

Urine Albumin - Creatinine Ratio (ACR): Patient Awareness Project

POP in YOUR PEE



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Aim

A qualitative project assessing the information known by patients on the importance of an annual ACR in Chronic Kidney Disease (CKD) and Type 2 diabetes.

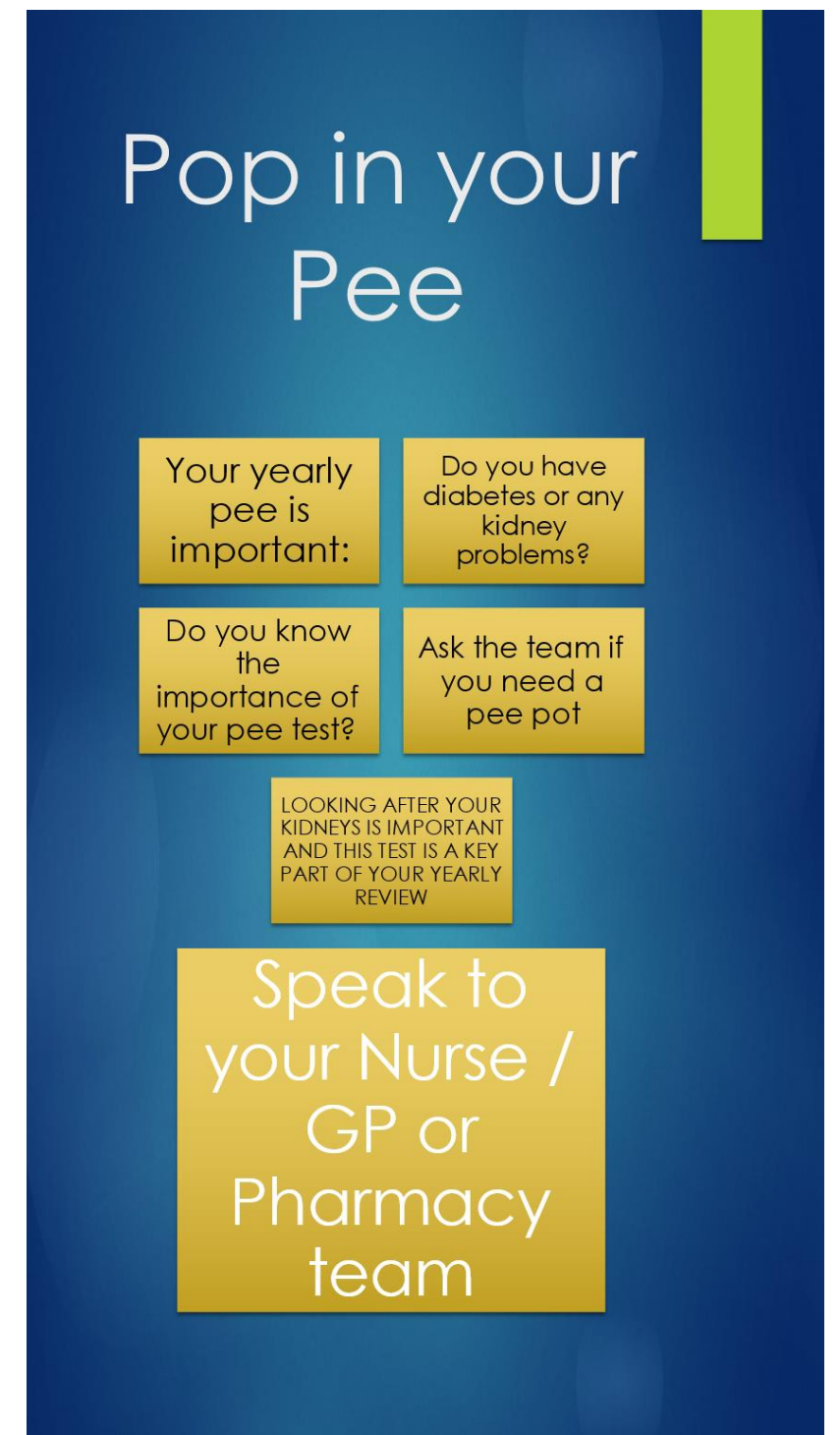
NB: BMJ (2017)(72%) patients were unaware that the urine sample was used to detect kidney damage. UK national audits show that 25% of patients do not have annual test.

Method

A poster was created to raise awareness of which patients may need a urine test. AccuRx text messages were then sent to relevant patients and staff education and promotion completed within the practice. Alerts on EMIS were added at review. Patient involvement included reviewing the wording of the poster and terminology (20 patients).

Summary of results (taken from EMIS list – list size 12,193)

1. Increase in ACR requests – 60% (2023) to 90% (2024)
2. Qualitative review: patients report greater understanding of the importance of ACR review and its impact on kidney health (survey completed by 50 patients)



Sustaining the change

The project was simple to set up and use. It can be easily replicated in Primary Care Settings by using the message and adapting to local systems.

Ensure posters at practice level are accessible, send text message with reminder message yearly and develop cards to hand to patients at appointments.

Learnings

- Patient participation is key
- Knowledge gives empowerment – allows choice and autonomy
- Staff education and support is ongoing and lifelong – engage the team
- Create other formats for patient education including cards, postcards and animation videos

Staff feedback

As a new nurse in Primary Care this initiative has helped me talk to patients with more confidence about annual ACR and its place in the 9KCPs.

Patient feedback

I knew about foot checks and eye checks, but I had no idea about how important my yearly urine test is, I am going to tell all my diabetic friends .

Contact Details

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