

Understanding Patient Receptivity Towards Receipt of Prognostic Risk Score for Diabetic Kidney Disease

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Introduction

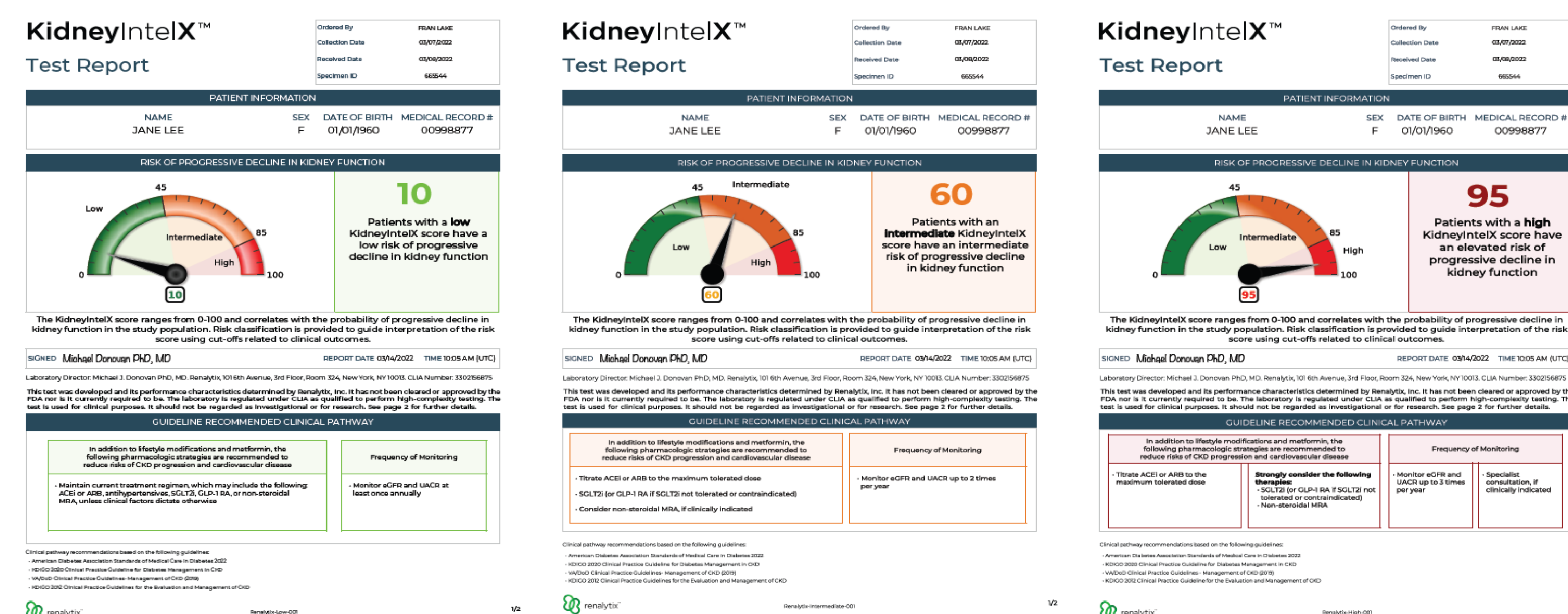
- Few studies examined the attitudes of patients with diabetic kidney disease (DKD) on risk stratification tools
- An intrinsic barrier to undertake a risk stratification test is knowledge, awareness, and desire to know the risk of kidney disease
- This study aimed at exploring the baseline knowledge about kidney disease and type 2 diabetes mellitus (T2DM) as a major contributing factor, alongside possible motivators, and the patient's receptivity towards risk score delivery of KidneyIntelX, a novel prognostic test that assesses the risk of kidney disease progression over the next 5 years in patients with DKD stages 1-3

Methods

- KidneyIntelX testing has been widely deployed across the Mount Sinai Health System (MSHS) for outpatients with type 2 diabetes and CKD
- Some practices within MSHS utilize the resources from a central Care Navigation Team
- We contacted a subset of patients tested with KidneyIntelX between January 1, 2022 – February 28, 2023
- We communicated the test results to the patients and administered a survey to the patients that assessed their knowledge about the test, their receptivity, and attitude on the usefulness of the test to improve their kidney health

Results

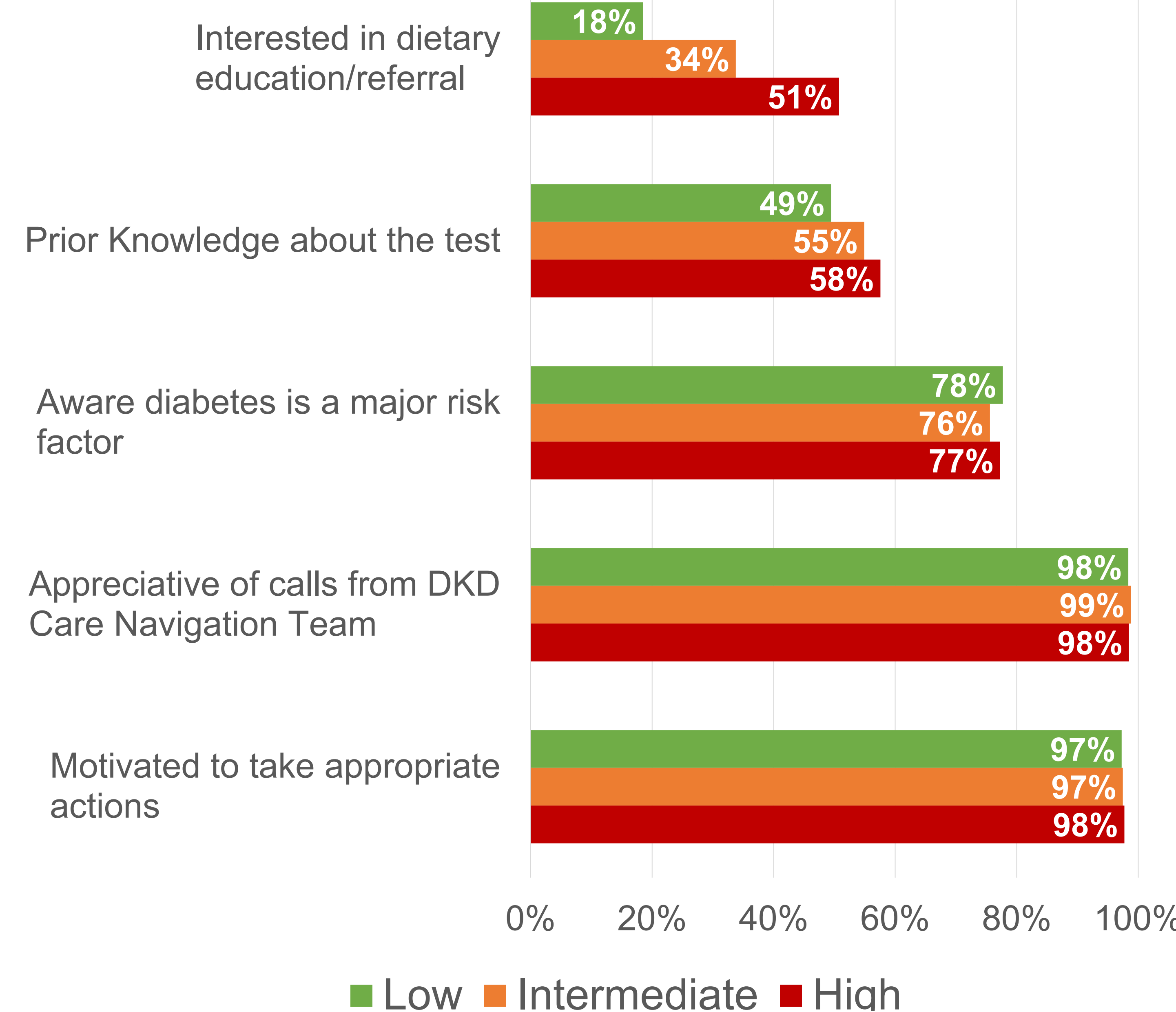
KidneyIntelX Reports Tied to Care Path/Level of Intensity of Care



Results

- A subset of patients (n=988) tested with KidneyIntelX in the 14 month span were successfully contacted by the Nurse Practitioners on the DKD Care Navigation Team at Mount Sinai and completed the post-test survey.
- Approximately half of the patients had knowledge regarding KidneyIntelX prior to receiving the call
- The majority of patients (77%) were aware diabetes is a contributing factor to kidney disease (Figure 1)
- 99% were appreciative of the post-test calls (Figure 1) and 97% were motivated to implement lifestyle changes to improve kidney health.
- 67% desired educational content on diabetes, kidney disease and diet (Figure 1)
- There was a graded relationship between interest in dietary education and the KidneyIntelX score (low 18%, intermediate 34%, and high 51%)
- 62% of these patients that expressed interest met with a dietician for diabetes and DKD management

Patient Responses on Post KidneyIntelX Test-Education Questions Categorized by Risk Category



Conclusions

- Dedicated phone calls from the Care Navigation Team post KidneyIntelX testing enhanced patient understanding about kidney disease and revealed substantial motivation to take appropriate actions and receive further education for their kidney health, including consultations with dietitians.
- System-wide resources should be considered in health care systems to help facilitate education and consultation for patients type 2 diabetes and CKD
- We will continue to track the receptivity and the outcomes associated with care navigation post-testing contact (vs. those who are not interfacing with the Care Navigation Team).

Mount Sinai Health System Deployment of KidneyIntelX PLUS Full Care Navigation

