

Meet Reena Davis (NS), Project Patient Partner



I was diagnosed with chronic kidney failure three days before my 25th birthday. At the time I was a full-time fitness instructor, a single mom to a 3-year-old and developed gout. I was not the common sufferer of gout of course, and that began the journey into discovery that I had chronic kidney disease.

To say I was shocked is an understatement. After I was told this information I heard nothing else. I felt as if my life was ending, was afraid that my daughter would also develop this and couldn't quite wrap my head around it. After realizing I wasn't immediately dying and that it was not genetic, I was able to take in more information. Twenty-five years later, my function was at 5% and I went on dialysis. It was scary at first but became somewhat routine. For me, dialysis was not a long-term treatment as I was lucky enough to receive a kidney from my cousin.

Six years later, I am doing relatively well, despite some setbacks. I work full time as a counselling therapist, exercise often, love playing with my dog, walking the beach near my home and am grateful for my days. I want to help others through their time on dialysis as I know how hard it can be. That's why the Mind the Gap group is so important to me.

Meet Charles Cook (ON), Project Patient Partner



I am a 2-time deceased donor transplant recipient. I received my heart in 2016. I received my kidney in 2017. I am the father of 2 fantastic young adult offspring!

I have received 2 Gift of Life which I can never pay back. I strive to do whatever I can to pay those gifts forward instead. I share the story of my journey, and my lessons learned whenever and wherever I can with the hope of benefiting the patients coming along behind me.

Mental health challenges are a long-overlooked part of the transplant journey. My own mental health challenges began as soon as I received my diagnosis. The first thing that I felt was different and the next thing that I felt was alone. I am looking forward to sharing my live experience as a member of the Mind the Gap team to help improve the journey for other transplant patients.

NEW Manuscript

The Triple I Project: the 3rd and final paper in this series
Patient, Caregiver, and Provider Perspectives on Improving Information Delivery in Hemodialysis: A Qualitative Study

To view, click [HERE](#)

Project Updates

Intervention Planning

Dialectical Behavioural Therapy (DBT)

We are continuing to develop and plan implementing a DBT intervention as a potential strategy to help address the challenges to mental health in people receiving facility-based hemodialysis.

Stay tuned for updates!

Next Steps

- 1.) Analyze survey data - Winter 2025
- 2.) Intervention planning - Winter 2025
- 3.) Ethics approval for the intervention - Winter 2025