

A STUDY TO EVALUATE THE EFFECTIVENESS OF THE KIDNEY CARE PROGRAM CLINIC

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Persons with chronic kidney disease (CKD) have multiple comorbidities that increase their risk for adverse outcomes. The purpose of this investigation is to assess the impact of a multidisciplinary clinic designed as a quality improvement (QI) intervention on the health, medical care, and quality of life for patients with stage-3 CKD, coronary disease, hypertension, diabetes, and other comorbidities. We hypothesize that this model of integrated CKD care will result in a slower decline in kidney function, fewer adverse cardiovascular outcomes, improved physiologic parameters, and better quality of life relative to usual care.

The intervention consists of a pre-clinic group class, visits with a nephrologist, visits and ongoing phone management with a multidisciplinary team, comprised of a dietician, a social worker, a clinical pharmacy specialist, and a diabetes nurse specialist. The goal of the multidisciplinary team is to engage patients in self-care and to optimize treatment of their multiple comorbidities. Patients not involved in the QI clinic receive traditional one-on-one nephrologist care in conjunction with usual care from their primary care physician.

Process and outcomes of care are being tracked for a cohort of 100 patients participating in the QI intervention clinic and 200 patients receiving usual care over two years. The primary outcome will be change in GFR over two years. Other shorter-term measures will include blood pressure, hemoglobin A1c, cardiac events, reported physical functioning, quality of life, relevant physiologic parameters, and inpatient and outpatient utilization.

Results of this investigation have the potential to improve health and quality of life for CKD patients and to contribute to the knowledge base for the care of complex patients using multidisciplinary clinics and other non-traditional care settings.