SUCCESS
Supporting Culturally-diverse adults with CKD to Engage in Shared decision making Successfully

Progress Report

Professor Angela Webster

Kidney Health Australia Medical and Scientific Kidney Research Grant Scheme
SUCCESS Progress Report

<table>
<thead>
<tr>
<th>KHA Grant ID</th>
<th>KHA2018-AW</th>
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<tr>
<td>Research Investigator</td>
<td>Professor Angela Webster</td>
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<td>Research Facility</td>
<td>University of Sydney</td>
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<td>Title of Project</td>
<td>SUCCESS: Supporting culturally-diverse adults with CKD to engage in shared decision making successfully (Phase II)</td>
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<td>Total of annual funding</td>
<td>$50,000</td>
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CURRENT STATUS OF THE PROJECT

We have:

- Obtained ethical approval from Nepean Blue Mountains Local Health District Human Research Ethics Committee, protocol number: HREC/18/NEPEAN/109.
- Obtained site-specific approvals from Research Governance Committees at the following Local Health Districts, including protocol numbers:
  - NBMLHD (Nepean Hospital): SSA/18/NEPEAN/155
  - WSLHD (Westmead, Auburn, Blacktown Hospitals): SSA/18/WMEAD/490
  - SLHD (Royal Prince Alfred Hospital): X18-0549
  - SLHD (Concord Repatriation General Hospital): AU/2/BBB936
  - NSLHD (Royal North Shore Hospital): RESP/19/055
- Conducted a multi-centre feasibility study of the SUCCESS intervention using a pre-test post-test design.
- Commenced analysis of all quantitative and qualitative data.
• Written up findings related to the development of the SUCCESS app, which has been accepted for a special issue of the *Health Promotion Journal of Australia* on “Equity and Health Literacy”.

• Modified the SUCCESS intervention based on the feasibility data.

**Findings**

Piloting of the SUCCESS App has successfully occurred in Sydney, Northern Sydney and Nepean Blue Mountains Local Health Districts. Our recruitment strategy was successful in reaching diverse participants (n=95), many of whom were born in a country other than Australia.

Preliminary analysis of qualitative and quantitative findings have suggested that content and design features of the SUCCESS app are appropriate for culturally-diverse adults with CKD - *And it’s, like, even if someone who can’t even read, just looking at the pictures... yeah, help[s] - and may improve health literacy skills to enable shared decision-making - You know, and... talk to your doctor and sort of work out a better plan. And with this app I think it helps you, it gives you the information...to work on. They have also offered practical suggestions related to app content, features, navigation and implementation. See Figure 1.*
<table>
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<tr>
<th>Content</th>
<th>Features</th>
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<td>Additional content related to emotional wellbeing for dialysis patients.</td>
<td>Development of a series of animated videos to build patient communication skills.</td>
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<tr>
<td>Additional content for carers of people living with CKD.</td>
<td>Revised volitional help sheets for each content area of the SUCCESS App.</td>
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**Examples of changes to the SUCCESS App arising from feasibility testing**

### App navigation and user experience
- Revised user interface, with easier access to quizzes, question prompt lists and volitional help sheets.
- App navigation video.
- Revised patient dashboard, with improved access to patient’s saved information.

### Implementation
- Development of reminder system, including targeted and tailored messages.

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*Figure 1. Examples of changes to the SUCCESS app arising from feasibility testing, grouped thematically*

**Next steps**

We are currently modifying the SUCCESS intervention in line with above findings, in collaboration with User Experience (UX) experts, consumers and clinicians. Once the intervention has been refined, we will proceed to culturally adapt and translate the App into Arabic, Vietnamese and Simplified Chinese following the European Centre for Disease Prevention and Control Five-Step Guide to the Cultural Adaptation of Health Communication Materials. This deviation from the original protocol is on account of the substantial cost associated with translating materials; we decided to refine the app as much as possible so as to save multiple translations.
ADDITIONAL FUNDING LEVERAGED AND EVIDENCE OF TRANSLATION OR PROGRESS TOWARDS TRANSLATION

Piloting of the SUCCESS intervention as part of this Kidney Health Australia grant has enabled us to leverage additional funding to expand reach and evaluation. This includes a highly-competitive NSW Health Translational Research Grant to conduct a pragmatic randomised controlled trial of the SUCCESS intervention in which Dr Shilpa Jesudason, National Clinical Director of Kidney Health Australia, was listed as a partner:


KNOWLEDGE SHARING AND DISSEMINATION PLAN

This project has used an integrated knowledge translation (iKT) approach, whereby knowledge users (clinicians and consumers) have been involved as equal partners in the Project Team to develop and evaluate research questions, intervention content, and outcome measures. We have also engaged in a process of ongoing consultations with clinical staff (e.g. CNCs, dietitians, pharmacists, social workers) at each site.

Our dissemination plan has also involved Project Team Members disseminate findings and information about the project through invited presentation and formal and informal networks. Specifically, Professor Angela Webster has presented this project at 4 international forums, including:
• Kings College Hospital, London, November 2019; “Health literacy, cognition, and shared decision-making in CKD”
• Sheffield University Hospitals, England, December 2019: “Improving outcomes in ESKD through shared decision making”
• Scottish Renal Association annual meeting, Dumfries, October 2019: “Improving outcomes in ESKD using data and evidence synthesis”
• Irish Nephrology Society winter meeting, Cork, November 2019: “Improving outcomes in ESKD using data and evidence synthesis”

As a result, we have been in discussion with the UK Kidney foundation about whether we could collaborate and extend the SUCCESS project to the UK.

At the end of the randomized controlled trial, briefings will be distributed to LHD staff via email, newsletters and staff meetings to summarise the project’s findings and a final report distributed to key stakeholders. Results have and will continue to be published in peer-reviewed journals, and presentations at national and international conferences (see below).

**SUCCESS PEER-REVIEWED PUBLICATIONS AND PRESENTATIONS**

Publications:

adults living with Chronic Kidney Disease. Health Promotion Journal of Australia. (Accepted).


Presentations:


