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The efficacy of chronic kidney disease patient education program

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Objectives : Education plays a pivotal role in chronic kidney disease (CKD) management. Education on diet, exercise, medication adherence, and lifestyle modification, could slow down the progression of CKD. Moreover, education fosters self-efficacy, leading to better decision-making and improved quality of life. We investigated the effect of the CKD education program on disease progression and mortality.

Methods : This is a retrospective cohort study from a single tertiary hospital. The patients had underlying CKD from stage 3 to 5 who visited the nephrology outpatient clinic. The education prescription code was extracted from 1st January 2018 to 31st April 2023. The education program consists of 3 parts with individualized data supplements. The primary outcomes of this study were the transition to kidney replacement therapy (KRT, including hemodialysis, peritoneal dialysis, and kidney transplantation), and all-cause mortality according to the education status.

Results : The patients' median follow-up date was 51.9 months, median age of 36.6 years old, male dominant (male 278, 64.5%), and frequently had anemia (average Hb = 10.3). Patients in the CKD education group had lower mortality (HR -0.05; 95% CI -0.09 to -0.006, $p = 0.027$), but the transition to KRT had no significant difference.

Conclusions : CKD education programs have a beneficial impact on patients' survival. A prospective large observational study could guarantee how to reinforce the education program about optimal interval, frequency, and contents to stay healthy in CKD patients.