

# LIVING WELL WITH KIDNEY DISEASES: ENHANCING SELF-MANAGEMENT AND WELLBEING

SWSLHD Multicultural Services



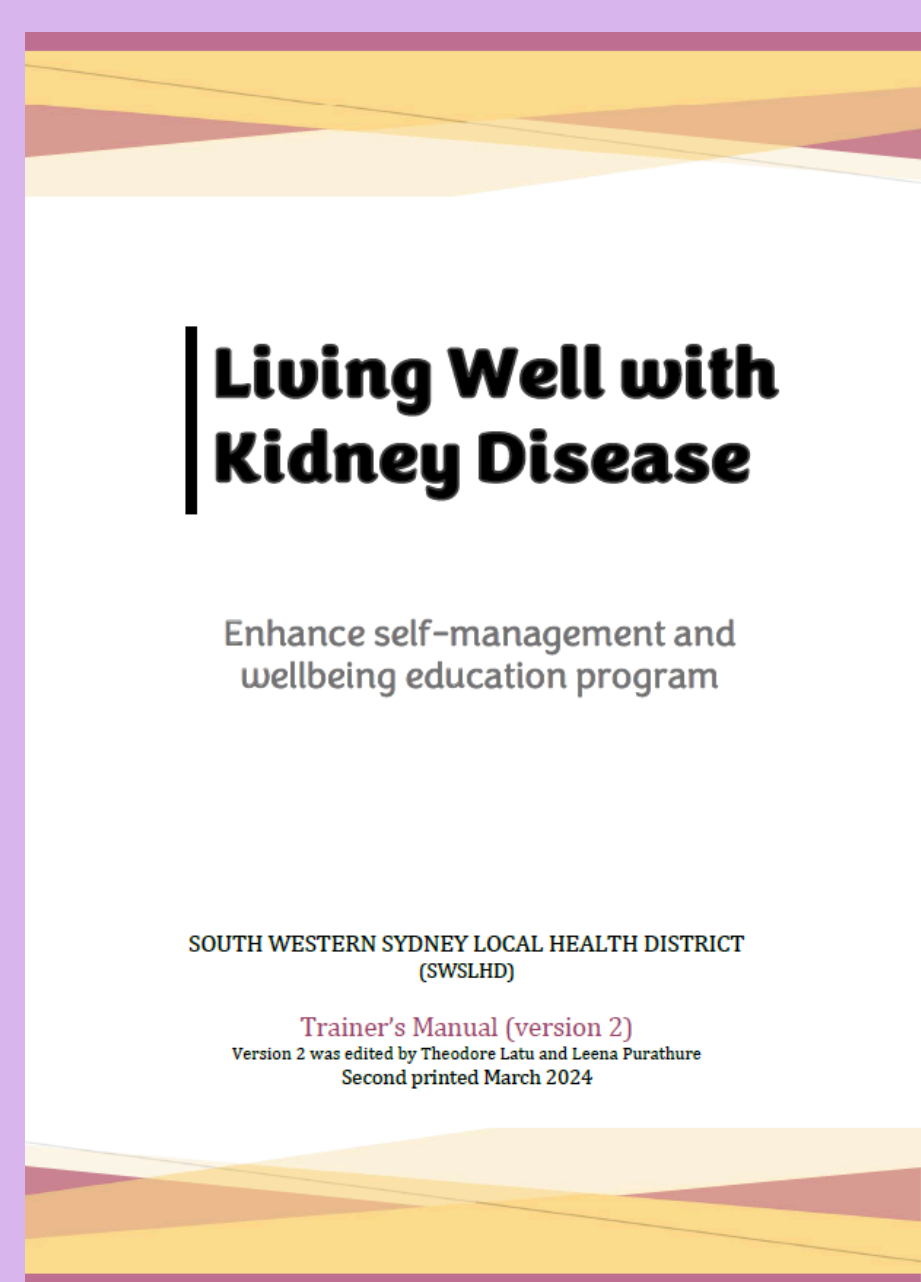
South Western Sydney Local Health District

**BACKGROUND** The renal dialysis satellite unit at Campbelltown Hospital serves a significant number of culturally and linguistically diverse (CALD) patients. Diabetes, hypertension, and limited understanding of self-management often contribute to higher risks of complications and mortality. To mitigate lifestyle-related factors and reduce burden on multidisciplinary resources, a patient-centred education program was developed to bridge the gap.

- AIMS**
1. To empower patients with the knowledge, skills, and resources to effectively self-manage, make informed decisions, and maintain overall wellbeing.
  2. To establish a platform for inclusive and culturally safe service delivery by fostering effective communication with healthcare professionals.

**METHODS** A manual was developed by Multicultural Health Service in consultation with a multidisciplinary team of professionals. Collaboration was instrumental.

- In-Centre & Satellite Dialysis Unit
- Renal Services Campbelltown
- Renal Clinical Dietitian Department
- Renal Social Work (Outpatient)
- Renal Supportive Care
- Renal Aboriginal Health



Various forms of resources and interactive activities were incorporated to enhance engagement and facilitation.

- 1 - Introduction to Personal Wellbeing
- 2 - Dealing with Stress
- 3 - Relax, Unwind & Dietary Management
- 4 - Self-Management
- 5 - Making Use of Support and Services
- 6 - Future Planning

## Key strategies for implementation:

- Strong emphasis on the patient and carer experience
- Utilisation of practical tools:
  - Relaxation exercises
  - "Traffic Light" tool to monitor potassium, phosphate and calcium levels
  - Low-salt food guide
  - Planning prompts
- Cultural component to address cultural implications in chronic illness management
- Use of the district's Interpreter Service
- Use of iPads to access online resources

## EVALUATION

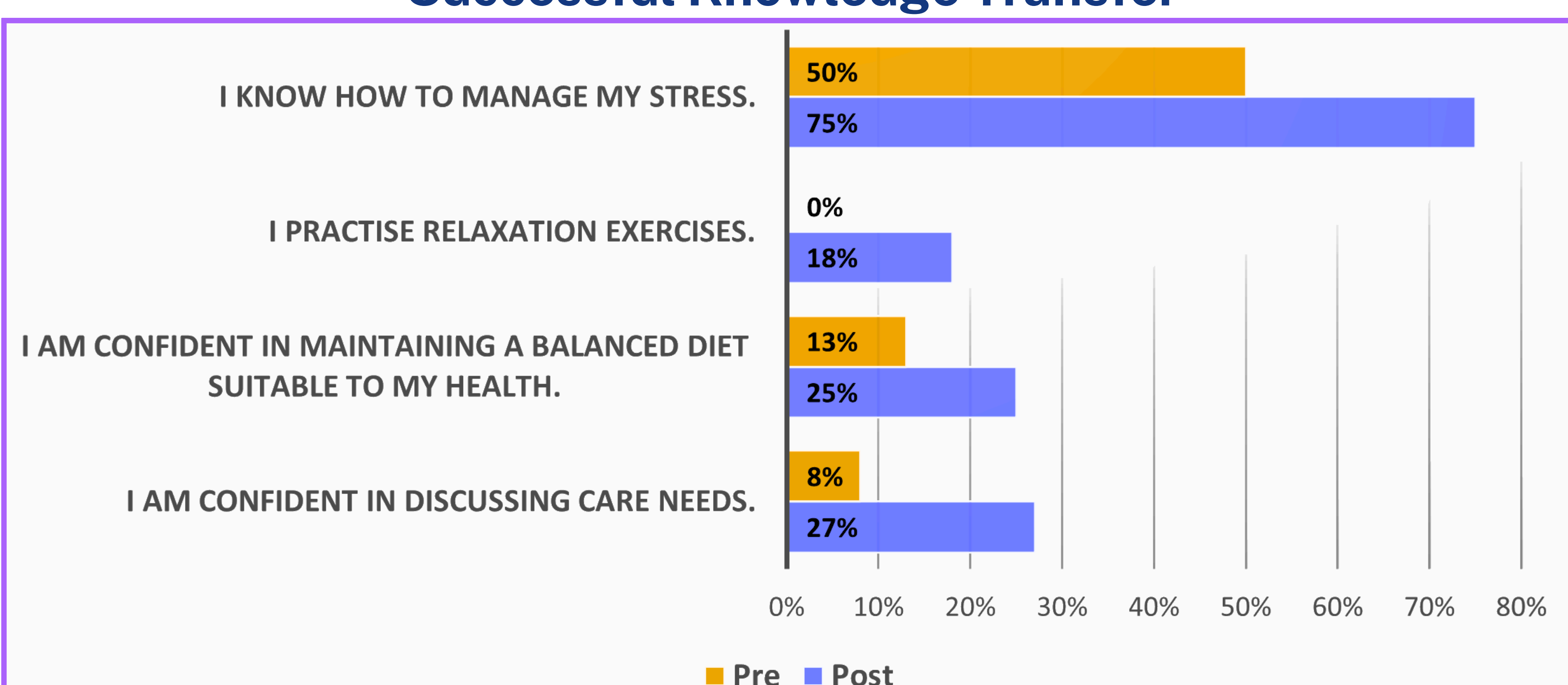
1. Pre and Post program questionnaires
2. Post session questionnaire
3. Start-Stop-Continue Tool



## RESULTS

- 92%** agreed improving wellbeing enhances resilience.
- 77%** recognised the importance of dietary restrictions.
- 77%** will utilise the "traffic light tool" to self-manage.
- 75%** wish to discuss their concerns with renal supportive care.

### Successful Knowledge Transfer



## INNOVATION

### Not your traditional patient education

Integrate into existing dialysis schedules  
Minimise disruptions to patients' routines

### Optimizing facility resources

Alleviate the pressure on allied health staff

### Cultural responsiveness

Acknowledge the impact of culture on proactive self-care

### Adaptable, replicable and sustainable

## CONCLUSION

Implementation of this program addresses service gaps and promotes culturally responsive healthcare in a subacute setting.

With resources created readily accessible, patients can be effectively connected with relevant services, ultimately improving patient outcomes and setting a precedent for comprehensive patient support.

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