

Kidney Early Evaluation Program (KEEP) *Pilot*

World Kidney Day
March 13

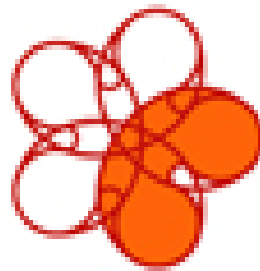
Ray Ropers
Wisconsin Lions Foundation, Inc.



Partnerships are Powerful and Growing!

*UW School of Medicine and Public Health
and
Nephrology Section, Department of Medicine UW of WI, School of
Medicine and Public Health
and*

Wisconsin Diabetes
Prevention and
Control Program



**National
Kidney
Foundation™**



**KEEP – a free health screening
developed by the National Kidney
Foundation for individuals at increased
risk of developing kidney disease**

High risk individuals were defined as adults with:

- Diabetes
- High blood pressure
- A parent, grandparent, brother or sister with diabetes, high blood pressure or kidney disease.



The goals of KEEEP are to:

Raise awareness about kidney disease especially among “high risk” individuals

Provide free testing for people at increased risk for kidney disease

Encourage people “at risk” to visit a doctor and follow the treatment plan recommended

Provide educational information so that “at risk” individuals can prevent or delay kidney damage

Provide doctor referrals for follow-up care, if needed

Provide ongoing information and support.



Screening Tests Provided

- Blood pressure and weight
- Blood and urine tests:
 - Blood glucose
 - Hemoglobin check
 - Protein, blood, serum creatinine
 - GFR (glomerular filtration rate)
 - Lipid panel



KEEP Screening

Madison, WI

March 10, 2008

A *pilot* collaborative process.

- 54 people attended
- 50 completed the screening.
- 36 people had abnormal results
 - and were referred for follow-up with their Health Care Provider or with other resources for care



Wisconsin KEEP Pilot

What We Learned in General

There is a **vast** and **urgent** need to screen people at risk of kidney disease

- The high referral rate (72 %) for people with abnormal screening results is dramatic and clear evidence of the value of the KEEP screening program
- Collaboration is critical and is an excellent model for bringing the KEEP screening to multiple communities in Wisconsin



Wisconsin KEEP Pilot

What We Learned Administratively

Regarding Planning:

- KEEP screening steps are well defined, clearly described and easy to follow
- General planning might be enhanced by a checklist of steps and timeline for each planning area
- Lay volunteers require substantial “lead time” for commitment, and expectations regarding volunteer time requirements and activities should be clearly understood
- Orientation of all volunteers is critical



Wisconsin KEEP Pilot

What We Learned Administratively

Regarding Promotion:

- Difficult to measure promotion's impact
- Promote to all stakeholders:
 - regional medical community,
 - community social groups,
 - support groups for people at risk for kidney disease, with or at risk of type 2 diabetes or high blood pressure
- Screening is free
- A “Dear Abby” article regarding kidney disease helped stimulate interest in this and future KEEP screening events



Wisconsin KEEP Pilot

What We Learned Administratively

Regarding Location:

- Site plays a major role in screening participation
- Familiar location and facility and easy of access is critical
- Construction or unique facility conditions should be aggressively addressed
- Location contributes to participant privacy and confidentiality during interviews and the entire screening process.

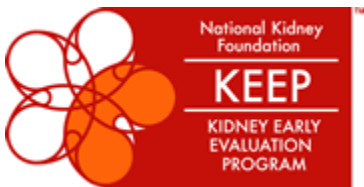


Wisconsin KEEP Pilot

What We Learned Administratively

Regarding screening participant flow:

- Each station should be clearly marked
- Congestion should be minimized
- Provide adequate waiting area
- Allow flexibility in the rotation between stations



Wisconsin KEEP Pilot

What We Learned Administratively

Regarding **Educational Goals:**

- Provided participant test results and specific education
- Distributed general information regarding kidney disease, diabetes and blood pressure
- KEEP participants were invited to an educational program on April 16, 2008

Regarding **Evaluation:**

- Random informal “exit interviews” of participants indicated excellent satisfaction with all aspects of the screening, with an infrequent exception of the location.
- No formal on-site process for evaluation



Summary

- KEEP was a major success in Madison as a pilot.
- Participation is expected to grow as we further develop our awareness efforts.
- Most participants indicated a willingness to attend a follow-up KEEP screening in Madison next year.
- The next scheduled Wisconsin KEEP screening will be in Milwaukee on April 24
- Persons interested in a future KEEP screening in their community contact: Cindy Huber, National Kidney Foundation, Wisconsin (800) 543-6393.

