

P302

## P302-The national residential project for young adults with CKD.

**Dr Laura Baines<sup>1</sup>**, Mrs Helen Ritson<sup>1</sup>, Mrs Rachel Gair<sup>2</sup>, Mrs Vanda Fairchild<sup>3</sup>

<sup>1</sup>Freeman Hospital, Newcastle, United Kingdom, <sup>2</sup>Renal Registry, Bristol, UK, <sup>3</sup>Guys and St Thomas Hospital, London, UK

### Introduction

Young adults with chronic kidney disease (CKD) are disadvantaged, The annual residential weekend was instigated in 2013 facilitated by the NHS Kidney Care national transition project which provided a network aiming to improve care.

### Aim

To offer respite for the daily challenges of living with CKD and improve knowledge and develop strategies to minimise its impact, provide opportunities to share experiences, increase skills and develop resilience and to develop peer support networks.

### Methods

The core group responsible for planning, organisation and running of the weekend included the young adult Special Interest BRS group manager, young adult workers, an adult nephrologist, the Kidney Care UK (KCUK) manager and young adult volunteers and peer supporters. Business cases for funding were required annually. Communication by weekly conference call set priorities and developed and delegated tasks. Feedback from each weekend helped improve organisation and activities subsequently. Risk management included a conduct policy, consent form, venue and activity assessment, self-assessed medical form, clinician's letter and a volunteer team with appropriate experience.

### Results

Weekends were held in Derbyshire initially in youth hostels and in a new, purpose built outdoor centre in 2018. In 2013 there were 35 attendees rising to 83 in 2018 when there were 38 transplant recipients, 20 with CKD, 18 on hospital haemodialysis, 4 on home haemodialysis and 3 on peritoneal dialysis. Of these 26 young adults attended for the first time and 36 renal units were represented. Volunteers attended to an approximate 1:10 ratio to young adults. In 2018 some young adults who had already attended the weekend became peer supporters with some training. Total funding for the 2018 weekend from KCUK was £25,500.

The weekend has comprised an introductory quiz and icebreakers, outdoor activities including climbing, abseiling, orienteering, mountain rescue, canoeing, raft-building, bushcraft and walking, indoor pursuits including competitive baking and crafts as well as visits to surrounding attractions such as Chatsworth House, Hardwick Hall and Matlock Spa. Organised workshops have been delivered by staff volunteers on diet, exercise and wellbeing, occupational therapy and employment and in 2017 included data from the national SPEAK (Supporting People Experiencing young Adult Kidney failure) study. Evening events have included discos, karaoke, a ceilidh, outdoor games and campfires.

Following the second weekend one young adult representative has created a national closed Facebook page which now has about 450 members, approximately 10% of the young adult CKD population.

### Outcomes

There has been consistently positive young adult feedback. Young adults have been involved in the residential organisation since 2014 contributing requests and suggestions for improvement. The closed

Facebook page has facilitated an informal peer support network reaching many more young adults than weekend attendees. Future challenges include ongoing optimisation of the balance of activities, education and social events, organisation and responsibilities, safety and accessibility, minimising the late drop out rate and the efficient use of charitable funds. Following the 2018 weekend, Kidney Care UK have agreed to embed the residential weekend in their young adult strategy and continue future funding.