INTRODUCTION
Chronic Kidney Disease (CKD) patients cope with complex health issues where self-management support can improve motivation, shared decision-making, self-efficacy and increase healthy behaviours. Developed by The Centre for Collaboration, Motivation and Innovation (CCMI), BAP is an innovative self-management support technique used to build skills and confidence. CCMI defines BAP as a “highly structured, stepped-care, self-management support technique grounded in the principles and practice of motivational interviewing and behavior change theory and research.” Collaborative goal setting specific to CKD patients is a novel paradigm in which BAP has not been applied.

OBJECTIVE
BAP was piloted on home dialysis patients to determine the impact of collaborative goal setting on self-management behaviours, self-efficacy and clinical outcomes.

METHOD
For 5 months, patients engaged in: setting goals and action plans, problem-solving using a behavioural menu, rating confidence and determining a check-in method to review how their action plan went, what was learned and next steps.

CONCLUSION
BAP is an innovative, effective self-management support technique enabling our patients to build skills and confidence to manage living with CKD. BAP is a promising tool for the nephrology population.

RESULTS
18 participants created 32 action plans (72% partially-fully completed). Patient’s motivation to set goals increased when they related to a symptom, functional status or quality-of-life indicator. Common action plan themes emerged. Regarding symptom management: patients experiencing itchiness – set phosphorus-management goals; Shortness-of-breath – fluid/sodium management goals; Hypoglycemia – improved glycemic control. Concerning functional status, goals were to improve energy or mobility. Quality-of-life goals included enhancing relaxation through reading or family time.

MOTIVATION TO SET GOALS
INCREASED WHEN PATIENTS RELATED TO:

- Itchiness --> set phosphorus-management goal
- Shortness-of-breath --> set fluid management goal
- Hypoglycemia --> set glycemic control goal

COMMON ACTION PLANS

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<thead>
<tr>
<th>SYMPTOMS</th>
<th>FUNCTIONAL STATUS</th>
<th>QUALITY OF LIFE</th>
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<tbody>
<tr>
<td>Itchiness --&gt; set phosphorus-management goal</td>
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Clinical outcomes demonstrated improvements in serum potassium, phosphorus, glucose, fluid-management, energy and activity.