Chronic kidney disease (CKD) affects over 10% of the global population (~800+ Mn individuals) and is often undetected until the advanced stages, becoming a leading cause of death worldwide. While there is no cure, treatment can manage symptoms and slow progression. Progression of CKD to end-stage renal disease (ESRD) can result in the requirement for renal replacement therapy.

**PATIENT JOURNEY**

CKD is a challenging and debilitating condition. As it progresses, patients experience a decline in their health-related quality of life, leading to higher healthcare resource utilization and escalating costs.

**DIAGNOSIS**

Of kidney function can be lost before CKD symptoms appear. Most people do not experience any symptoms until it has advanced.

**~90%**

Of kidney function can be lost before CKD symptoms appear. Most people do not experience any symptoms until it has advanced.

**COMPLICATIONS**

CKD often co-occurs with other conditions associated with increased risk of hospitalization and death.

- Diabetes: ~14%
- Cardiovascular Disease: ~32%

Patients diagnosed with CKD may experience confusion, fear, shock, and denial.

**LIFESTYLE CHANGES**

To help manage symptoms of CKD and comorbidities, patients may need to make daily decisions about:

- Adhering to scheduled appointments
- Taking prescribed medications
- Limiting intake of fluid and certain foods

**END-STAGE RENAL DISEASE**

Patients with ESRD may grapple with mortality; they depend on regular dialysis treatment / kidney transplant for survival.

**DIALYSIS**

Challenges faced by patients initiating dialysis treatment may include:

- Restrictions in schedules
- Dietary changes
- Impact on health
- Enrolling in insurance
- Shifts in personal relationships

The psychosocial and psychological well-being of patients may be affected by dialysis.

**TRANSPLANT**

Kidney transplantation is a lengthy process (months to years), requiring numerous clinic visits, tests, and evaluations before the actual surgery. This can lead to uncertainty among patients about their ability to dedicate sufficient time to the process.

Some patients remain in denial about the CKD diagnosis and avoid a transplant until they accept their condition.

**POST-TRANSPLANT CARE**

For optimal outcomes after transplant, patients must continue to adhere to their care plan, which may include:

- Taking medications on time
- Attending scheduled checkups and lab tests
- Maintaining a healthy lifestyle
**KEY BURDEN AREAS**

*Patients diagnosed with CKD face many challenges as they move from initial CKD diagnosis to ESRD.*

<table>
<thead>
<tr>
<th>Key Burden Areas</th>
<th>Description</th>
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<tbody>
<tr>
<td>Non-standard CKD Screening</td>
<td>Unconventional CKD screening methods can lead to unplanned initiation of dialysis, increasing the likelihood of medical complications and imposing physical, emotional, and financial burdens on patients, their families, and caregivers. However, with timely CKD management, these stressors are reduced, and mortality rates decline.</td>
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<tr>
<td>Fear and Denial</td>
<td>Clinicians face the challenging responsibility of preparing patients for dialysis, often dealing with individuals who are fearful or in denial of their CKD diagnosis.</td>
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<tr>
<td>Overwhelming New Reality</td>
<td>Entering dialysis means patients arrange their lives around their dialysis treatment. In addition to how dialysis affects their health, patients also have to deal with insurance enrollment, diet changes, relationship shifts, and new schedule restrictions.</td>
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<tr>
<td>Missing Support</td>
<td>Education and support from the facility are key for a smooth transition into dialysis. They are not always possible because staff must split time between patient care and documenting for regulatory compliance and quality measures.</td>
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<tr>
<td>Coordination Central</td>
<td>Dialysis facilities coordinate many activities such as patient transport, transferring patient medical information and connecting patients to transplant centers. Effective coordination is critical, but patients can slip through the cracks.</td>
</tr>
</tbody>
</table>

**HOW CAN ARANCA HELP?**

01 **Patient journey mapping**: pre- and post-diagnosis, field stories and burdensome part of disease from patient and caregiver perspective.

02 **Disease Progression Modelling**: Parameters used in disease progression, disease and symptom progression.

03 **Patient Breakpoint Analysis**: Understanding key pain points in the patient journey from the patient and caregiver perspective.

04 **Unmet needs mapping and Quality of life (QoL)**: Disease progression, Symptoms impacting QoL, Daily activity impairment.

05 **Economic Burden and Unmet Need Analysis**: Impact of a disease on the patient's economic well-being and unmet needs analysis.

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