Manitoba Renal Program

YEAR IN REVIEW

2018-2019
Manitoba Renal Program (MRP) coordinates and delivers kidney health-care services for adults in Manitoba and promotes kidney health through education.

The program is an interdisciplinary team of health-care professionals working together alongside hospitals, regional health authorities, governments and communities to deliver the highest quality kidney health care and kidney health education.

**MANDATE**

- Provide adult clinical care and education regarding all aspects of acute and chronic renal or kidney disease
- Plan and monitor province-wide kidney care services
- Develop province-wide clinical standards and guidelines
- Measure and report on patient and system outcomes
- Support renal staff and patients through education and teaching

**GOALS**

- Deliver high quality kidney health-care services
- Improve early diagnosis and treatment of chronic kidney disease
- Promote prevention of chronic kidney disease through education
Manitoba Renal Program (formerly Manitoba Provincial Dialysis Program) was mandated in 1998 by Manitoba Health under the umbrella of the Winnipeg Regional Health Authority (WRHA) to provide care for all patients receiving dialysis therapies in Manitoba.
MARCH 2019
SNAPSHOT

DIALYSIS PATIENTS
1,728 dialysis users in-centre
and at home.

STAGE 4 - 5 CKD
1,812 patients treated for late stage
Chronic Kidney Disease.

STAGE 1 - 3 CKD
3,850 patients treated for early stage
Chronic Kidney Disease.

DIALYSIS PATIENT POPULATION LOCATION

Winnipeg In-centre Hemodialysis 55%
Rural In-centre Hemodialysis 17%
Home Peritoneal Dialysis 15%
Brandon In-centre Hemodialysis 7%
Home Hemodialysis 6%
PATIENT POPULATION
2018 - 2019 GROWTH

Patient growth increased at a faster rate during the 2018 to 2019 fiscal year than in the year prior. This year saw net increases of 83 dialysis patients and 390 clinic patients versus numbers of 55 and 159, respectively, the year before.

Patient Totals:
2017 - 6,758
2018 - 6,917
2019 - 7,390

211,484
In-centre hemodialysis treatments done*

847,392
Hours of in-centre hemodialysis*

165
Patients trained on home dialysis

67
New nephrology nurses trained

*Approximated numbers based on available electronic Kidney Health Record data, program records and home dialysis and local centre patient population figures.
During 2018 and 2019, Manitoba Renal Program saw increases in the need for chronic and acute dialysis treatments. There were growing numbers of new and acute starts in addition to the chronic patient population and dialysis patients visiting urban centres for specialized medical appointments and hospitalizations.

The year’s significant growth led to rapid creation of both permanent and temporary expansions at urban dialysis units in Manitoba. Program and unit staff worked tirelessly to implement added space.

- **St. Boniface Hospital created two temporary stations**
- **Brandon’s dialysis unit moved to a 7-day a week dialysis schedule**
- **Seven Oaks General Hospital added four temporary stations**
- **HSC created five additional dialysis stations**
The December 2018 Canadian Institute for Health Information (CIHI) Canadian Organ Replacement Register (CORR) 2018 report shows Manitoba leads the country in rates of end-stage kidney disease (ESKD).

According to the report, Manitoba had the highest rate per million population (RPMP) for ESKD. The average RPMP for ESKD in Canada is 1371.5 while Manitoba’s rate is 24 per cent higher at 1703.9.

The CORR report indicates the number of Canadians living with ESKD (including those on dialysis or with a functioning transplant) has increased by 35 percent over the last 10 years.

When looking at dialysis alone, the number of Canadians on dialysis has grown by 30 percent since 2008. In that same period of time, the number of people on dialysis in Manitoba has grown by 45 per cent.

**LATE REFERRALS**
Manitoba has improved when it comes to the number of late referrals for ESKD. Late referrals are patients who start dialysis within 90 days of seeing a kidney doctor. Manitoba had the second lowest rate in 2017 at 20 per cent while the Canadian average was 25 per cent. This was also Manitoba’s lowest percentage of late referrals since 2008.

**LEADING CAUSE**
The 2018 CORR report shows diabetes continuing to be the leading cause of ESKD in Manitoba. Nationally, about 30 per cent of all patients’ ESKD was caused by diabetes while in Manitoba that rate is 43 per cent. The majority of Manitoba patients living with ESKD are between the ages of 45 and 64 – this age group represents 43 per cent of the ESKD patient population. An additional 37 per cent of Manitoba patients are aged 65 and over.

**HOME DIALYSIS**
Manitoba is one of two provinces leading the country in the use of home hemodialysis at a rate of 3.3 per cent, while the Canadian average is 2.7 per cent. About 12 per cent of Manitoba patients use peritoneal dialysis which is on par with the national average of 11.7 per cent.

The 2018 report features data from 2008 to 2017 but excludes Quebec data due to under reporting in 2011 and 2017.
Brandon Regional Health Centre announced the expansion of its dialysis services on December 17, 2018. Alongside its hemodialysis unit, the centre will now offer home peritoneal dialysis and home hemodialysis training and support for patients in the region. The new services will assist patients who would have previously had to travel to Winnipeg for home dialysis support and training. The home peritoneal dialysis program, launched in the fall of 2018, will initially accommodate up to 14 patients. The home hemodialysis program, which will launch in 2020, will initially accommodate up to six patients.

In March of 2019, the Province of Manitoba announced funding for expanded in-centre hemodialysis services across Manitoba. Expansions will include additional days of unit operation or an additional shift of dialysis during an operating day. The expansions will take place in 2019 and 2020 and include:

- a six-patient expansion in Thompson
- an eight-patient expansion in Hodgson
- a six-patient expansion in Pine Falls
- a six-patient expansion in Portage la Prairie
- a six-patient expansion at Boundary Trails Health Centre

Plans for a new 22-bed dialysis unit at Health Sciences Centre are moving forward. The Manitoba Government announced the project in January of 2019 as the tender process began. The new hemodialysis unit will be located in the Diagnostic Centre of Excellence on William Avenue and be part of the HSC Renal Program. This new unit will eventually be able to accommodate 132 patients and serve not only chronic dialysis patients but patients from across Manitoba starting dialysis, receiving emergency dialysis or receiving dialysis during hospital admission or when receiving specialized care.
The Manitoba Renal Program (MRP) Kidney Health Outreach (KHO) Committee discusses, develops and implements a strategy to increase awareness of kidney health and kidney disease prevention among Manitobans. This is achieved through collaboration, education, and sustainable partnerships.

Throughout the 2018 to 2019 fiscal year five meetings took place. The team reviewed and created new materials in addition to facilitating kidney outreach events throughout the year. More than 10 communities were visited in addition to conferences and events with participants from multiple communities.

Many of the existing KHO educational tools were reviewed, updated and standardized. New handouts were developed to support the new messaging.

New materials included Kidney Health Plan booklets and a salt handout discussing blood pressure. These materials are now available at our booth exhibits and can be ordered through our website.

Feedback from newly implemented evaluations showed overall positive feedback from all audiences. The KHO team has also mapped out a strategy for the next fiscal year.
March marks Kidney Health Month in Canada but is also when World Kidney Day takes place. Our March efforts included both a broader advertising campaign and some organic, localized efforts.

**MARCH CAMPAIGN**

**World Kidney Day**

We engaged local media and government officials and received news coverage and third-party generated social media awareness on World Kidney Day.

- The Winnipeg Mayor’s Office granted our request for the Winnipeg sign at The Forks to be made red for World Kidney Day.
- Some Manitoba politicians also wore our ‘World Kidney Day’ stickers, helping us reach more people on social media.
- Across some of our dialysis units, staff wore red to mark World Kidney Day.

**Kidney Coach**

The Kidney Coach campaign ran for a second year in partnership with The Kidney Foundation of Canada Manitoba Branch. The goal of the joint campaign is to raise awareness in an effort to prevent kidney disease and promote early detection of kidney disease.

With a limited budget, the campaign allocates resources to mediums that target geographic regions with higher rates of diagnosed CKD as well as mediums that target populations which are over-represented in the current CKD patient population.

Kidney Coach is a light-hearted campaign that encourages people to ‘get their kidneys into shape’. Other messages included ‘keeping kidneys healthy’ and directing people where to get that information.

The kidneycoach.ca website features eight ‘plays’ for kidney health that outline ways to keep kidneys healthy. The website also features a quiz and risk checklist to engage and educate visitors.

With a minimal budget the campaign had notable reach across platforms and across Manitoba, including both urban and rural areas including northern Manitoba.

Within the one month run of the campaign it generated more than 8,000,000 impressions and 19,000 engagements directly.
Renal Patient Feedback Group

A new format for the Patient Representative Committee was trialled. The initiative was expanded to rotate at Winnipeg hospitals and through teleconference. The group was renamed Renal Patient Feedback Group in an effort to clarify intentions of the group. There were 16 meetings in 2018 and 2019.

Patients discussed many site and care related issues, some relevant to particular units and some were common themes among various sites. Staff and management were consulted to assist with resolving concerns and meeting reports were circulated to program management and decision makers. A review of the new meeting/group format was then undertaken.

Patient Newsletters

A new electronic newsletter was implemented in fall of 2018 with sign-up connected to the kidneyhealth.ca website. Three newsletters went out with an engagement rate of about 66 per cent. Efforts to expand reach of the newsletter were planned for the next fiscal year.
Recruitment

Several University and College career fairs were visited to promote nephrology nursing. Refreshed posters and brochures were developed to help highlight benefits of a hemodialysis nursing career. The new materials also included all health authority logos to promote province-wide opportunities.

Manitoba Nephrology Nursing Course

There were 67 participants in the Manitoba Nephrology Nursing Course (MNNC). The course provides specialized, standardized training for nurses entering the renal nursing workforce in Manitoba.

Peritoneal Dialysis Workshops

There were 24 days of peritoneal dialysis training for more than 200 health-care providers. This includes both MRP sited workshops and training at several locations throughout Winnipeg and Manitoba such as Deer Lodge Centre, Carmen and Brandon.

Journal Club

Two nursing journal clubs were held. The first journal club discussed Manifestation and Management of Autosomal Dominant Polycystic Disease and featured Kelly Kocsis. The second event featured Dr. Paul Komenda discussing ‘Home Hemodialysis: A Manitoba Story’.

Allied Health Education Sessions

There were two Section of Nephrology Nursing & Allied Health Nephrology Education sessions held during the past year. The sessions are held via Telehealth at more than eight locations in Manitoba. The June 2019 session featured Dr. Krista Ryz presenting ‘Pregnancy & Renal Disease’. The November 2018 session featured Dr. Paul Komenda discussing ‘Home Hemodialysis: A Manitoba Story’.
INFORMATION SHARING

Staff & Patient Newsletters
A new format for staff newsletters was implemented in November of 2018. This allows for tracking of email opens and link clicks. On average, staff newsletters were opened 550 times each.

kidneyhealth.ca website

- **141,511** PAGEVIEWS
- **47,469** USERS
  - **49%** from last year
  - **69%** from last year

STAFF PORTAL

- **12,000+ Pageviews**

PATIENT NUTRITION CKD STAGE 4

- **7,400+ Pageviews**

PRIMARY CARE REFERRAL PATHWAY

- **7,100+ Pageviews**
SOCIAL MEDIA

**Facebook**

- **229** New Followers
- **174,384** People Reached

**Twitter**

- **71,465** Impressions
- **162** Mentions
- **62** New Followers
- **1,251** Profile Visits

**Video**

- **8,834** Views
- **12,500+ Reached**

**Patient Cy Bona Sings in Dialysis Waiting Rooms**

**World Kidney Day**

- **14,778** Minutes Watched
- **6,712** Video Views

- **2,884** Engagements
- **33,768** Reached

**World Kidney Day awareness graphic posted on World Kidney Day.**