



Sharing Haemodialysis Care Improving Outcomes

Sharing Haemodialysis Care Learning Event Summary 18 August 2015

We would like to extend a big thank you to all attendees of the Sharing Haemodialysis Care 4th Learning Event held in Leeds on 10th June 2015.

A summary of the day is detailed below along with contact details if you have any questions or comments.

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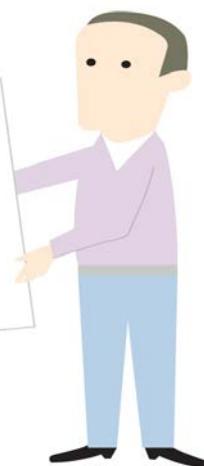
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The Vital Stats

For those of you who are a fan of numbers please check out the vital stats from the event below:



Total Number of Attendees = **148**
Number of Patients & Carers in Attendance = **42**
Number of Evaluations Completed = **68**
Number of Evaluations Rating the Day as
Excellent / Good = **54**
Number of Online Viewers = **13**
Number of Tweets to #SHCLeeds2015 = **52**



Shared Haemodialysis Care Progress to Date

“Shared care is all about caring for yourself according to what you need and it’s a step away from being cared for by others who think they know what you need.”

In the first part of the Learning Event we heard some fantastic information and updates on the progression of shared haemodialysis care (SHC) across the UK.

We heard from our patient speakers how SHC has improved their experience of dialysis and not only empowered them in their treatment but also in their life outside dialysis.

We learned from Professor Martin Wilkie how the idea of SHC started as naught but an acorn that is now slowly but surely burgeoning into an oak tree; sustaining and spreading throughout the UK and international communities.

We also learned about the experiences of SHC in Doncaster and Wolverhampton and were especially impressed by Alma, age 90, who not only sets up her own dialysis machine but assists other patients on the ward also. Age is definitely no barrier in SHC!



Lastly, we heard about the development of SHC in the paediatric community with an inspiring presentation from patient Thomas Ridsdale, age 13, who told us all that SHC not only meant he could touch “*the holy dialysis machine*” but also that he has taught the nurses and doctors on his ward a thing or two about SHC.

Let’s Have a Conversation About...

“Before I started shared care I felt just like a number in a hospital system with things being done to me. Now I have choices”.

In the second part of our day we focussed our energies initially on conversing about where we are as a network and where we want to be. Becky Malby, Director of the Centre for Innovation in Health Management at Leeds University, gave an overview of a [Network Toolkit](#) and, through completion of a [network maturity matrix](#); we surmised that our current network maturity sits us at the level of a Women’s Institute meeting... This is

no bad thing (tea and cake are abundant at such meetings) but, to help us move on from being a network with consensus driven shared principles to a network of energy driven action, we need to focus on the wider impact we could have and evolve our network. Watch this space!

We then heard experiences of compassion, dignity and respect from GenerationQ Fellow and Consultant Orthopaedic Surgeon [Hiro Tanaka](#). Hiro, as an orthopaedic surgeon, was a surprise addition to a renal focussed event but his inspiring stories touched everyone in the room and motivated everyone to aim for the very best in compassion, dignity and respect in all our interactions.

Practicalities

“...my life revolves around dialysis every other day”

Reflecting on the patient experiences we heard at the start of the day, where our patients explained that SHC empowered them to become active partners in their own care, the Learning Event ended the day with a focus on practicalities.

We learned that the key ingredients in the recipe for shared care include:

Key Ingredients for Successful SHC

- Engaged managers
- Training of enthusiastic staff including support workers
- Support and encouragement
- Learning events to reconnect with other staff and patients
- Patient champions

We then heard from Nottingham and Bristol about their experiences of developing the SHC course locally and enjoyed a practical group work session exploring barriers to shared care and began to develop solutions to overcome these.

We ended the day with a spot of highly entertaining [motivational interviewing](#). We all learned to think of our problems as a monkey and learned how to keep that monkey off our backs!



Future Plans

Many of you will be wondering so where do we go from here? Well we have

a number of pieces of work underway including:

- Continuation of the SHC course for nurses and health care assistants (next course to be held at BBraun in Sheffield November 3rd, November 19th and December 1st with a follow up review day on 6th April 2016. To book a place please contact [Tania Barnes](#)).
- Scoping the development of a peer support programme for patients
- Scaling Up the SHC programme throughout the UK
- Developing our network from a Women's Institute style tea and cakes network into an effective and dynamic, change driven network
- Learning how to involve patients more and exploring how we can work together as partners in shared care to encourage and influence our peers.

If you would like to know more, or would like to be involved in developing SHC for the future, please do [get in touch](#).

Twitterati

As mentioned in [The Vital Stats](#) we were active on Twitter throughout our event using the hashtag #SHCLeeds2015. We received over 50 tweets to our hashtag and even garnered some senior national support via a tweet from the National Clinical Director for Renal Dr Richard Fluck (@kneeoerica).

Our Top Tweepers were @The_BKPA, @FionaCLOUD and @CIHM_Becky and we want to say a big thank you for promoting the day and sharing the inspiration and learning from the event.

Where Can I Find Out More?

If you would like to find out more about SHC or relive the learning event online please check out the SHC website [here](#). Additionally, the programme, presentations and outputs from the practical sessions are accessible via the Yorkshire and the Humber Renal SCN website [here](#).

Contacts

If you would like to discuss any of the items included in this summary or would like further information please contact:

Rebecca Campbell, Quality Improvement Manager:
rebecca.campbell6@nhs.net, 0113 8253448 / 07825256356

Sarah Boul, Quality Improvement Lead:
sarah.boul@nhs.net, 0113 8253458 / 07584362063

Twitter: @GoTeamRenal

Links and Partner Organisations

- British Kidney Patient Association. Click [here](#) for the website.
- National Kidney Federation. Click [here](#) for the website.
- Sharing Haemodialysis Care. Click [here](#) for the website.
- The Health Foundation. Click [here](#) for the website.
- Yorkshire and the Humber Strategic Clinical Networks. Click [here](#) for the website.
- Yorkshire and the Humber Clinical Senate. Click [here](#) for the website.
- Yorkshire and Humber Academic Health Science Network. Click [here](#) for the website.

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