Health Literacy and the Importance of Health Information from Internet in Adults with Chronic Kidney Disease: An Explorative Qualitative Study.

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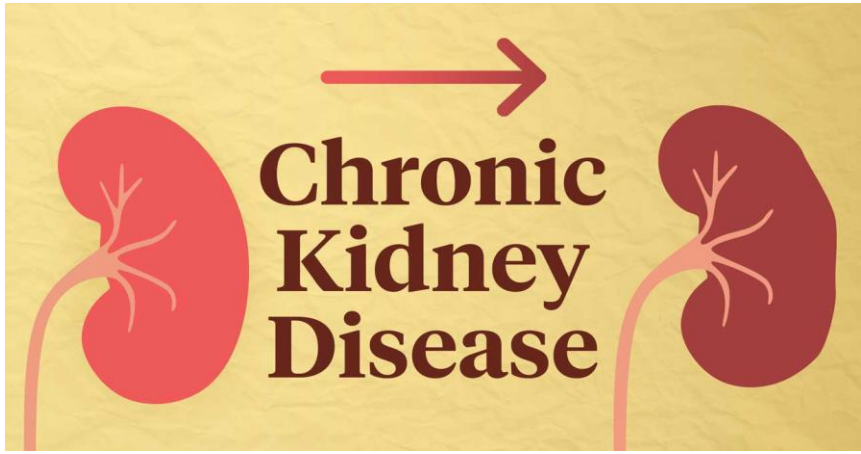
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Health Literacy in Chronic Kidney Disease Background

- CKD is increasing globally.
- Co-morbidities add substantial burden.
- Self-management is essential to delay progression to kidney failure.



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Health Literacy in Chronic Kidney Disease
Why health literacy matters

- Health literacy is a social determinant of health
- It can support more effective self-management.
- Limited evidence exists in adults with CKD in Hong Kong's unique cultural setting.



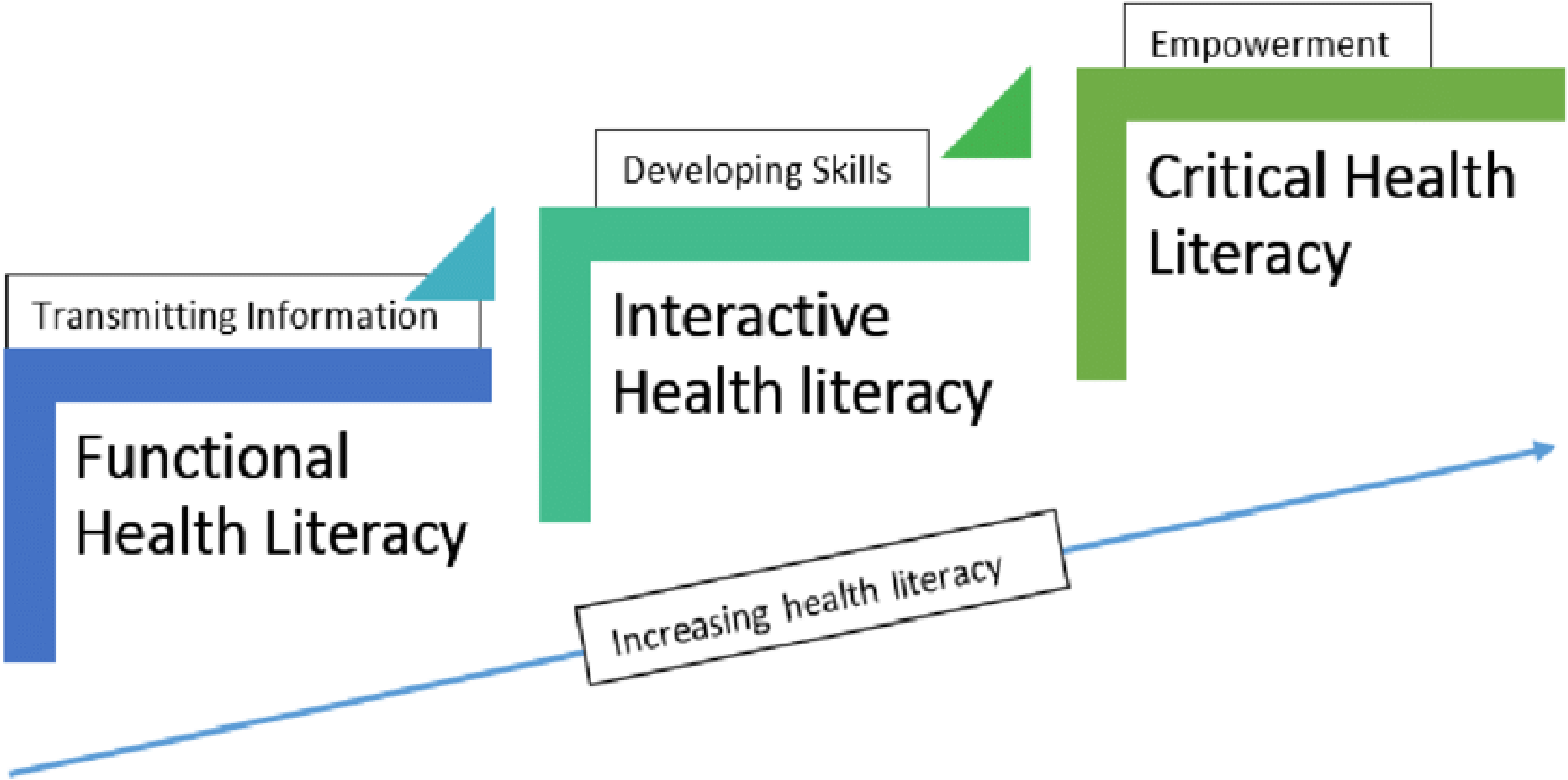
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Health literacy… a multi-dimensional concept



« A person's knowledge, motivation and competences to access, understand, appraise, and apply health information to make judgments and take decisions in everyday life concerning healthcare, disease prevention and health promotion to maintain or improve quality of life during the life course»

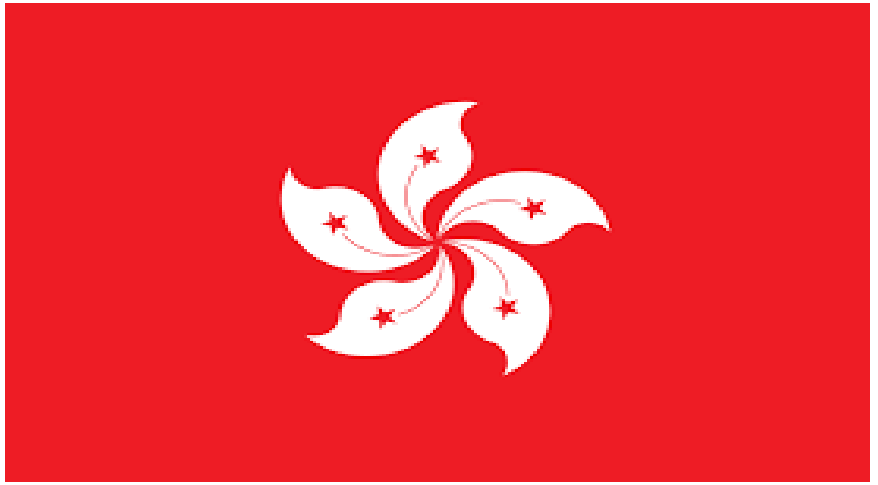
WHO. Health literacy. The solid facts. Health, 2016.



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Health Literacy in Chronic Kidney Disease
Study Aims

- Explore lived experiences of accessing, prioritising, and appraising health- related information.
- Focus on Hong Kong adults with CKD attending self-help group



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Health Literacy in Chronic Kidney Disease Study Design

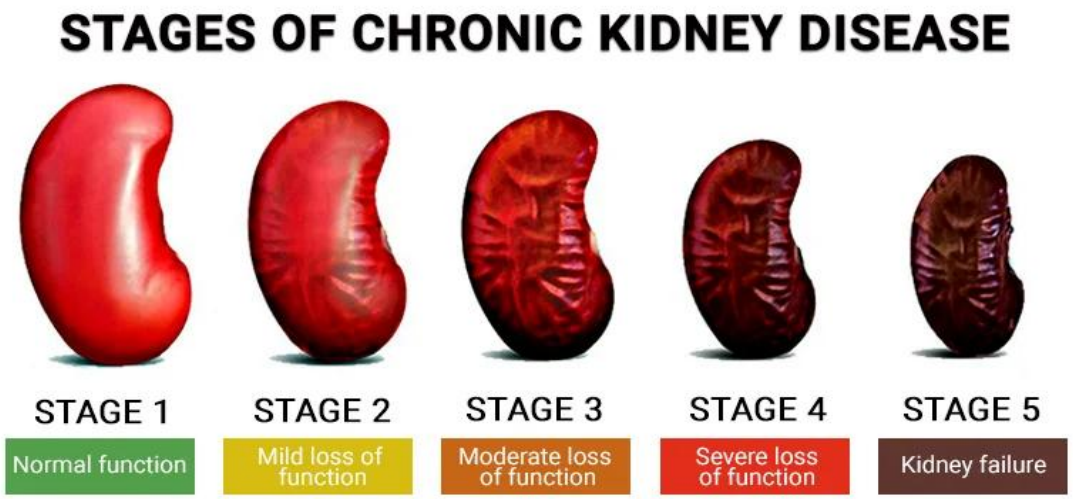
- Exploratory qualitative study.
- Part of a larger sequential mixed-methods study.
- Informed by quantitative findings.
- Five semi-structured focus groups.
- Facilitated by trained researcher.



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Health Literacy in Chronic Kidney Disease Study Participants

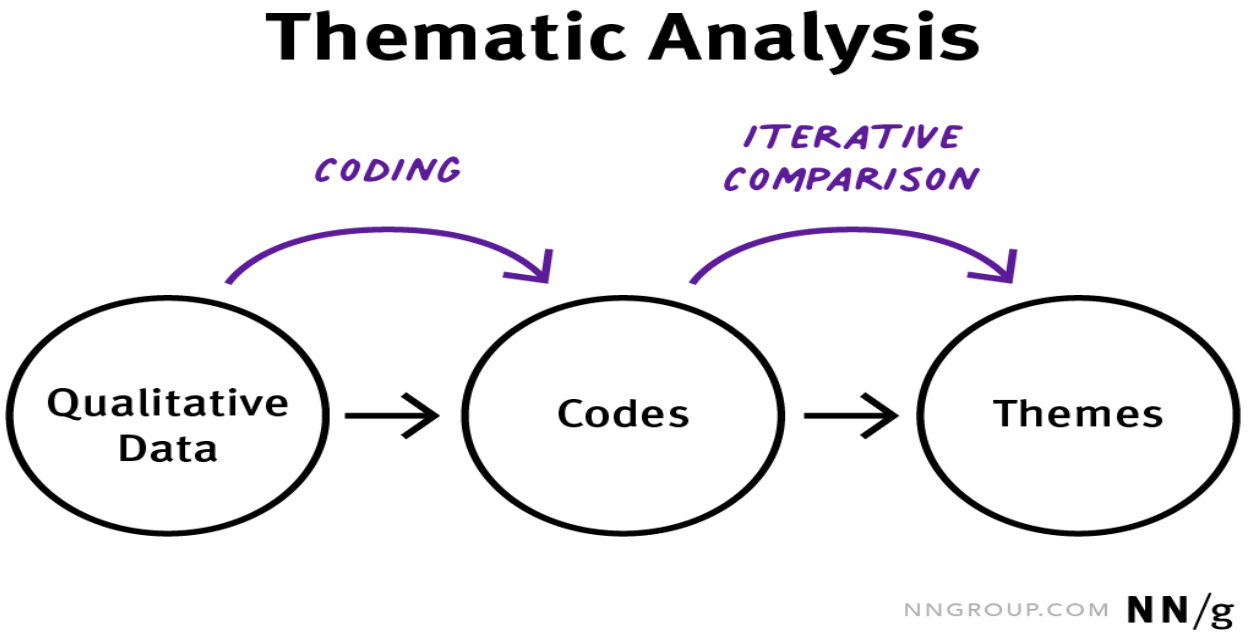
- 22 adults with confirmed Grade 3–5 CKD.
- Recruited from a Hong Kong patient self-help group.
- Mean age 60.82 years; range 35–76 years.



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Health Literacy in Chronic Kidney Disease Study analysis

- Translated in English
- Focus groups were transcribed.
- Thematic analysis was conducted.
- Four major themes emerged.



Health Literacy in Chronic Kidney Disease Research Themes

Emergent Themes:

1. Reasons to search for health information.
2. Sources of health information.
3. Fellow patients are the best companions.
4. **Health information on the internet.**



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Health Literacy in Chronic Kidney Disease
Digital Health Technology

Benefits:

- Speed and accessibility
- Lowering costs

Challenges:

- Digital literacy
- Trustworthiness and conflicting information



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Health Literacy in Chronic Kidney Disease
Theme 4: Health information on the internet.

Sub-theme 1: Quick and easy

"Because there are videos (online)... I can learn and do it immediately. If I ask the doctor, I have to wait till the next follow-up. And we are not seen by the same doctor every time. I am not sure how the doctor will respond to my question. So... I will watch the videos first, maybe I will ask my friends as well. I will see doctor's advice as a final reference. It is better to understand things from multiple perspectives."

Health Literacy in Chronic Kidney Disease
Theme 4: Health information on the internet.

Sub-theme 2: Trustworthiness of information

'In some online social groups (Facebook and WhatsApp), there are so many people. Some people are just there to spread negativity. Saying random things. You never know who can be trusted. (F1-3)'

'The Internet is good. You can find a lot of things online, but it can also be dangerous.' (F6-2)

Health Literacy in Chronic Kidney Disease
Theme 4: Health information on the internet.

Sub-theme 3: Conflicting information

'Of course, I will look for online information, but it is just a reference, we cannot believe it blindly. I prefer asking doctors that I am familiar with. It is much safer. Fellow patients may not always be trustworthy. They are not healthcare professionals. They don't know everything.' (F3-5)

Health Literacy in Chronic Kidney Disease Interpretation and implications

Interpretation and implications

- Need for culturally specific digital educational resources.
- Resources should match patients' CKD understanding and needs.
- Nurse-led HL interventions may support self-management.

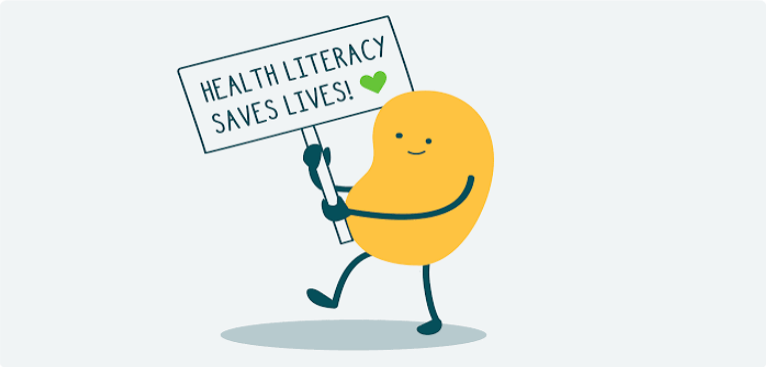


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Health Literacy in Chronic Kidney Disease Conclusion

Conclusion

- Health Literacy can positively influence CKD self-management.
- Digital HL is a key considerations in renal healthcare
- Nurse-led, tailored digital interventions may improve outcomes and reduce disparities.



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Health Literacy in Chronic Kidney Disease

Thank you

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