DAYLife
Helping more patients dialyse from home

Kidney Care UK · UKKA UK Kidney Association · nkf National Kidney Federation · FRESENIUS MEDICAL CARE

Shared Care Mentoring Programme



Welcome Pack

Shared HD Care

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WELCOME

Dear Colleague,

It is a real pleasure to welcome you onto the Shared Haemodialysis Care Mentoring Programme.

This is an exciting new initiative – developed by DAYLife and the Share HD team, and we want to thank you for your eagerness/enthusiasm to participate.
Shared haemodialysis care is a positive method of improving the patients' experience of dialysis and is evidenced to increase the number of patients who see home haemodialysis as an option as they become more confident in their ability to participate and gain more independence.

This programme aims to strengthen capability and to help deliver lasting improvements. Whether you are a mentor or mentee, we aim to give you knowledge and experience that you can take away and use to drive shared haemodialysis care within your units. We trust you will find the programme of great benefit to you and your Unit.

We look forward to hearing your feedback as the project progresses.

Best wishes



Udaya Udayaraj



Tania Barnes

ABOUT
DAYLife

- DAYLife is a national improvement programme which was re-launched in 2022 in partnership with the UK Kidney Association, Fresenius Medical Care, The National Kidney Federation and Kidney Care UK. The programme has adopted the experience based co-design approach working with patients and clinical teams to understanding the priorities and challenges of delivering home therapies.

- DAYLife aims to develop tools and resources, foster connections and collaborations and deliver quality improvement training to enable equitable access to home dialysis therapy to support centres in meeting the 20% GIRFT target.

- DAYLife consists of 4 workstreams, Peer Support, Education and Shared Decision Making, Shared Care and Psychosocial

- One of our priorities for DAYLife is growing Shared Care capability nationally which will hopefully prepare more patients to home dialysis for one of the following reasons:

    - Shared care encourages patients to take an active role in their treatment by learning essential dialysis-related tasks in a supported environment. This builds confidence and prepares them for home-based dialysis options

    - Patients who participate in shared care programs within renal units become familiar with handling dialysis equipment, troubleshooting issues, and managing their treatment. This familiarity reduces fear and resistance to transitioning to home dialysis.

    - Shared care provides step-by-step training, allowing them to gain independence in a safe and supervised setting before transitioning to home dialysis

    - When renal units actively promote shared care, they shift the mindset from hospital dependency to self-care, making home dialysis a more natural next step for patients

Aims of Shared Care mentoring programme

Enable, accelerate and sustain the adoption of shared haemodialysis care by renal centres through a support system of mentoring in addition to training

Objectives

- Establish a mentoring scheme to facilitate the adoption, maintenance and structured growth of shared haemodialysis care in five renal centres.
- Evaluate the effectiveness, benefits, challenges and the scalability of the mentoring scheme in driving forward shared care across all the renal centres.
- Develop shared care training and mentoring capability to ensure sustainability

MEET
OUR TEAM



Dr Udaya Udayaraj

I currently work as a consultant nephrologist and clinical lead for the peritoneal dialysis programme at Oxford University Hospitals NHS trust. I also have a background in quality improvement as Health Foundation Q community member and QSIR (Quality, Service Improvement and Redesign) teaching faculty associate. Within my role as clinical co-lead for KQIP, I lead the DAYLife (Dialysis at Yours: Life Fulfilled) programme to enable more patients to dialysis from home. I am a strong advocate for involving patients in their own care and have enjoyed working with patients in co-designing services and quality improvement initiatives. Shared haemodialysis care is one of the workstreams within DAYLife and I look forward to working with ShareHD team and other key partners to scale up shared care in the UK through this mentoring programme.



Georgina Hamill

Georgina has 15 years of experience of working in healthcare. Prior to joining the UK Kidney Association, Georgina worked for NHS England and NHS Improving Quality specialising in organisational change, quality improvement, learning and development at national, regional and local levels. Since joining the UKKA in 2023 Georgina has been working on the DAYLife programme, working with our partners to accelerate the adoption of home therapies nationally



Kay Elson

Kay has over 15 years experience working in events and communications. Prior to joining the UKKA, Kay worked for a number of organisations including medical devices company Covidei, and the College of Policing. Since joining the KQIP team in 2023, Kay has worked on numerous national programmes, including the National Kidney PREM (Patient Reported Experience Measure), Transform AKC, Transplant First and DAYLife.



Tania Barnes

I have worked as a renal nurse for over 30 years with the last 13 dedicated to Shared Haemodialysis Care (SHC). I was on the programme board and joint trainer for the original Health Foundation funded project, designed to change relationships and involve patients in their care across Yorkshire and Humber. My work as Education lead for the ShareHD scaling up programme further enhanced the opportunity to work with many teams to understand what supported and was challenging when implementing SHC. I now work with Kidney Care UK and the NHS to lead online training workshops for teams of haemodialysis health care professionals and patients. Working with the DayLife programme and key partners through a national steering group, we aim to strengthen the move towards all patients receiving equal access to shared care in centre as standard.

PROJECT
CONTACTS

Mentor	Mentee
The James Cook University Hospital - Middlesbrough	**Russel's Hall Hospital - Dudley**
Vicki Ness - vicki.ness@nhs.net	Bobbie Bedford - bobbie.bedford@nhs.net
Imperial College Healthcare Trust - London	**Plymouth University Hospital - Plymouth**
Sally Punzalan - sally.punzalan@nhs.net	Jen McDermott - jennifer.mcdermott1@nhs.net
University of Oxford Hospital - Oxford	**Nottingham University Hospital - Nottingham**
Angela Pietrafesa - angela.pietrafesa@ouh.nhs.uk	Helen Houlahan - h.houlahan@nhs.net
Kidney Treatment Centre - Redditch	**Woodgate Dialysis Unit - Birmingham**
Allie Spittle - alexandra.spittle@diaverum.com	Poppy Edmunds - poppy.edmunds@diaverum.com
Leeds Teaching Hospital - Leeds	**Royal Devon and Exeter Hospital - Devon**
Joy Diego - maria-jocelyn.diego@nhs.net	Rowena Slyfield - rowena.slyfield@nhs.net

PROJECT
AGREEMENT

Clarifying your expectations at the outset of your mentor/mentee relationship will significantly help you to develop a strong and effective partnership. The compact agreement below provides a basis to agree your expectations

We agree to the following:

1. The Mentor/Mentee relationship will last for the duration of the programme (a minimum of 12 months).
2. We will meet virtually and if required face to face at least once every month. Meeting times, once agreed, should not be cancelled unless this is unavoidable. At the end of each meeting we will agree a date for the next meeting.
3. In between meetings we may choose to contact each other by telephone/email at a frequency and preferred timings to be agreed.
5. The content of these meetings will be kept confidential.
6. In our mentor/mentee pair, we agree to be honest and give and receive constructive feedback to each other and develop SMART action plans.
7. In the event our Mentor/Mentee relationship experiences difficulties or becomes ineffective that we cannot resolve in our pair, we will seek the support of the programme team.
8. We are committed to sharing our learning experiences as part of the on-going evaluation by submitting feedback at the end of each meeting.

PROGRAMME
EXPECTATIONS

Setting expectations at the start of a mentoring relationship is crucial for both the mentor and mentee because it establishes a foundation to work from. It might be helpful to discuss these in your first meeting together.

MENTORS

- Commitment to mentorship for the duration of the project and identify a mentoring champion and a deputy
- Participation in the design of the mentoring content
- Attend face to face development day and quarterly virtual development meetings
- Be responsive to mentee centres needs to organise and attend monthly meetings
- Work with mentee centres to generate new and innovative ideas and propose alternative ways of thinking and delivering

MENTEES

- Project ownership, time commitment and identify a nurse lead, deputy and medical lead for the project.
- Appropriate team members to attend Virtual launch, F2F Development day and quartlerly virtual development meetings.
- Nurse lead to organise and attend monthly virtual or F2F meetings with mentors (recommended duration 45-60 minutes)
- Report progress and share learning with DAYLife team through quarterly meetings
- Submit project details and use the knowledge hub to engage in discussions with other mentee centres
- Present project progress to wider renal community at home dialysis summit/UKKW
- Submit the end of the project report on the knowledge hub and for future peer reviewed publications.
- Consider the potential to become mentors at the end of the project for future scaling up of the programme to other centres

PROJECT TIMELINE

2025

APRIL
- 28th April| Sheffield | Mentor & Mentee full day meeting

MAY
- To be arranged by mentor/mentee | Mentor and Mentee Paired Meeting | 45 mins - 1 hr

JUNE
- 30th June | Virtual Development Day | Open to All (90 mins)

JULY
- 8th July | Mentor reflective sessions | 2 hrs
- To be arranged by mentor/mentee | Mentor and Mentee Paired Meeting | 45 mins - 1 hr

AUGUST
- To be arranged by mentor/mentee | Mentor and Mentee Paired Meeting | 45 mins - 1 hr

SEPTEMBER
- To be arranged by mentor/mentee | Mentor and Mentee Paired Meeting | 45 mins - 1 hr
- TBC | F2F | Home Dialysis Summit - promotion and impact

OCTOBER
- To be arranged by mentor/mentee | F2F or Virtual | Mentor & Mentee paired meeting |1hr
- 7th October | Mentor reflective sessions | 2 hrs

NOVEMBER
- To be arranged by mentor/mentee | Mentor and Mentee Paired Meeting | 45 mins - 1 hr

DECEMBER
- 1st December| Virtual Development Day | Open to All (90 mins)

2026

JANUARY
- TBC | F2F or Virtual | Mentor & Mentee paired meeting (1hr)
- 6th January | Mentor reflective sessions (2 hrs)

FEBRUARY
- To be arranged by mentor/mentee | Mentor and Mentee Paired Meeting | 45 mins - 1 hr

MARCH
- To be arranged by mentor/mentee | Mentor and Mentee Paired Meeting | 45 mins - 1 hr
- 3rd March | Mentor reflective sessions (2 hrs)
- 10th -12th March |F2F | UKKW Harrogate

APRIL
- 13th April| Virtual Development Day & end of programme| Open to All (90 mins)

MEETING OVERVIEW

Meeting	Programme Dates	Meeting Purpose	Who Needs To Attend - Mentees	Who Needs To Attend - Mentors	How will the programme team collect feedback/impact
Virtual Development Days for all	30 June 2025 1st December 2025 13 April 2026	Learn new skills – QI and Shared Care Mentee units to update on progress with Shared Care Strengthen relationship between Mentee and Mentor Providing time to focus on progressing Shared Care project	1 or more key mentees from your team to update on progress with the shared care project and share learning with the team back at the unit. *This meeting is open to those who didn't get a place on the programme*	1 or more key mentors from your team to learn how other teams are progressing and to report back to own Trust *Guest presenters from other units may be invited to share their expert practice i.e. group B*	Feedback collected from Mentor and Mentee via an MS Forms Data on shared care within each unit Both Mentors and Mentees will be asked to document key takeaways and action plans
Reflective sessions for Mentors only	8th July 2025 7th October 2025 6th January 2026 3rd March 2026	Provides a safe space to share challenges and successes Opportunity for self reflection to improve mentoring skills and approaches Helps mentors discuss any difficult situations Allows mentors to exchange strategies, techniques and experiences Strengthens connections amongst mentors	Not required to attend	You will need one key co- ordinating mentor but may have a number of individuals from your team to support you. Please decide at unit level who is most appropriate to attend these meetings.	Sessions will be recorded for analysis to identify key themes Open-ended questions will be used to assess mentors' experiences and to gather qualitative feedback on how the partnerships are working Check-ins will be used to capture impressions on the programme and how the pairing is working
One-to-One paired Mentor/Mentee meetings	Monthly - May 2025 to March 2026 *Please note that you will meet together as part of the development meetings in June, December and March 2026*	Provides a space to address challenges, share insights and develop solutions Allows mentors to share experiences, strategies and best practices Providing time to focus on progressing Shared Care project	These meetings are to be organised by the Mentor and Mentee unit. We would recommend scheduling them for the duration of the project (till March 2026). We would encourage you to think about who in your unit it might be useful to engage with, paired meetings could be organised between a; Consultant & Consultant Matron & Matron Support Worker & Support Worker etc	The key co ordinating mentor will have oversight and ensure that the mentoring is structured well and there is consistency in communication	SMART action plan Mentee and Mentor feedback via MS forms A template will support the mentee to reflect on progress, challenges, and key takeaways. This template will capture reflections from Mentee and Mentor to identify areas for improvement within these meetings

PROJECT
RESOURCES

There are a wide variety of resources available on the DAYLife knowledge hub to help you, including:

- Meeting recordings and slides
- Mentor/Mentee Templates
- QI Templates
- GROW Templates
- Oxford Case Study
- Shared Care Roadmap

These templates aren't mandatory to use but have been created to serve as a structured guide to ensure productive, focused, and meaningful discussions between the Mentees and Mentors. These templates will be confidential; however you might find them helpful to share within your unit to update on discussions and track progress over time.

To download digital versions of any of the templates, please visit the knowledge hub:
DAYLife Knowledge Hub - education.ukkidney.org/course/daylife

We have also created feedback forms for both Mentors and Mentees to help us improve and facilitate the programme. Please complete these after each paired meeting

MS Forms - Feedback Link

- Mentees - https://forms.office.com/e/nWNSg8K1JN
- Mentors - https://forms.office.com/e/1FpQEujTxt

DAYLife Knowledge Hub