



Digital Innovation in Renal Nutrition: Improving Access to Renal Dietetic Care with myPatientSpace™–MiKidney App



Brennan L¹, Murphy M², Paffrath S², Kennedy C², Griffin B², Jayawardene S², McAnallen S², Sexton D²

¹Department of Clinical Nutrition & Dietetics, ²Renal Department, St James's Hospital Dublin

Introduction

Renal dietitians play a key role in delivering evidence-based care for people with chronic kidney disease (CKD) by slowing disease progression and improving outcomes. Dietary management of CKD can be complex, and people with CKD often require substantial guidance and support from a renal dietitian.

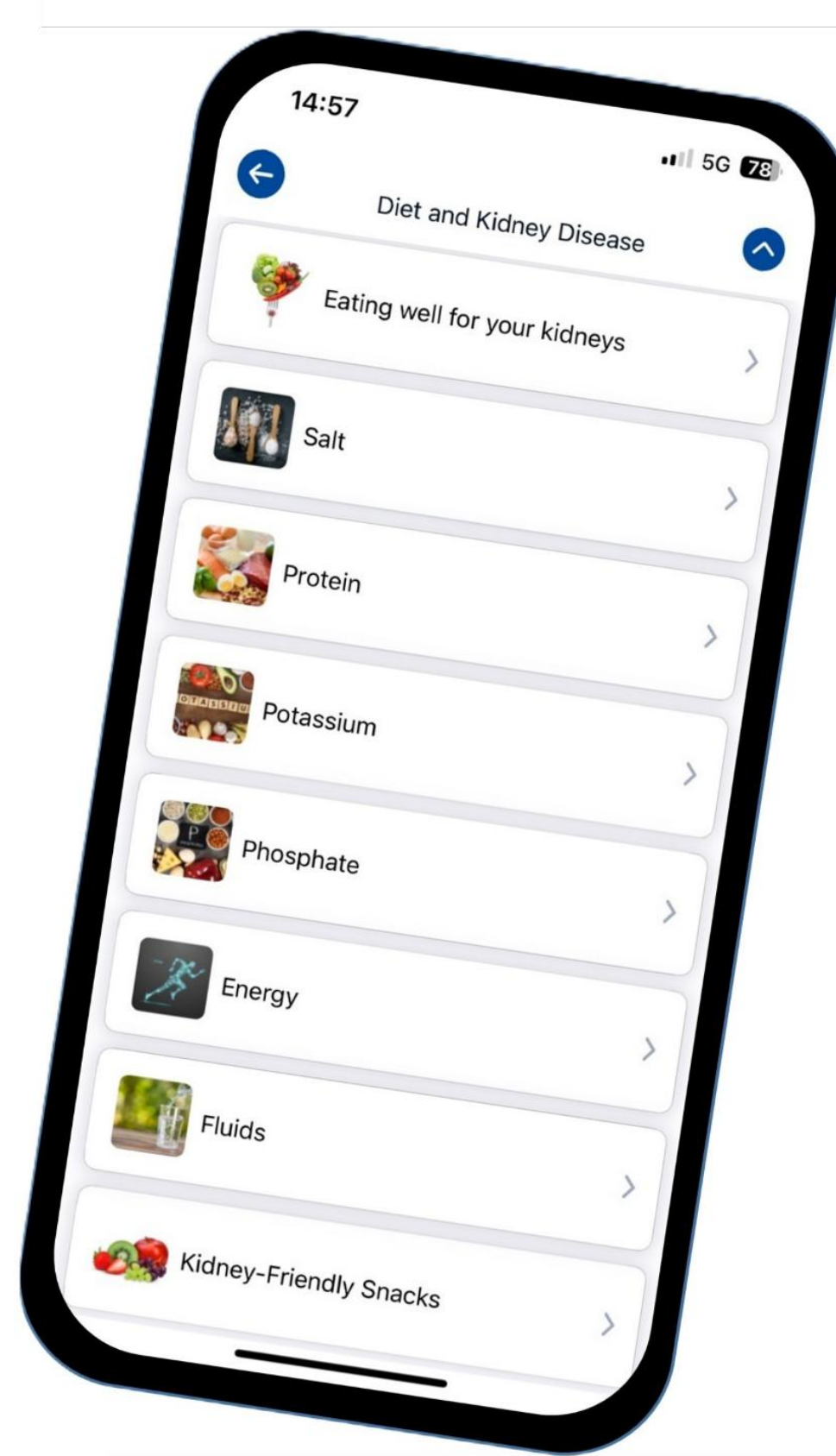
At St James's Hospital, over 3,600 patients attend Nephrology services each year. However, the renal team has just two renal dietitians, a shortfall of more than five posts compared to recommended staffing levels. This significantly restricts timely access to dietetic care.

Aims & Objectives

- Explore a digital approach to improving access to renal dietetic care, streamlining care pathways, and enhancing patient experience for people with CKD within a high-demand Nephrology service.
- Find a more sustainable way to deliver high quality care – supporting patients when they need it most.

Methods

Educational Resources developed



Key Features

	Collaboration	Renal MDT & digital health technology company myPatientSpace
	Content Development	Videos, articles & infographics (CKD education)
	Personalisation	Patient-specific dietary advice
	Lab Results Integration	Content tailored to CKD stage & biomarkers
	Evaluation	In-app engagement analytics
	Feedback	Patient surveys collected



Results

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✓ Strong patient engagement:

Patients active on the phone app

✓ Implementation of the digital platform improved access to renal dietetic care and enhanced overall patient experience.



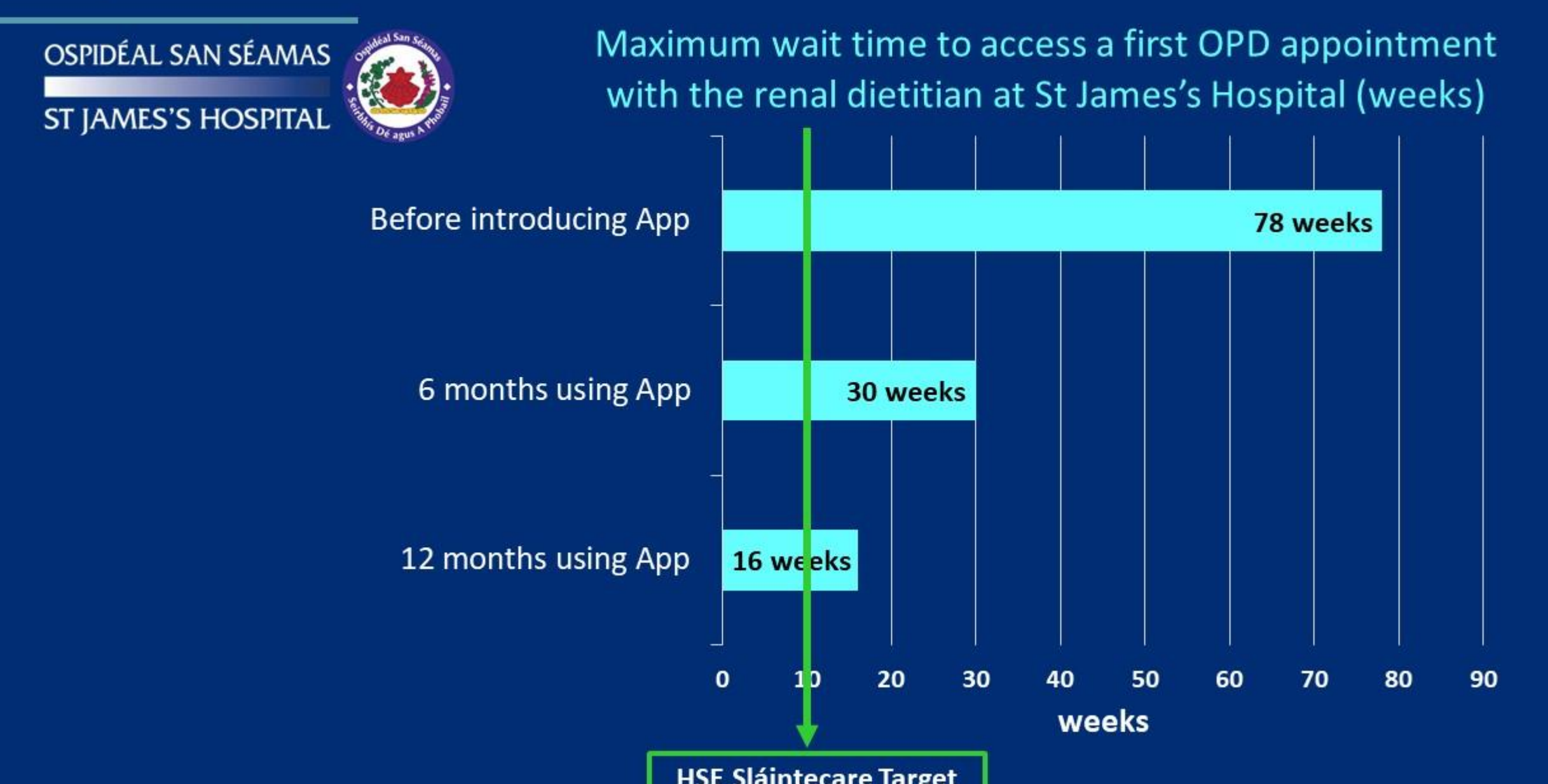
96%

of patients found it helpful

88%

reported improved care experience

Improved access to renal dietitian service



Conclusion

Digital tools can extend the reach of renal dietitians, enhance care quality, and empower patients to self-manage CKD – improving outcomes, slowing disease progression, and potentially reducing dialysis-related costs. While digital innovation cannot replace specialist renal dietitians or resolve workforce shortages, embedding these tools within renal services enables a shift from reactive to proactive care: identifying patients earlier, intervening sooner, and delivering more consistent support. As CKD prevalence continues to rise, integrating digital innovation into specialist renal dietetic care will be essential for sustainable, future-focused healthcare delivery.

Acknowledgements

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