

Are your kidneys ok today?



WHAT YOU DON'T KNOW, CAN HURT YOU.

Working with and empowering African
and Afro-Caribbean communities to find better ways
of identifying early onset of kidney disease

Community Leader Booklet





Project Summary

HIDDEN-CKD stands for **H**ealth **I**nequalities in **k**iDney **D**isease mEeting the urgent need to identify **E**arly disease in high-risk commuNities.

This project team has been set up to work with people from African and Afro-Caribbean communities.

We are a team of NHS healthcare professionals, charity organisations and a communications agency who are committed to reducing inequality in kidney health.

We aim to develop and provide culturally relevant kidney health literacy materials with community members participation.

Chronic Kidney Disease (CKD)

Chronic Kidney Disease (CKD) is when your kidneys do not work as well as they should.

Identifying kidney disease early gives the best chance for treatments to reduce complications and keep people healthier for longer.

Why does the project focus on people from African and Afro-Caribbean communities?

Anyone can get kidney disease at any time, but it is 5X more common in people of ethnic minority heritage and socio-economically deprived communities.

Kidney disease is also common in people with diabetes, high blood pressure or if someone else in the family is affected. Most people with early kidney disease do not have symptoms.

What is the aim of this project?

We want to detect kidney disease in communities that are more at risk. By identifying early kidney disease, we can empower and support people to see their GP and stay as healthy as possible.

We are members of your community working with you to improve health outcomes; we are using peer education to reach people who may not know about kidney disease but are at an increased risk of developing it.

HIDDEN-CKD is a research project to test if working in the community in this way is successful in detecting kidney disease and helping people get the right treatment and advice they need to stay healthy. We will record the number of tests taken and their results. With consent, we will also record other details such as blood pressure which is closely linked to kidney disease.

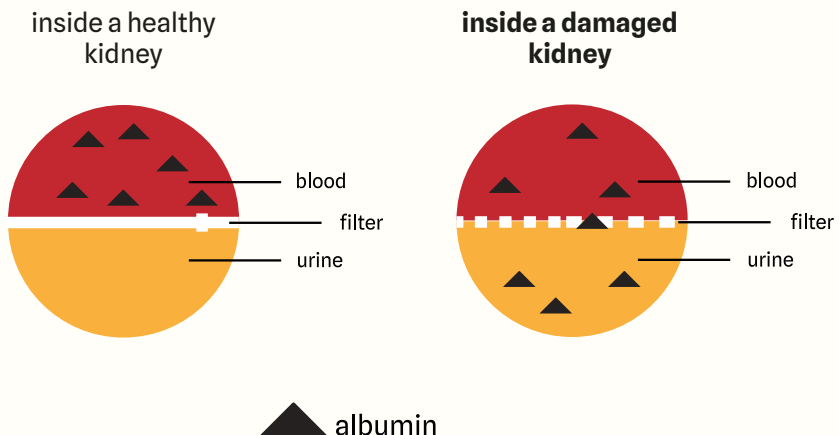
We will also speak with community members to see how they find engaging with healthcare workers and peers in this way. These findings will help us develop our services to meet the needs of the community.



How do we test for kidney health?

- A simple test for kidney disease is a urine test to see how much albumin (a type of protein) is in someone's urine.
- Too much albumin in urine might be an early sign of kidney damage.
- The test is called ACR. ACR stands for "albumin-to-creatinine ratio."
- Our bodies need protein. However, it should be in the blood, not in the urine.
- If someone has albumin in their urine it means that their kidneys are struggling to filter their blood well enough.

See the figure below



What will the urine tests involve?

- Our team will provide a small urine container and will ask participants to provide a sample.
- One of the team will then test the urine for albumin (protein) using a urine test strip (albumin to creatinine ratio).
- Urine will be thrown away after testing.
- **Alternatively**, community members can take a kit to test their urine at home. They will carry out the test at home using their smartphone.



MinuteCare 15 kidney test kit

What activities will take place during an event?



- Set up of venue for event – approximately 2-3 tables.



- Speak with community members and explain the project to them. We will provide each community member with information booklet.



- After they have read through, we will ask for their formal consent – this requires them to complete the consent form with support from kidney community champions as required.

- **Alternatively**, if people are not happy to complete the consent form – they can still have their kidney health done. We only need their phone number to complete the test.



- We will offer to check community members weight, height, blood pressure and kidney health using their urine.



- Community members would be informed the urine test results and further actions (lifestyle advice, suggest to see their GP or our research team if this is not possible).



- Each community member will be given a personal record of the urine test results and blood pressure reading. This booklet also contains lifestyle information to help promote kidney and heart health.

What do we ask of you?

- **Space to host the event**, preferably a room large enough to fit 2-3 tables.
- **Toilet facilities** - this is essential as community members would be asked to provide urine sample.
- **Cleaners** to help maintain the cleanliness of the toilets. They would be paid for the services provided.
- **Your presence to support members**, particularly those with low kidney health function. Any key members of the organisations can fulfil this role.

After the event activities

- Community members who decided to take a urine test home to complete will be contacted to follow up on results if they have a positive result.
- We will contact some of the community members to ask for their experience and feedback on the event and the support received from the community kidney champions.

Need support? Get in touch!



Local site leader: | Name: **Roseline Agyekum** | Email : ragyekum@nhs.net | Mobile/WhatsApp: [07790889277](tel:07790889277)



What can community kidney champions offer you?

- **A listening ear** – do get in touch with us about any concerns you may have about the kidney health of yourself, family, and community.
- **Local resources** – training of community members as health ambassadors.

Ensuring our local communities stand out

- This information will help to protect you and your loved ones from any long-term kidney health conditions that could significantly reduce your quality of life.
- Our community deserves a healthcare service that understands, is embedded within and has experience caring for people of African and Afro-Caribbean communities.



visit – **hiddenkd.co.uk**