

15<sup>th</sup> May, 2020

# INSTITUTE NEWS

## Institute of Population Health Bulletin

Welcome to the latest edition of the IPH weekly bulletin. We hope that you're finding these updates helpful and starting next Monday, we will also launch a separate weekly update highlighting upcoming events and research opportunities.

### Blogs from institute colleagues

#### Nurse led pathway for patients new to haemodialysis

Vicky Ashworth - School of Health Sciences



I'm a clinical-academic nurse practitioner in nephrology at the Royal Liverpool Hospital, and lecturer at the School of Health Sciences in the Institute of Population Health.

We commence around 100 patients on haemodialysis annually. Unadjusted mortality rates for these patients are alarming, with 5% dying within the first 90 days, a 12 day mean length of in-patient stay and high levels of patient distress. I've been working on a nurse-led pathway using quality improvement methodology, involving patients every step of the way. The pathway development took multiple iterations before consensus was achieved and a final version was established. It was introduced in a systematic manner for all new haemodialysis patients over the last 2 years. Results have been promising, with lower patient distress, mortality reduced to 1.6%, shaving 2.2 days off hospital stays.

These simple measures amounted to a cost saving of **£6,227** per patient. This work has

now been disseminated nationally with other Renal units starting to implement the pathway.

This project has been a very small example of a nurse from the 'shop floor', dipping her toe into research but it has enriched me and has been my stepping stone into this field and now our team is planning to broaden the scope of this research.

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