



Findings from a 2017 evidence-based review on [strategies to increase living kidney donation](#), found that for patients with kidney failure, the intervention with the best evidence and greatest health impact was personalized support, provided by a multidisciplinary team, to inform and educate the patients' social network. This intervention increased living kidney donations by 34 per cent.

A province-wide survey also confirmed that many patients (particularly in vulnerable populations) with kidney failure are unable to find a living kidney donor and also find it difficult to approach potential donors due to lack of skills, supports, and resources.



Instead of 'asking' potential kidney donors, MuST AKT is a multi-stage, individually tailored intervention that applies a series of holistic tools that encourage patients to share their personal story of their kidney health journey by leveraging their social networks through the supported use of social media.

By reflecting on and publicly documenting their experience with kidney disease, hopeful recipients gain the confidence required to share their story and motivations for finding a living kidney donor. Also as part of the MuST AKT program, they are given an opportunity to share their stories with friends and family members during a session facilitated by the MuST AKT team, where learning about living kidney donation and how to support the recipient through sharing their story is the focus.

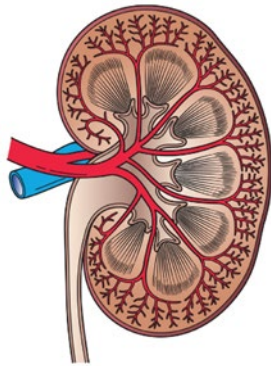
A recent MuST AKT participant felt the program was empowering and provided them with the strength to create and share their unique story within their personal and broader social networks.

"Yeah. It helped me to talk about it because I wasn't ready to talk to anyone – even my family, even my friends because I felt...not guilty, it is hard to explain but I didn't want to bother them with that. It was my burden. I'm taking care of it, but [the MuST AKT team] helped me go through to open up to them."

The primary outcome measure for MuST AKT pilot study is the proportion of participants with at least one potential living kidney donor calling the Edmonton living kidney donor program and initiating evaluation for living kidney donation.

The MuST AKT project team reached its target recruitment of 38 participants (19 participants receiving the MuST AKT intervention and 19 participants receiving usual care) for the pilot phase. As of May 12, 2022, 27 of the 38 participants have completed the study. The final participants are expected to complete the MuST AKT intervention in the summer of 2022. The project team will continue evaluating the MuST AKT intervention before beginning the next phase of the project, where a definitive randomized controlled trial (RCT) will be conducted.

The evidence review that led to MuST AKT was funded by the Kidney Health SCN's Scientific Office. Preliminary work for MuST AKT was supported by the Kaye Foundation, with the larger trial, and scale and spread across Alberta supported by the Partnership for Research and Innovation in the Health System (PRIHS).



If you are interested in becoming a living kidney, living lung, or living liver donor please contact the AHS Living Donor programs at:

[Edmonton Zone and Area - Living Donor Services | Alberta Health Services](#)

[Foothills Medical Centre - Living Donor Services - Southern Alberta Transplant Program | Alberta Health Services](#)

If you are interested in learning more about living kidney donation and kidney transplantation visit [Kidney Transplant \(alberta.ca\)](https://www.alberta.ca/kidney-transplant)

And for more information on the MuST AKT project contact the Kidney Health Section, Medicine SCN [MedicineSCN@ahs.ca](mailto:MedicineSCN@ahs.ca).