

CLAHRC BITE **Brokering Innovation Through Evidence**

15 A bite-sized summary of a piece of research supported by NIHR CLAHRC West Midlands

Dec 2015



Original Image by: BillpSea CC-BY-SA-3.0

Taking hospital treatments home: A mixed methods case study looking at the barriers and success factors for home dialysis treatment and the influence of a target on uptake rates

Barriers and Success Factors for Home Dialysis Treatment and Influence of a Target on Uptake Rates

Background

- Government policy around the world favours shifting services from hospital to community, with an emphasis on home-based care and self-care.
- There is considerable potential for a large-scale shift towards home-based self-care for patients on dialysis with end-stage renal failure.
- Uptake of home dialysis in England fell from 31% to 18% between 2002 and 2009.
- In April 2010, the service commissioner for the West Midlands introduced a five-year target to increase take-up of home dialysis to 35%.
- This study investigated the effect of the pay-per-performance target and examined the barriers and facilitators to increasing the uptake of home dialysis, as an exemplar of the challenges involved in shifting from hospital-based to home-based care for a group of patients with complex medical needs.

Findings:

- The study revealed a 5% increase in home dialysis uptake in study hospitals, compared with the rest of England.
- 93 patients and 96 staff were interviewed across four hospitals in the West Midlands.
- Factors that influenced the uptake of home dialysis included:

Facilitators

- The Commissioner's pay-for-performance scheme.
- Funding for specialist staff and dialysis machines.
- Support from renal clinical leads, individual champions for home dialysis, and enthusiastic home therapy nursing teams.
- Ongoing support through phone, home visits, and out-patient appointments.

Barriers

- Lack of training for non-specialist staff.
- Pre-dialysis education was described as an "information overload" by patients, and didn't focus enough on the effect of home dialysis on their lives.
- Many patients experienced emotional distress when learning that they would need dialysis, but there was a lack of emotional support in place for patients.

Reference

Combes G, Allen K, Sein K, Girling A, Lilford R. Taking hospital treatments home: a mixed methods case study looking at the barriers and success factors for home dialysis treatment and the influence of a target on uptake rates. *Implement Sci.* 2015; **10**: 148. <http://goo.gl/3p9muk>



Recommendations for Practice

Four service elements need to be in place to encourage patients to opt for home-based self care: information, guidance and support for patients; high-quality training in the use of dialysis machines; ongoing technical assistance and support for patients once they are on home dialysis; emotional and psychological support to help patients adjust to end-stage renal failure.

What is NIHR CLAHRC West Midlands?

The Collaborations for Leadership in Applied Health Research and Care (CLAHRC) is a partnership between universities (Birmingham, Warwick and Keele) and a number of health and social care organisations in the West Midlands. We are funded by the National Institute for Health Research with a mission to undertake high-quality applied health research focused on the needs of patients to improve health services locally and beyond.

For further information, visit:

www.clahrc-wm.nihr.ac.uk

The research is funded by the National Institute for Health Research. The views expressed are those of the author and not necessarily those of the NHS, the NIHR or the Department of Health.