

Maoliosa (Mo) Donald



Biography

Maoliosa Donald is a PhD student in the Department of Community Health Sciences at the University of Calgary. She obtained her BSc in Physical Therapy with distinction from the University of Alberta, with postgraduate certifications in orthopedic manipulative therapy, advanced acupuncture, project ethics and knowledge translation. She completed an MSc in Rehabilitation Science from the Faculty of Rehabilitation Medicine at the University of Alberta. She is passionate about interventions that support patient-centered care, and innovations that address the evidence-practice gap for patients with chronic disease. Maoliosa has worked with many multi-disciplinary teams of clinicians, decision makers and patients in

the execution of health service related projects. She has obtained research experience with Alberta Health Services, and most recently with the Interdisciplinary Chronic Disease Collaboration (ICDC) at the Cumming School of Medicine, University of Calgary.

Her current work involves understanding the needs of people with chronic kidney disease and how to provide optimal strategies for supporting patients and their families in order to cope with the physical and emotional consequences of the illness. She is actively involved in many professional activities including holding memberships with the Mixed Methods International Research Association, Alberta SPOR Knowledge Translation Methods Working Group, and the International Institute for Qualitative Methodology.

Project Summary

Enhancing Patient Self-Management of Chronic Kidney Disease: Identification and Testing of Optimal Strategies

Chronic Kidney Disease (CKD) is common and a growing public health concern. More than 10% of adults in Canada have CKD and it is associated with adverse health outcomes, poor quality of life (such as poor physical health, mental well-being, and lack of independence) and high health care

costs. Many adults with CKD often have other chronic conditions (including diabetes and cardiovascular disease), making it hard for them to balance their medical care with the demands of their daily lives. Providing patients with self-management strategies, such as knowledge, skills, and confidence to manage their chronic conditions may ultimately delay disease progression and improve their quality of life.

Our nation-wide Canadian survey found that patients and family members want strategies to help manage their CKD by themselves, which can optimally improve their healthcare experience and address the emotional consequences of their illness. However, there is a gap in the literature regarding the best strategies that can be used to help patients manage their CKD. The goal of our study is to identify self-management strategies available for adults with CKD. We will determine the strategies that the patients and their family members feel are most important to them. Based on this information, along with published evidence, we will develop and pilot test an innovative self-management tool. We will assess to see if it improves patient reported outcomes such as quality of life and relevant clinical outcomes. With this information, we can propose solutions to ensure patients are equipped to self-manage their CKD.