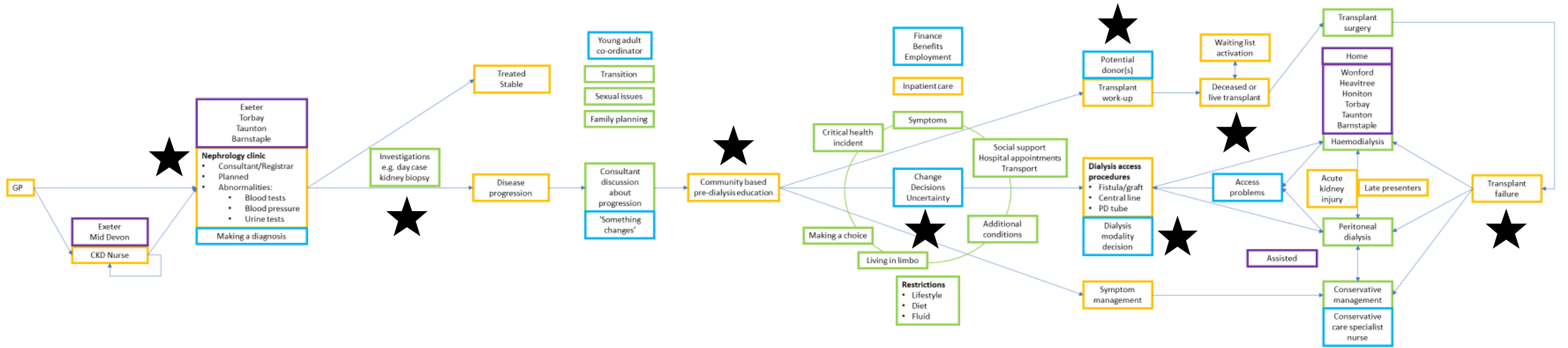




BMJ Open Young adults' perspectives on living with kidney failure: a systematic review and thematic synthesis of qualitative studies

Phillippa K Bailey,^{1,2,3} Alexander J Hamilton,^{1,4} Rhian L Clissold,⁵ Carol D Inward,⁶ Fergus J Caskey,^{1,3,4} Yoav Ben-Shlomo,¹ Amanda Owen-Smith¹

With many opportunities for support!



Managing concerns

Body image

Addressing fears

Getting structure back into your life after a kidney transplant

Getting active with kidney disease

Kidney disease problem solving