

# OPTIMIZING KIDNEY EDUCATION

## A THREE-STEP FRAMEWORK

### INTRODUCTION

*The ideal kidney care education and training solution speeds initial learning, enhances long-term retention and builds strong behavioral repertoires and situational awareness. Unfortunately, no single education and training solution can achieve this goal in all situations. Fortunately, there is a method for determining which learning solution is optimal in a given situation. This method relies critically on an understanding of the psychology and neuroscience of learning.*

#### 1 LEARNING TASK

A good starting point is to determine whether the task is to learn (or memorize) information or facts and figures, to familiarize a patient or provider with a situation that is hard to verbalize, or to learn some technical or motor skill. With this knowledge in mind, you're ready for step two.

#### 2 BRAIN REGIONS

Now we need to determine the relevant brain regions for solving the identified task at hand. There are four relevant learning centers: cognitive, experiential, emotional, and behavioral. Each center is engaged differently, so engaging multiple centers simultaneously is ideal.

#### 3 DELIVERY METHOD



The third step in the neuroscience framework is to determine which learning technology optimally engages the relevant brain systems in the interest of achieving your desired learning goal.

Examples include:

- **Kidney basics** - cognitive learning - *microlearning, periodic testing*
- **Modality education** - experiential, cognitive - *360 video, VR*
- **Device training** - all four systems - *VR, augmented reality (AR)*

### QUESTIONS

- How and when do you educate your patients about available treatment options?
- How do you prepare your frontline care teams for conversations with patients?
- How long does it take to train your workforce for a new modality, device or setting?
- How confident are your patients in their abilities to pursue new treatment options?

### FACTS & FIGURES

#### 1 IN 7

Americans estimated to have kidney disease

#### 340 PEOPLE

Start dialysis treatments every day in the US

#### 661,000+

Patients in US receiving dialysis treatments

#### \$80,000

Annual cost per person to treat kidney failure

#### 80 PERCENT

Of patients will soon be treated at home or will receive a transplant

#### 90 MILLION

Americans are facing low health literacy

SOURCES: CDC, USRDS, NNLM, JASN, HHS