

Kidney Therapy Services in the UK

Welcome

We are conducting a survey to help us investigate kidney therapy services within the United Kingdom. This work is being conducted to inform UKKA workforce planning.

If you have been asked to complete this survey, you have been identified as a suitable persons to describe the kidney therapy provision in your local site/area.

If you are not the persons suitable for this, please let us know with someone who may be more appropriate.

Background

Rehabilitation and therapy services across the kidney disease trajectory has an important impact upon a range of health and well-being outcomes. There is also no recent data examining current practice within UK kidney therapy services.

The aim of this survey is to:

1. describe the current provision of therapy to people living with kidney disease across the UK;
 2. identify areas of regional differences in therapy provision; and
 3. understand current perceptions of barriers and facilitators to kidney therapy within the UK.
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What will we do with this information?

The information gathered from this survey will inform future workforce planning and bench marking against future NHSE&I kidney services Transformation Programme recommendations relating to physical and psychological health. Data will be made available to aid the development of local business cases to support service development and improvement.

We aim to publish the findings in a medical journal.

Your participation in this survey is entirely voluntary and you can withdraw at any time. You are free to omit any question, although some questions are necessary to continue. The survey will take around 30 minutes to fill in.

We recommend you complete the survey in one sitting, although the survey can be returned to by selecting the '**Finish later**' option at the bottom of each page. You will need to input your email address here.

We recommend using Google Chrome to complete the survey.

Following your initial invitation to take part, we will re-contact you after 3 weeks if no response is received.

The next page contains further information on how your data will be used and stored. If you are happy to continue, please click 'Next'.

Thank you for reading,

- Dr Ellen Castle, Renal Physiotherapist, Kings College Hospital
- Dr Hannah Young, Specialist Research Physiotherapist, University Hospitals of Leicester
- Lisa Ancliffe, Clinical Lead Occupational Therapist, Royal Free London NHS Foundation Trust
- Dr Thomas Wilkinson, Clinical Exercise Scientist, University of Leicester

Your data and privacy notice

The Online Surveys licensee (University of Leicester) acts as the Data Controller. Jisc acts as the Data Processor, only processing the licensee's survey data in accordance with their instructions. We will collect the data you provide concerning your local site / hub. The only personal data you may provide is an email address so we can send you the final results and / or get in touch with you if you have any more information regarding the findings of the survey. We will only use this information for these purposes and nothing else. Data will be stored under the University of Leicester Online Surveys licence. Data will be stored at the University of Leicester. We will keep this data for 5 years after the end of the survey. All data will be deleted after this time.

Your participation in this study is entirely voluntary and you can exit the survey at any time by closing your web browser page. You do not have to answer any questions you do not want to. The only compulsory question is the name of your site / hub (Question 1). We believe there are no known risks associated with this research study; however, as with any online related activity the risk of a breach is always possible. To the best of our ability your participation in this study will remain confidential.

To complete the questionnaire we recommend you have to hand:

- the number of therapy staff in your kidney team (including banding and WTE)
- the type of therapy staff in your team (e.g. PT, OT, Therapy assistant etc)
- types of kidney therapy and/or rehabilitation provided (inpatient, outpatient, intradialytic)
- number of maximum patients in kidney rehabilitation/therapy classes
- number of referrals per week
- number of new patient assessments, re-assessments per week
- number of inpatient beds (kidney wards)

Please complete the questions to the best of your ability. If appropriate, please estimate numbers and figures.

Consent

I agree and consent to fill in the survey. Once you have selected 'Yes' or 'No', please click 'Next'. If you have selected 'No' you will be taken to the end of the survey. *

Required

☐ Yes

☐ No

Section 1. About you and your site

Select your unit

Please describe your current role

The following questions refer to staffing in your unit

Do you have a physiotherapist at your site?

- ☐ Yes
☐ No

Does the majority of their caseload focus on kidney care?

- ☐ Yes
☐ No

If appropriate, please describe staffing arrangements for this role (physiotherapist) at your site

	WTE (%)	Other comments about this role
Band 3		
Band 4		

Band 5	☐	
Band 6	☐	
Band 7	☐	
Band 8	☐	
Other banding	☐	

Do you have a occupational therapist at your site?

- ☐ Yes
- ☐ No

Does the majority of their caseload focus on kidney care?

- ☐ Yes
- ☐ No

If appropriate, please describe staffing arrangements for this role (occupational therapist) at your site

	WTE (%)	Other comments about this role
Band 3	☐	
Band 4	☐	
Band 5	☐	
Band 6	☐	
Band 7	☐	

Band 8	☐	
Other banding	☐	

Do you have any other staff providing kidney therapy services at your site?

☐ Yes
☐ No

What roles are there at your unit who provide kidney therapy services?

☐ Exercise specialist
☐ Dietician
☐ Nurse
☐ Other

If you selected Other, please specify:

If appropriate, please describe staffing arrangements for these roles at your site

	WTE (%)	Other comments about this role
Band 3	☐	
Band 4	☐	
Band 5	☐	

Band 6	☐	
Band 7	☐	
Band 8	☐	
Other banding	☐	

Section 2. Outpatients - Haemodialysis

Is your centre currently offering intradialytic exercise?

☐ Yes

☐ No

If you have selected 'Yes' you will next be taken to a page with further questions on the intradialytic exercise offered. If you have selected 'No' you will be taken to the next stage of the survey.

Section 2a. Outpatients - Intradialytic exercise

What type of intradialytic exercise is provided?

- ☐ Aerobic (e.g., cycling)
- ☐ Resistance (e.g., bands, weights)
- ☐ Combined
- ☐ Other

If you selected Other, please specify:

How has COVID-19 impacted the services offered since March 2020?

Section 2b. Outpatients - Haemodialysis other

Do you facilitate any meaningful activity during haemodialysis?

[+ More info](#)

- ☐ Yes
- ☐ No

What type of meaningful activities do you offer?

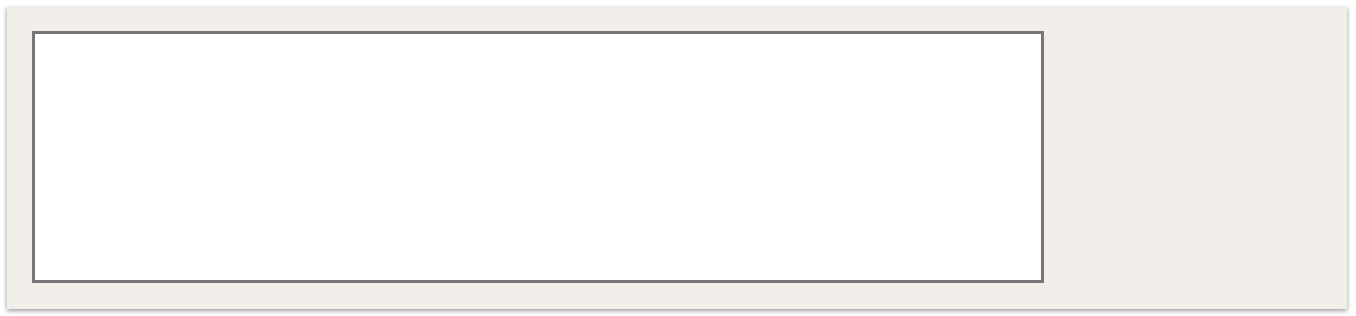
- ☐ Relaxation sessions
- ☐ Art therapy
- ☐ Reading
- ☐ Gardening
- ☐ Singing
- ☐ Activities of daily living
- ☐ Other

If you selected Other, please specify:

Do you provide symptom management (e.g., fatigue)?

- ☐ Yes
- ☐ No

Please describe



Section 3. Outpatients - Kidney rehabilitation classes

Do you provide specialist outpatient rehabilitation for kidney patients?

- ☐ Yes
- ☐ No

Do you refer kidney patients to any other rehabilitation programmes as an alternative?

- ☐ Yes
- ☐ No

What programmes do you refer patients to?

If you have selected 'Yes' to the first question on this page you will next be taken to a page with further questions on the kidney rehabilitation services offered. If you have selected 'No' you will be taken to the next stage of the survey.

Section 3a. Outpatients - Kidney rehabilitation classes

What type of exercise is provided?

- ☐ Aerobic (e.g., cycling)
- ☐ Resistance (e.g., bands, weights)
- ☐ Combined
- ☐ Other

If you selected Other, please specify:

How are these services delivered?

- ☐ Face-to-face
- ☐ Remote/online
- ☐ Hybrid model

Please describe

In addition, do you offer additional elements as part of the class? (please specify below)

- ☐ Behaviour change support
- ☐ Education
- ☐ Relaxation
- ☐ Symptom management
- ☐ Other

If you selected Other, please specify:

Please expand on these additional elements offered

Is this a rolling or closed programme?

- ☐ Rolling
- ☐ Closed

How many classes per week do you offer?

Please enter a whole number (integer).

How many unsupervised sessions do patients complete per week (if applicable)?

Please enter a whole number (integer).

What is the duration of classes (minutes)?

Please enter a whole number (integer).

What is the average number of referrals per week?

Please enter a whole number (integer).

What is the average number of new assessments per week?

Please enter a whole number (integer).

What is the average number of follow-ups assessments per week?

Please enter a whole number (integer).

What is the maximum number of patients in a class?

Please enter a whole number (integer).

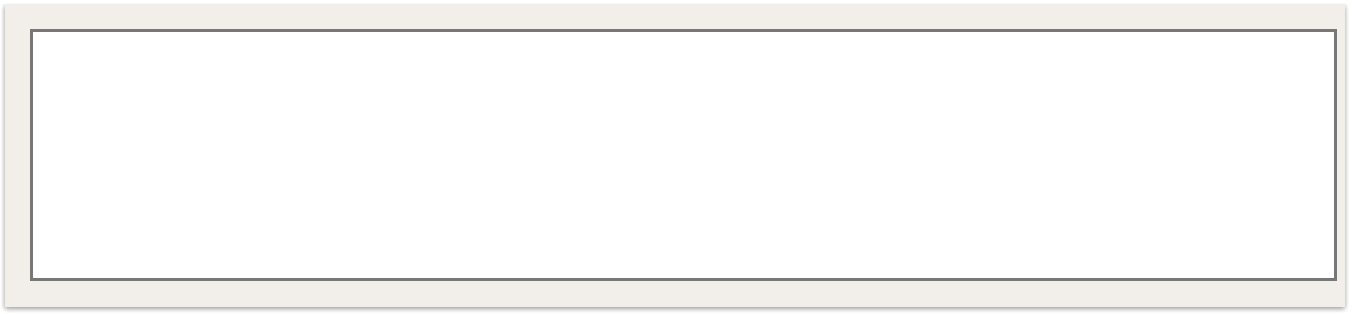
What is the length of the programme offered (e.g., 12 weeks)?

What type of patients are in the class? (select all that apply)

- ☐ Non-dialysis
- ☐ Transplant
- ☐ Dialysis
- ☐ Other

If you selected Other, please specify:

How has COVID-19 impacted the services offered since March 2020?



Section 3b. Outpatients - Therapy clinics

Do you provide therapy clinics for kidney patients? (If provision is on an ad hoc basis, please select yes)

☐ Yes

☐ No

If you have selected 'Yes' you will next be taken to a page with further questions on the therapy clinics offered. If you have selected 'No' you will be taken to the next stage of the survey.

Section 3c. Outpatients - Therapy clinics

What type of therapy clinic is provided? (please select all relevant)

- ☐ Transplant
- ☐ Weight management
- ☐ Conservative care
- ☐ HD
- ☐ PD
- ☐ Pre-dialysis CKD
- ☐ Other

If you selected Other, please specify:

Please select all the services provided

- ☐ Mobility assessment
- ☐ Symptom management (e.g., fatigue, pain)
- ☐ Exercise and physical activity prescription
- ☐ Cognition
- ☐ Seating/positioning
- ☐ Meaningful activity
- ☐ Relaxation
- ☐ Vocational rehabilitation
- ☐ Other

If you selected Other, please specify:

Do you provide a service in these clinics on an ad hoc basis?

☐ Yes

☐ No

What ad hoc input do you provide?

How many sessions per week?

What is the maximum number of patients that can be seen per clinic/session?

Please enter a whole number (integer).

What is the average number of referrals per week?

Please enter a whole number (integer).

What is the average number of follow-ups per week?

Please enter a whole number (integer).

How has COVID-19 impacted the services offered since March 2020?

Section 4. Inpatients

Do you provide inpatient therapy for kidney patients?

☐ Yes

☐ No

If you have selected 'Yes' you will next be taken to a page with further questions on the inpatients services offered. If you have selected 'No' you will be taken to the next stage of the survey.

Section 4a. Inpatients

Please specify the types of patients seen as inpatients

- ☐ Transplant
- ☐ Conservative care
- ☐ HD
- ☐ PD
- ☐ Pre-dialysis CKD
- ☐ Other

If you selected Other, please specify:

Please select all the services provided

- ☐ Mobility assessment
- ☐ Discharge planning and support
- ☐ Symptom management (e.g., fatigue, pain)
- ☐ Exercise and physical activity prescription
- ☐ Respiratory therapy
- ☐ Cognition
- ☐ Seating and positioning
- ☐ Meaningful activities
- ☐ Other

If you selected Other, please specify:

How many beds do you cover?

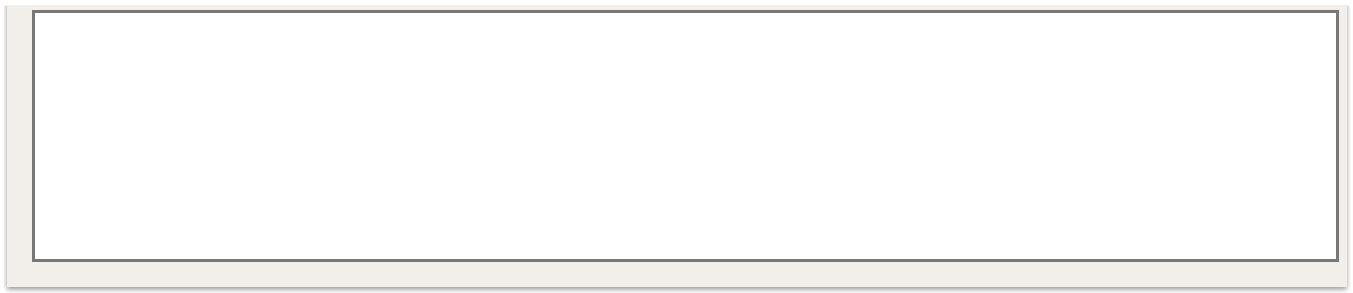
	Number of beds
Number of general/low dependency beds	
Number high dependency beds	

What is the average number of referrals per week?

What is the average number of new assessments per week?

What is the average number of follow-ups assessments per week?

How has COVID-19 impacted the services offered since March 2020?



Section 5. Other services

Do your patients access any form of 'Exercise practitioner' (e.g., Clinical Exercise Scientists / Accredited Exercise Referral Scheme / Accredited Personal Trainer)?

- ☐ Yes
- ☐ No

Please describe the services

Are you aware/have read the UKKA 'Clinical practice guideline exercise and lifestyle in chronic kidney disease' published in 2022?

[!\[\]\(675ef7f53d3bd4a69f2bfe6acc6c2026_img.jpg\) More info](#)

- ☐ Yes
- ☐ No

Please identify any audit and service development work (related to kidney therapy) **ongoing** in your service

Please identify any audit and service development work (related to kidney therapy) **planned** in your service

Is there anything else you would like to comment upon in relation to your kidney therapy services (e.g. services for patients receiving home haemodialysis, community therapy services)?

Section 6. Barriers

How much do you agree or disagree with these factors as barriers to the delivery of kidney therapy in your site?

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Don't know
Lack of money / funding	☐	☐	☐	☐	☐	☐
Lack of time	☐	☐	☐	☐	☐	☐
Lack of qualified personnel for this role	☐	☐	☐	☐	☐	☐
Lack of physical resources or difficulty with existing resources (e.g., dialysis beds/exercise equipment)	☐	☐	☐	☐	☐	☐
Lack of interested motivated patients due to ill health and lack of awareness	☐	☐	☐	☐	☐	☐
Prioritisation of other services	☐	☐	☐	☐	☐	☐
Lack of motivated medical staff	☐	☐	☐	☐	☐	☐
Lack of leadership and professional advice on how to organise a unit with therapy in mind	☐	☐	☐	☐	☐	☐
Lack of space	☐	☐	☐	☐	☐	☐
Lack of hard research evidence	☐	☐	☐	☐	☐	☐
Lack of knowledge about available offered services within organisations	☐	☐	☐	☐	☐	☐
Cultural barriers	☐	☐	☐	☐	☐	☐

Health and safety concerns	☐	☐	☐	☐	☐	☐
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In your opinion which of the above is the **primary** barrier to providing kidney therapy?

- ☐ Lack of money / funding
- ☐ Lack of time
- ☐ Lack of qualified personnel for this role
- ☐ Lack of physical resources or difficulty with existing resources (e.g., dialysis beds/exercise equipment)
- ☐ Lack of interested motivated patients due to ill health and lack of awareness
- ☐ Prioritisation of other services
- ☐ Lack of motivated medical staff
- ☐ Lack of leadership and professional advice on how to organise a unit with rehabilitation in mind
- ☐ Lack of space
- ☐ Lack of hard research evidence
- ☐ Lack of knowledge about available offered services within organisations
- ☐ Cultural barriers
- ☐ Health and safety concerns

If you have established a kidney therapy service, what barriers did you face and how did you overcome them?

Future contact

If you are willing in being contacted for future related surveys in this area, please enter your email below

Please enter a valid email address.

Email

Final page

Thank you, your responses have been submitted and you may close this window.

For more information, please email **KidneyRehabUKsurvey@gmail.com**

Key for selection options

2 - Select your unit

Aberdeen Royal Infirmary
Airdrie - Monklands Hospital
Antrim Area Hospital
Ayrshire & Arran: University Hospital Crosshouse
Bangor - Gwynedd Hospital
Basildon
Belfast City Hospital
Belfast- Ulster Hospital
Birkenhead - Arrowe Park Hospital
Birmingham Children's Hospital
Birmingham Heartlands
Birmingham Queen Elizabeth Hospital
Bradford
Brighton - Sussex Kidney Unit
Bristol Children's Hospital
Bristol Southmead -
Cambridge - Addenbrooke's Hospital
Canterbury
Cardiff - University Hospital of Wales
Carlisle - Cumberland Infirmary
Chelmsford - Broomfield Hospital
Colchester Dialysis Unit
Coventry - Walsgrave Hospital
Derry/Londonderry - Altnagelvin Hospital
Doncaster
Dorchester
Dudley - Russells Hall Hospital
Dundee - Ninewells
Edinburgh Royal Infirmary

Exeter Kidney Unit - Royal Devon & Exeter Hospital
Glan Clwyd Hospital
Glasgow - Yorkhill
Glasgow Renal and Transplant Unit
Gloucester
Hull
Inverclyde
Inverness - Raigmore Hospital
Ipswich Renal Unit
Kirkcaldy
Leeds - Paediatric Unit
Leeds - St James's University Hospital
Leicester General Hospital
Lichfield Victoria Hospital
Liverpool - Aintree University Hospitals NHS Foundation Trust
Liverpool - Royal Liverpool University Hospital
Liverpool Children's - Alder Hey
London - Barts and The London Hospital
London - Evelina Children's Hospital
London - Great Ormond Street
London - Guy's Hospital
London - King's College Hospital
London - Peritoneal and Auchu Dialysis Centres: Hammersmith Hospital
London - Royal Free Hospital
London - St George's Hospital
London - St Mary's Hospital
London - West London Renal and Transplant Centre
Manchester Royal Infirmary
Middlesbrough - The James Cook University Hospital
Mountainhall Treatment Centre
Newcastle - The Newcastle upon Tyne Hospitals NHS Foundation Trust
Newcastle RVI - Paediatric Unit
Newry - Daisy Hill Hospital
Norwich
Nottingham Children's Unit
Nottingham Renal and Transplant Unit
Omagh - Tyrone County Hospital
Oxford Kidney Unit and Oxford Transplant Centre
Plymouth - Plymouth Dialysis Unit
Portsmouth - Queen Alexandra Hospital

Preston - Royal Preston Hospital
Reading - Royal Berkshire Hospital
Royal Manchester's Children's Hospital
Salford Royal NHS Foundation Trust
Sheffield
Southampton General Hospital - Paediatric
Southend Hospital
St Helier's South West Thames Renal & Transplantation Unit
Stevenage
Stoke - University Hospital of North Staffordshire
Sunderland Royal Hospital
Swansea, Morriston Hospital
The Shrewsbury and Telford Hospitals NHS Trust
Truro - Royal Cornwall Hospital
University Hospital of Derby and Burton NHS Foundation Trust
Wolverhampton
Wrexham
York
