



Aims and Objectives

The present study aimed to investigate young adult's experiences of CKD. This can then allow:

- Comparisons to reported experiences of those who are diagnosed at a later age
- Exploration into what aspects of CKD young adults identified as important or impactful in their lives
- Consideration of which aspects of acceptance may be important to target in future acceptance-based interventions.



Photo 1

Current Findings

So far, the study has found 3 Key themes within the data:

- 'Just a body' - Lack of Psychological Support within the health system
- *"don't get to go to university because you know they had kidney failure at GCSE levels and their GCSE got ruined"*
Quality of Life is different from peers
- *"People who like, you know. Live by themselves may not think about having to move so many boxes and things"*
Hidden limitations of CKD

The photo 1 was taken by one participant. They described this image as what clinical professionals see, *"just a body"*. The participant suggested that doctors need more of a knowledge base on psychological support when their specialism is CKD.

Photo 2 is an image taken by another participant in the study. They describe this as process they must go through before and after a shower, something not considered by their peers on a day-to-day basis: *"when I first started to shower {at home} It took me literally like an hour to like, do everything because I'm still not used to it."*

Current Literature

- Previous literature suggests that there is a pressing need to investigate how acceptance is gained due to the constant physical and emotional challenges one suffers (BPS, 2018).
- Research around young adults is scarce compared to literature looking at CKD as a whole. However, this should not discount the importance of research into young adults as 18 to 35-year-olds account for 8% of all patients on renal replacement therapy (UK Renal registry 2021).
- Evidence suggests that young adults struggle with the impact of CKD in a different ways to older adults but the quality of the evidence of this is limited by poor reporting (Bailey et. al., 2018).
- The present study aims to further the research around acceptance in CKD, looking into how young adults may experience acceptance of illness and the factors important to them.

Research Methods

The study was based around the be a Photovoice approach(Wang & Burris, 1997) which involved semi-structured interviews with 5 young adult kidney patients, which lasted up to an hour. Photovoice was used to encourage their own reflection of their lives and has been demonstrated to be an effective approach to explore young people's experiences of chronic illness (Walker et. al., 2016). Primarily, the research will be informed by Elander and colleagues' study (Elander et al., 2021).



Photo 2

Conclusions

Conclusions so far suggest the most pressing concern within acceptance of long-term illness is the lack of psychological support. What is interesting is that so many factors can be linked here. By improving the knowledge of doctors around subjects such as normalities for young adults, Quality of life could be worked on. This then, in turn, creates a better means of Psychological support available instantly. As the study concludes, the hope is that more themes and ideas confirmed to gain better understanding, but also to suggest future research ideas.