

## How to create your own Kidney MAPS Chapter

Introduction: The demand for nephrologists in the coming years to care for the growing burden of kidney disease remains an area of great concern.<sup>i</sup> Disparities between the number of trainees entering nephrology and the jobs awaiting them upon completion of fellowship have further complicated efforts to encourage top trainees to go into nephrology.<sup>ii</sup> All the while the burden of non-communicable diseases – hypertension and diabetes, in particular – continues unabated. The American Society of Nephrology’s workforce committee, established to study ways to engage more trainees in nephrology, created the Kidney Mentor and Assessment Program for Students (Kidney MAPS) to expose medical students to the link between access to health care and prevalence of diabetes and hypertension in underserved communities. Kidney MAPS seeks to increase interest in nephrology by connecting Kidney MAPS participants with mentors to discuss mutual areas of interest. Our initial efforts saw the creation of three chapters, which we hope will serve as ambassadors to help other interested medical schools establish their own Kidney MAPS chapters. We present here a blue print for anyone interested in setting up a chapter.

Background: Kidney MAPS drew heavily for inspiration from the Kidney Disease Screening and Awareness Program designed by Li-li Hsiao and colleagues at Brigham and Womens Hospital and Harvard Medical School.<sup>iii</sup> Hsiao and her co-workers, students at Harvard College, saw a need for public health screenings in Boston’s Chinatown. They sought out and worked with community leaders to assess needs in the community, then worked to establish training programs for student participants in universal precautions and patient interactions while simultaneously creating educational and mentorship activities. Funding came from college fees. Administrative support came from Brigham and Women’s Hospital. KDSAP subsequently established chapters at two high schools and three universities.<sup>iv</sup> Inspired by and working with KDSAP, the ASN Workforce Committee drew up its plans for Kidney MAPS, relying on ASN members to serve as mentors.

While KDSAP focused on engaging college and high school students, Kidney MAPS focused on engaging medical students, basing that decision on the oft cited fact that many medical students decide on careers in medicine in the first two years of medical school.

Kidney MAPS’ mission is to promote interest in careers in nephrology through student-organized and run outreach programs to identify people at risk for diabetes and hypertension in medically underserved communities, aided by practicing nephrologists who volunteer their time to help students – high school, college and medical school – understand the risk factors for chronic kidney disease and the increasing need for medical professionals to help combat it.

ASN initially established three Kidney MAPS chapters (Emory University, Atlanta, GA; Indiana University, Indianapolis, IN; and University of Louisville, Louisville, KY) with funding for two years and the understanding that they would become financially self-sustaining after that. The ASN has ended formal funding of Kidney MAPS but is making the blue print available to any medical school group wanting to adopt the Kidney MAPS mission and establish its own Kidney MAPS chapter. The original three chapters

have agreed to serve as “mentors” for any group seeking guidance on setting up screenings in underserved areas.

#### Recommendations for establishing a Kidney MAPS Chapter

1. Get recognized/sanctioned by school as a student organization.
2. Seek faculty advisor/mentor who is a nephrologist and ASN member.
3. Set training in organizing screenings, or partner with existing organization that already does community screenings.
4. Have chapter members complete Universal Precaution and Professionalism training modules on universal infection precautions, patient confidentiality (HIPPA), blood pressure, blood glucose, and urinalysis before participating in a screening event. Successful completion of medical school doctoring and physical diagnosis courses could satisfy this requirement.
5. Commit to a set number of screenings per year (three or four) in underserved areas of the community. First identify community leaders and assess community needs, resources
6. Help patients who screen positive but lack insurance or a doctor to receive follow-up care by establishing a relationship with a free or community health clinic.
7. Make certain you comply with state and local health codes to conduct screenings and perform laboratory testing before first screening session.
8. Maintain records of each screening: number of people screened, blood pressure, blood glucose, urinalysis and BMI results, and follow-up plan.
9. Create an annual report on expenditures and activities.
10. Establish mentorship program for students, including seminars on chronic kidney disease, CKD risk factors (hypertension, diabetes, obesity), and the socio-economic burden of kidney disease.
11. Help interested students connect with clinicians and researchers.
12. Promote interest in nephrology by encouraging participation in ASN programs (Kidney TREKS, Kidney Week); ASN will provide complimentary E-student memberships.
13. Enjoy the learning opportunity while engaging in leading the fight against kidney disease.

Interested groups are encouraged to contact the three original Kidney MAPS chapters for more information about setting up a group and your medical school’s renal division to seek out a mentor. Groups are also encouraged to get in touch with the local chapters of national organizations like the National Kidney Foundation, the American Kidney Fund and national student organizations like the Student National Medical Association.

Kidney MAPS contacts:

Emory University – [Titilayo Ilori, MMBS](#) or [Jason Cobb, MD](#).

Indiana University – [Brian Decker, MD, PharmD](#), or [Richard Hellman, MD](#).

University of Louisville – [Nina Vasavada, MD](#) or [Lina Mackelaite, MD](#).

Sample Estimated Annual Chapter Budget

Organizational (Club) Cost	Unit/chapter	Cost per unit	Total
	20	\$ 2.00	\$ 40.00
Printing and Stationery			\$ 180.00
Website			\$ 450.00
Transportation			\$ 60.00
Parking			\$ 120.00
Misc.			\$ 1,000.00
Stipend for admin assistant			\$ 1,000.00
Stipend for mentor			\$ 500.00
Miscellaneous promotional items			\$ 3,350.00
Subtotal			
Operational (screening) Costs			
Equipment	4	\$ 68.00	\$ 272.00
Automatic sphygmomanometer (Microlife, M+L cuffs)	4	\$ 20.00	\$ 80.00
Glucometer (One touch ultra; w/ one backup)	1		\$ 1,200.00
Urinalysis machine			
Disposable supplies (Assumes 4 screenings/year)	400	\$ 0.30	\$ 120.00
4.5 oz specimen cup w/ screw cap (Sterile)	4	\$ 100.00	\$ 400.00
Urinalysis strips (100/bottle)	3	\$ 58.00	\$ 174.00
Safe T-Pro Lancets (200/box)	2	\$ 172.00	\$ 344.00
Glucometer strips (100/box)	42	\$ 6.00	\$ 252.00
Gloves (\$40/box)	20	\$ 6.00	\$ 120.00
Purell (bottle) 15 tables	30	\$ 2.50	\$ 75.00
Facial tissue (184/box) 15 tables	5	\$ 3.40	\$ 17.00
Bandage (60/box)	20	\$ 4.50	\$ 90.00
Gauge 2"X2 " (25/pk)	15	\$ 2.40	\$ 36.00
Alcohol Prep ( 100/box)	12	\$ 10.00	\$ 120.00
Disposable Table cloth ( 6/pack)			
Other recurring costs (4 screenings per year)	4	\$ 200.00	\$ 800.00
Printings (Flyers, forms, brochures, etc.) ( color)	4	\$ 250.00	\$ 1,000.00
Food (Based on 30 volunteers)	4	\$ 50.00	\$ 200.00
Follow up (Letters/stamps, calls etc.)			\$ 5,300.00
Subtotal			
Total chapter costs			\$ 8,650.00

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- <sup>i</sup> Parker MG, Ibrahim T, Shaffer R et al. The future nephrology workforce: will there be one? Clin J Am Soc Nephrol. 2011;6:1501-1506.
- <sup>ii</sup> Parker MG, Pivert KA, Ibrahim T, Molitoris BA. Recruiting the next generation of nephrologists. Adv Chronic Kidney Dis. 2013;20:326-335.
- <sup>iii</sup> Hsiao LL, Wu I, Shieh ED et al. The Kidney Disease Screening and Awareness Program (KDSAP): a novel translatable model for increasing interest in nephrology careers. J Am Soc Nephrol. 2014;25:1909-1915
- <sup>iv</sup> Kidney Disease Screening and Awareness Program. <http://www.kdsap.org>, Accessed 10/14/2015