

Conservative Kidney Management

CKM Pathway Launch!

Over the past year, the Conservative Kidney Management (CKM) project team, together with frontline care providers, patients and families across Alberta, have developed a provincial clinical pathway to improve, standardize and evaluate care for patients with advanced chronic kidney disease who choose CKM. The goal of the pathway is to support these patients to live well without dialysis.

The new pathway will be piloted by 4 outpatient kidney clinics in Northern and Central Alberta over the next 18 months. As well, the online clinical pathway and materials are now publically available to patients, families, and healthcare practitioners at:



www.CKMcare.com

The CKM pathway includes interactive guidelines on how to manage advanced chronic kidney disease and symptoms conservatively. There are patient handouts, information about advance care planning, continuing care access, crisis management, and palliative care resources.

Patients and families also have access to the interactive website. It includes information about living well without dialysis, healthcare teams, managing symptoms, and planning for the future. There are numerous printable resources and links.

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What is CKM?

Conservative Kidney Management (CKM) is a treatment option that some kidney disease patients choose as an alternative to dialysis.

For older patients who have higher levels of co-morbidity and poorer functional status, there may be no survival or quality of life advantage to dialysis. Older, frailer patients tend to experience functional and cognitive decline after starting dialysis. The last months of their lives are often characterized by high rates of hospitalization, ICU admissions, and intensive procedures. In contrast, frail, elderly patients with multiple co-morbidities may preserve their functional status, maintain a better quality of life, and have fewer hospital admissions while being treated with CKM.

Thank you!

Launching the pathway is a major milestone for patients and care providers across Alberta. We would like to thank everyone involved for contributing to this provincial effort. This includes members of the Project Team, Steering Committee, various Working Groups, patients and families, and key experts. As well, this collaborative effort has been made possible through partnerships with the Kidney Health and Seniors Health Strategic Clinical Networks™ of Alberta Health Services, Covenant Health Palliative Institute, Northern & Southern Alberta Renal Programs, University of Alberta, University of Calgary, and Alberta Innovates Health Solutions.

Next Steps

In addition to training staff, piloting, and evaluating the new pathway, the Project Team will be working on developing an online Patient Decision Aid. It will be launched over the next few months to help guide patients and to facilitate a discussion with care providers about care options.