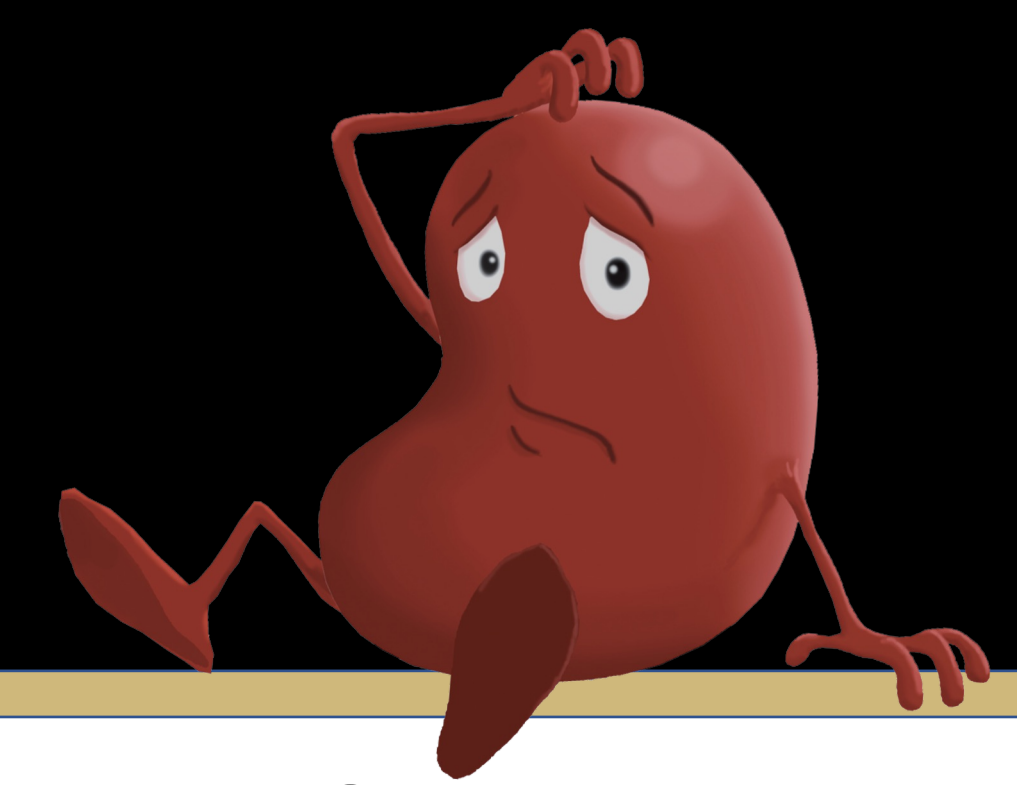




The Struggle is Renal: Improving Chronic Kidney Disease Patient Health Literacy

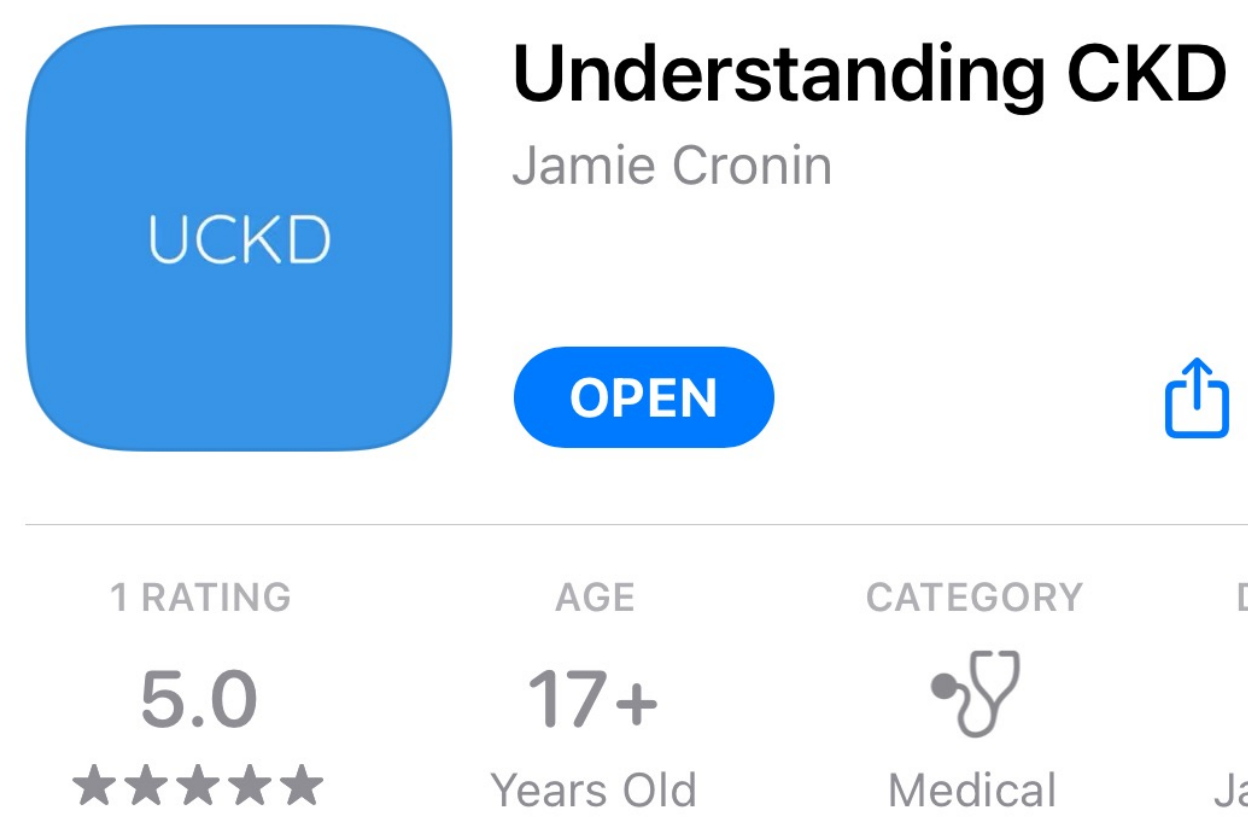
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Background

- Chronic Kidney Disease (CKD):
 - A leading cause of mortality
 - Low rates of treatment adherence
 - Due to lack of understanding, high care costs, complex treatments
- 37 million Americans** have CKD
 - 90% are unaware and don't seek care until end stages, contributing to poor outcome
- CKD healthcare costs total **\$1 trillion/yr.**
 - 30% of US healthcare costs
- Educational intervention of any kind improves treatment adherence and disease outcome

Methods



- Developed and launched an educational mobile app covering CKD holistically
- 21 participants completed the pre-survey, learning module, and post-survey

Fig. 1: Example images of the user interface.

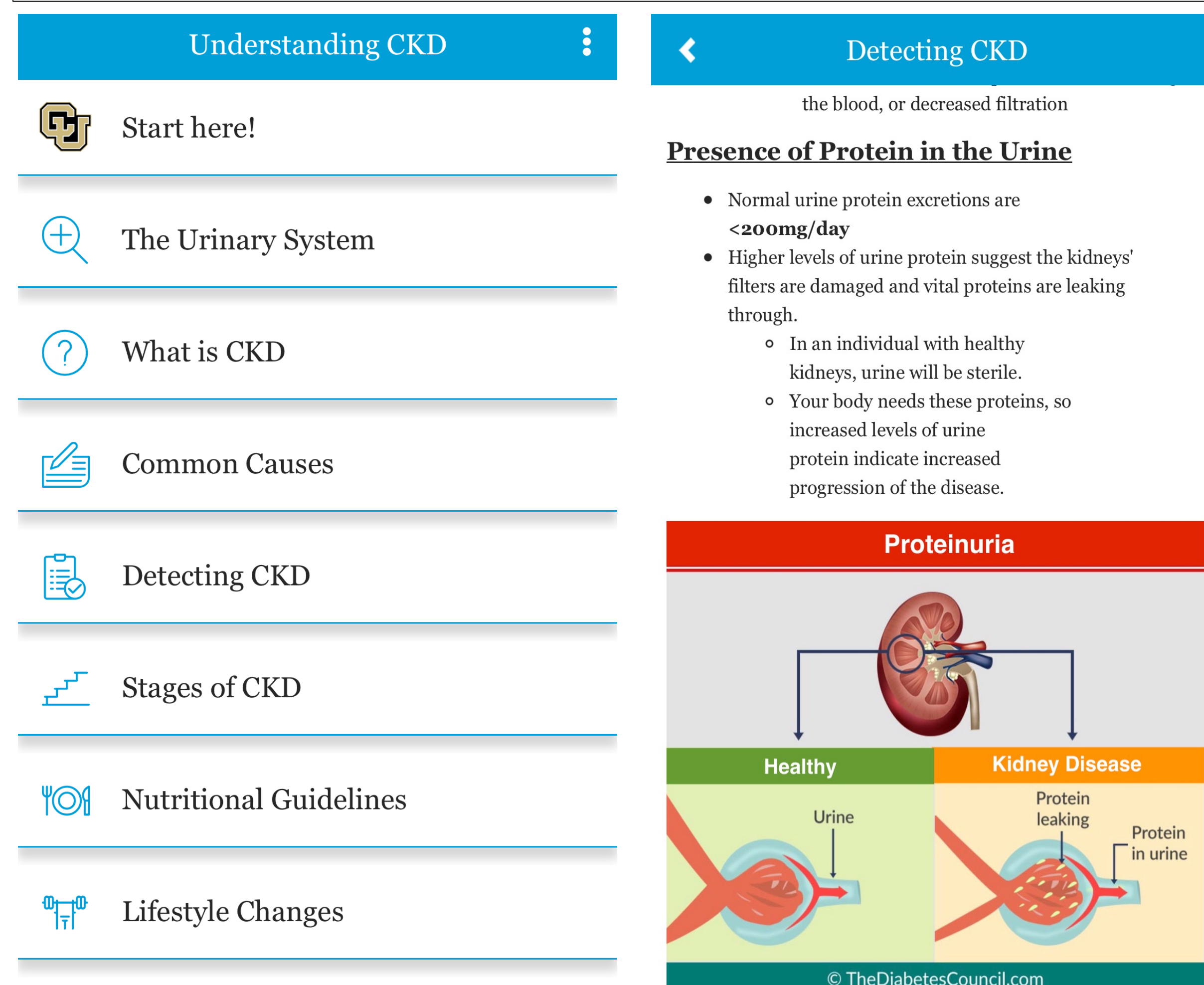
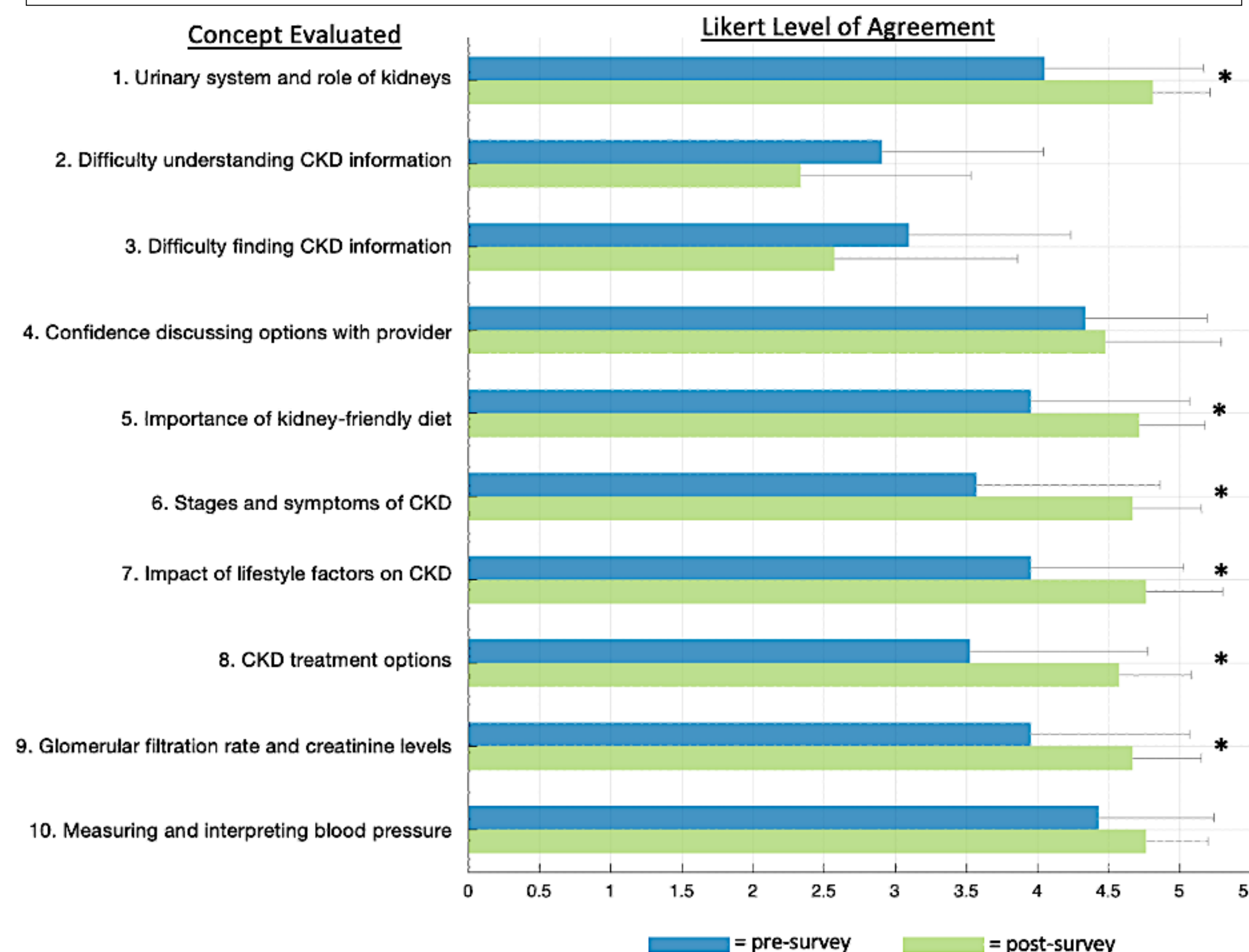


Fig. 2: 'Understanding CKD' Survey Results



Results

- Participants reported:
 - Already comfortable discussing their care with their provider
 - Not difficult to find or understand CKD information
- However:
 - Low levels of confidence and understanding for most CKD topics
- "Understanding CKD's" impact:
 - Improved confidence and understanding in **almost every concept measured**

Broader Impact

- Improve health literacy on a **massive scale for next to no cost**
 - Reach patients who lack access to healthcare
- Increased health literacy directly results in improved disease outcome
- Alleviate CKD patient and cost burden on healthcare services
- Educational format can be used for other diseases to promote a healthier community (diabetes, heart disease, etc.)