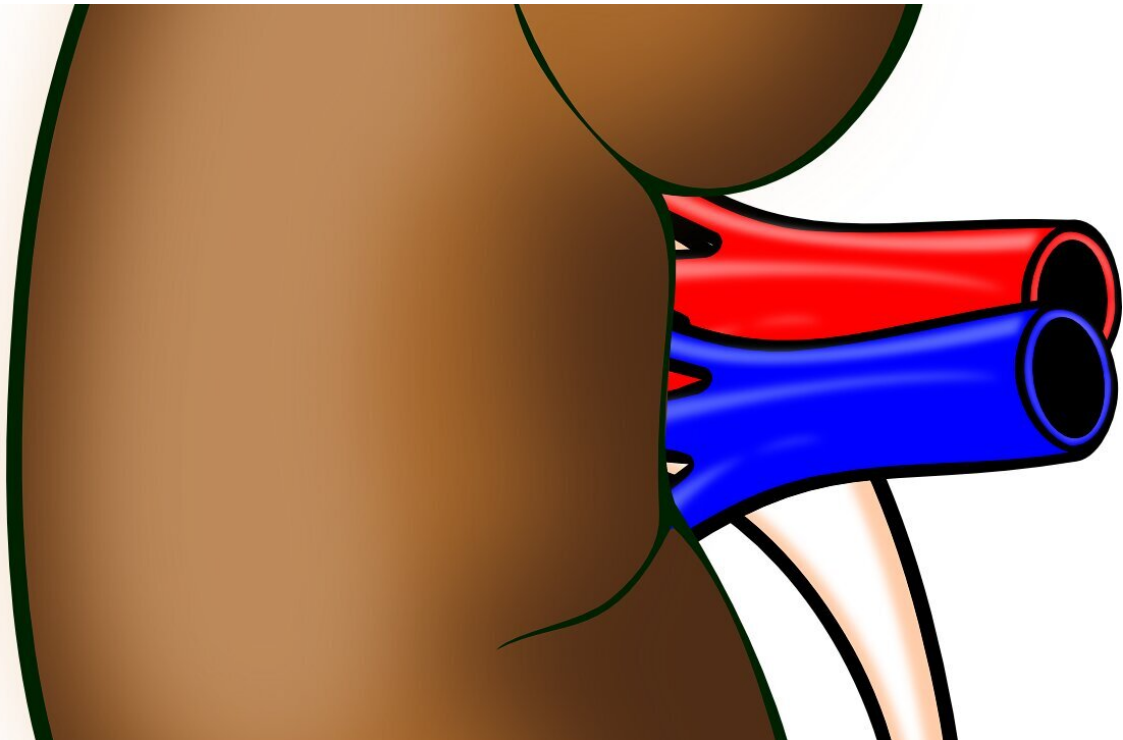


'Patient activation' may improve quality of life in individuals with kidney disease

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Researchers previously demonstrated that online peer mentoring for individuals with chronic kidney disease (CKD) improves patient activation—or patients' willingness and ability to take actions to manage their health and care—and quality of life (QOL). Now the investigators have looked at the correlation between QOL and patient activation

among patients with CKD who participated in an online peer mentoring program, which provides guidance from others who live with CKD. The study that will be presented online during ASN Kidney Week 2020 Reimagined October 19-October 25.

The study randomized 155 [patients](#) with stage 4 or stage 5 CKD to online peer mentoring, face-to-face peer mentoring, or usual care. Among the online peer mentoring group, improvements in patient activation correlated with improvements in various aspects of QOL related to [physical symptoms](#) and burdens of kidney disease. There was no correlation between patient activation and mental aspects of QOL.

"Results from our study suggest that improved QOL in patients with CKD who received online peer mentoring may be a result of improved patient activation," said co-author Nasrollah Ghahramani, MD, MS (Pennsylvania State University).

More information: Study: "The Correlation between Patient Activation and Quality of Life among Patients with Chronic Kidney Disease"

Provided by American Society of Nephrology

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