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**Abstract Title**

Perspectives of Youth living with Type 2 Diabetes about eGFR and Development of a Knowledge Mobilization Toolkit

**Authors**

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**Will they participate in the poster presentation at CHRD?**

No

**Background**

Youth diagnosed with type 2 diabetes (T2D) face a higher risk of kidney disease than adults diagnosed later in life. Current practice focuses on urine protein screening. The Improving renal Complications in Adolescents with T2D through REsearch (iCARE) study developed a novel estimated Glomerular Filtration

Rate (eGFR) equation which was validated as a more accurate estimate of kidney function for this population than previously developed equations. Pediatric endocrinologists have identified limited knowledge about eGFR and how to utilize it along with urine protein screening in practice.

### **Objective**

This project aimed to increase public and diabetes provider familiarity with iCARE eGFR and facilitate application in clinical settings.

### **Methods**

To explore participant knowledge around youth-onset T2D, kidney health, and eGFR, three focus groups were conducted with young people (age 16-22) diagnosed with youth-onset T2D and their caregivers. Using nVivo15 software, a thematic analysis was conducted on focus group transcripts, including 11 participants (7 young people, 4 caregivers). Using the themes that emerged, we co-created, with youth with lived experience and pediatric diabetes care providers, an iCARE eGFR knowledge translation toolkit.

### **Results**

Three key themes emerged from the focus group analysis: 1) Lack of familiarity with eGFR; 2) Barriers to communication about kidney health; 3) Negative experiences with clinical messaging. The developed toolkit includes a printed brochure/infographic, a poster (printed or electronic), a short video for social media platforms, and a conversation guide for providers.

### **Conclusion**

Themes identified through focus group conversations with youth living with T2D identified key messages for a knowledge mobilization toolkit to facilitate implementation of eGFR into pediatric endocrinology clinics. Materials developed for health care providers aim to increase knowledge of the iCARE eGFR and support conversations about kidney health between youth-onset T2D patients and their providers. Next steps include the dissemination and evaluation of the materials.