

Unfiltered Conversations: Addressing Health Disparities in CKD for Better Patient Outcomes

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Disclosures

I have no financial
relationships to
disclose

Learning Objectives

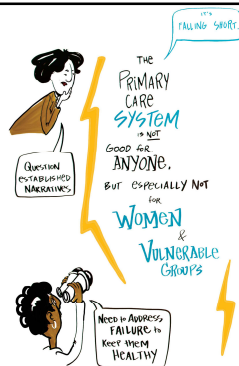
- Identify and understand the causes of health disparities and risk factors in CKD.
- Articulate strategies to increase cultural competence in healthcare settings serving racial and ethnic minorities and disadvantaged populations.

3

Health Disparities and Risk Factors in CKD

Health Disparities

CDC Definition: Health disparities are preventable differences in the burden of disease, injury, violence, or opportunities to achieve optimal health that are experienced by socially disadvantaged populations.



CKD Risk Factors

Diabetes	Hypertension	Family History	Race	Heart Disease
Smoking	Obesity	AKI	NSAIDS	Environmental

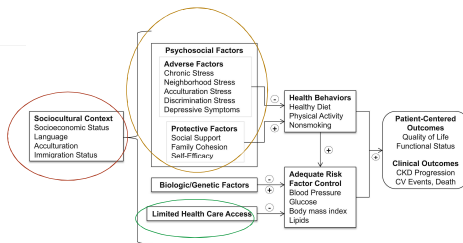
Race and Health Disparities

- Black Americans are 4x more likely to develop ESKD
- Hispanics or Latinos are 1.3 times more likely to develop ESKD
- Blacks and Hispanics have higher rates of diabetes and hypertension
- American Indians and Alaska Natives are other minority groups disproportionately affected by diabetes and kidney disease.



7

Social Determinants of Health



CKD and ESKD in US Hispanics - ScienceDirect

8

Study on Health Disparities

2024 UChicago HRSN ESKD DaVita Study

Results

High prevalence of health-related disparities in Chicago	Number of Health-Related Disparities (HRSN)
Patients in need of care	28 (73.7%)
Transportation	40 (104.2%)
Food insecurity	40 (104.2%)
Transportation assistance needs	32 (82.1%)
Utility assistance needs	32 (82.1%)
Access to social services	24 (61.5%)
Difficulty accessing transportation	24 (61.5%)
Transportation-related and financial barriers	24 (61.5%)
Patients with a transplant evaluation referral	24 (61.5%)
Patients interested in having transplant surgery	24 (61.5%)

Chicago Health Equity Research Network (CHERN)

Kaiser Family Foundation 2023 Racism, Discrimination and Health Survey

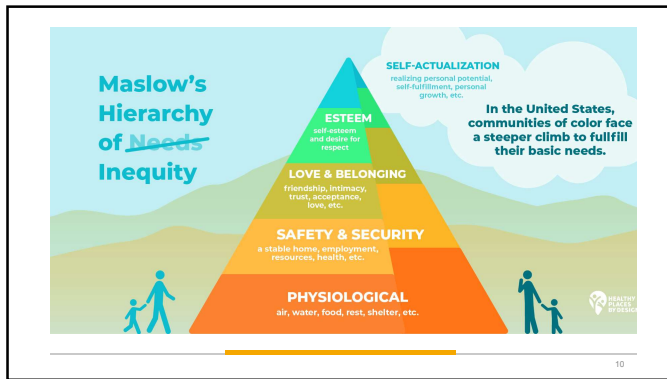
Health Disparities are Driven by Social and Economic Inequities



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Megan Gwinn, MD, University of Chicago Medical Center, Section of Nephrology, Roy Wilson, MS2, University of Chicago, School of Medicine, et al (2024)

Disparities in Health and Health Care: 5 Key Questions and Answers
(Ndugga, Pillai, Artiga, 2024, August 14)



Poll Question

What do you believe is the most significant factor contributing to health disparities among your patients?

1. Lack of access to quality healthcare services
2. Housing, food, or transportation insecurity
3. Patient literacy/education related to diagnosis
4. Neighborhood and environmental factors
5. Lack of culturally tailored care
6. Provider bias
7. Unsure

Page number: 11

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What do you believe is the most significant factor contributing to health disparities among your patients?

9/4/20XX

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Presentation Title

Page number: 12

Policy Implications

How Policy Impacts Healthcare

- Previous policies delayed kidney transplant waiting for African Americans, use of PD and home modalities, "affordability", medication issues, vulnerable populations, and other areas.

Layers of Government



Federal



State



County



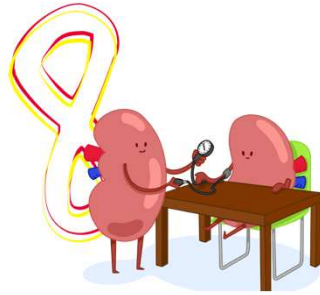
City

Federal Policy and Initiatives

- CARE for All Kidneys Act 2021-2022
- Executive Order: Advancing American Kidney Health (AAKH)
- Executive Order: Advancing Racial Equity and Support for Underserved Communities through the Federal Government

CARE for All Kidneys Act 2021-2022

- A bipartisan bill was introduced to study the causes of kidney disease and kidney failure, establish preventative efforts, and address vulnerable communities i.e. rural areas with high rates of kidney failure.



16

Executive Orders

Advancing American Kidney Health (AAKH)- Trump Administration

- Initiative Goals:
 - reduce the incidence of kidney failure
 - enhance patient choice through affordable ESKD treatments
 - increase access to kidney transplantation

Advancing Racial Equity and Support for Underserved Communities through the Federal Government- Biden Administration

- Initiative Goals:
 - promote equity by enhancing civil rights protection, business acquisitions, grant opportunities, capacity building, and prioritizing plans to reduce maternal mortality.

Health and Human Services (HHS) Equity Action Plan

- Initiative Goals:
 - Prevent neglect and improve care to help children thrive in their families and communities
 - Promote Accessible and Welcoming Health Services for All
 - Improve Maternal Health Outcomes for Rural, Racial and Ethnic Minority Communities
 - Improve Maternal Health Outcomes for Rural, Racial and Ethnic Minority Communities
 - Prioritize the Behavioral Health of Underserved Populations
 - Increase Clinical Research and Trial Diversity to Support Innovation

17

Policies in Illinois

Illinois State Chronic Renal Disease Program/Renal Disease Treatment Act
Kidney Disease Prevention and Education Task Force Act

18

Institutional Policies

- OPTN eGFR adjustment policy for Black/African American patients
- OPTN kidney transplant waitlist adjustment for Black/African American patients
- Impact patient compliance
- Adequate staff
- Culturally tailored interventions

19

Poll Question

Are there policies within your institution that oppress or negatively impact the patients you serve?

1. Yes
2. No

20

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Are there policies within your institution that oppress or negatively impact the patients you serve?

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21

Strategies and Solutions

Poll Question

How do you address the needs of your patient?

1. Link with appropriate resources at the time the issue is discovered
2. Acknowledge and address issues at a later time
3. Brush it off
4. I'm overworked but try my best

23

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How do you address the needs of your patient?

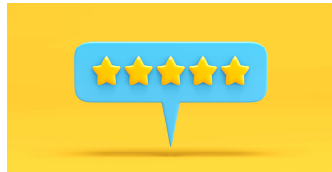
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24

What is Quality Healthcare?

- Equitable
- Accessible
- Effective
- Patient-centered
- Has trained, qualified, and ample staff
- Compassionate in communication
- Reduces patient harm



25

Addressing Racism and Discrimination



- Acknowledge racism and oppression in the US
 - Systemic
 - Local community
- Understand marginalized populations
 - Redlined neighborhoods
 - Food deserts
 - People who live in the community where the institution exists
- Normalize conversation about racism, discrimination, and oppression
 - Identify inequities
 - Improve cultural competence

26

Advocate Policy Changes

- Uplift and center patient voices
 - Identify barriers to equity and quality care
 - Share stories
- Educate and raise awareness
- Engage in QI projects and research studies
- Evaluate current policy changes
- Join organizations that support kidney disease efforts

27

Culturally Tailored Health Information

Figure 2
People Of Color Are Projected To Make Up Over Half Of The U.S. Population As Of 2050



Note: All racial groups are non-Hispanic. Other includes Native Hawaiian and Pacific Islander, American Indian and Alaska Native, and individuals with two or more races. Data do not include residents of Puerto Rico, Guam, the U.S. Virgin Islands, or the Northern Mariana Islands.
Source: U.S. Census Bureau, Population Division, Projected Population Distribution by Race and Hispanic Origin for the United States, Main Series 2022-2050, November 2023.

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28

Improving Quality and Access to Care

Community-based screening

Use of trained Community Health Workers

Primary Care and dialysis unit interventions

Decrease medical expenses

Education in hospital- post discharge

Address patient health related social needs

Increase transplant referrals

29







Increasing Health Literacy



CDC defines personal health literacy as the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.

30

Diversify Learning Tools

-  Speak clearly and concisely
-  Use Video and Photos
-  Demonstration and interactive models
-  Communicate in the patient's preferred language
-  Use checklists
-  Teach-back Methods



Current/Future Research

Healthy People 2030

- Most objectives are in infancy stage (developmental and research)
- We have baseline knowledge of healthy literacy, poor communication with provider, desired outcomes, health IT
- Data will allow us to improve strategies and health outcomes

HRSN ESKD Study

- In the final stages of data collection
- Discussing how to implement survey into dialysis unit workflow
- Explore resources that address patient needs

Thank You!

Questions

34
