

S RTP - Project Description Form #227

PART I:

Name of Schulich faculty member who will supervise the project Louise Moist

Supervisor's Schulich, Western, Hospital or Lawson Email louise.moist@lhsc.on.ca

Schulich Department Medicine

PART II - Project Description

Title of Project Obesity management for Kidney TRANSPLANT in Indigenous persons with chronic kidney disease (OK-TRANSPLANT Indigenous)

Background

Indigenous peoples in Canada are 3x more likely to develop ESKD and have markedly lower rates of transplantation than non-Indigenous people. Obesity is a barrier to transplantation with > 25% of potential kidney transplant candidates being obese and obesity rates are even higher among Indigenous peoples with ESKD. Research advancement in the management of obesity in Indigenous people with ESKD is lacking. Obesity is extremely complex in the Indigenous population, having been subject to social exclusion that discourages mental and emotional wellness and faced cultural and community disruption caused by colonization. They often live with food insecurity, lower income, and suboptimal access to healthcare. ESKD brings additional challenges to obesity management: multiple medical conditions, restrictive diet, and functional limitations. It is imperative we explore Indigenous people's lived experience with obesity in ESKD, focusing on solutions at personal, social, and systemic levels for obesity management to remove barriers to kidney transplantation.

Hypothesis

This qualitative study will inform our understanding of the barriers and facilitators to weight loss among Indigenous peoples living with obesity and seeking a kidney transplant

Proposed Methodology

Objective 1: Understand the lived experience of Indigenous peoples with CKD and obesity and gain their perspective on practical weight loss intervention to match needs.

Design, Setting Methods: We will conduct interviews of Indigenous peoples with CKD and obesity from Southwestern Ontario. Participants will be recruited from MCKC, and Dialysis Units using posters in clinical areas, and by sharing our study with nephrologists and transplant physicians from across London Health Sciences Centre.

Inclusion criteria

1. Stage 4-5 CKD (including on dialysis)
2. Aged 18 or older
3. Personal experience with obesity and/or has been asked to lose weight
4. Capable of providing informed consent to participate

Interview and data collection: The interview can be completed in-person in a private location at LHSC or SJHC, on the telephone, or virtually on Cisco WebEx. Participants will complete a short questionnaire to gather age, gender identification, dialysis status, before starting a 1 hour 1:1 semi-structured interview guided by our pre-specified interview guide. The interview will be recorded and transcribed by Trint Services (approved by LHIR)

Analysis: Each participant transcript will be reviewed independently by study investigators until all agree on emerging themes. Emerging themes will be organized into broad categories to use as a coding template. The coding template

can be modified in an iterative fashion with each subsequent interview. Analysis will continue until no new themes emerge and saturation is achieved. We will cease data collection when data saturation has been achieved

Expected Outcomes

This qualitative study is a necessary first step toward understanding the lived experiences of Indigenous people with CKD and obesity. The results of this study will inform a future study on obesity management intervention in this population, ensuring it is accessible, adaptable and can be easily integrated into routine care. We will reduce healthcare inequity by studying a patient group routinely excluded from clinical trials

Research Environment - Description of the number of research personnel, primary location of research, size of lab, etc

This qualitative study will be part of our large OK Transplant obesity in transplant platform We have > 10 studies focusing on different aspects of studying obesity in transplant recipients with a team that includes students at all levels of learning, nephrologists, endocrinologists, obesity specialists, transplant surgeons, dieticians, social scientists, patients and exercise physiologists.

We meet regularly as a team. The SRTP student will be surrounded by like minded researchers and students We are well supported with a research team of research assistants and coordinators. We have > 20 investigators and 8 students . It is centered at the Kidney Clinical Research Unit at LHSC.

We do have ethics approval for this study

Names and titles of other individuals who will be involved with the research project?

Dr Kristin Clement Endocrinologist Director of ICES.

Dr Jacquie Ernst Internist with specialty in Obesity e

Dr L Gunaractum Nephrologist

Dr Al Sener Urologists Head of

Can this project be done remotely? No

Duration of Project Two Summers

Expected Objectives/Accomplishments for Student for Year 1?

1. Understanding of the barriers for weight management among Indigenous peoples seeking kidney transplantation
2. Understand the physiology of obesity and the need for a multi-faceted approach to weight management
3. Become familiar with qualitative methodology and grounded theory in interviewing
4. Participant in recruitment of participants
5. review transcripts for themes as part of team
6. Prepare review of barriers to transplantation in Indigenous peoples for publication
7. present and participant in our team meetings
8. Present a 15 min presentation on research findings at our summer student research day

Expected Objectives/Accomplishments for Student for Year 2?

1. Complete themes of interviews
2. complete a manuscript for publication on the findings of the qualitative review
3. Work with team to develop knowledge translation plan and launch for the information discovered in this qualitative study
4. Participant in team meetings with other research projects to provide feedback and support

PART III - Certifications

If the project will require any certification - Human Ethics approvals from one or more of the following offices, please check the appropriate box below.

Human Ethics: If you have the protocol information, please enter it below (or

enter the status of the approval).

Approved

Note: certification approval should be obtained prior to the start of the summer. Projects without this approval will not be a priority for funding.