

Welcome to the Team!

Leah Getchell (ON)



Leah Getchell is an Anthropologist and Social Worker who has been working in the Kidney Community since 2015. She currently works as the Renal Modality Coordinator for the Southwest Regional Renal Program at London Health Sciences Centre. Previous to this role, Leah was a frontline renal Social Worker and spent 7 years with the Can-SOLVE CKD Network, as the Patient Partnerships & Training Lead.

With Can-SOLVE CKD, Leah supported the Patient Governance Council and was one of the co-founders of the Ontario based Transplant Ambassador Program. This work was inspired by her mother's journey with CKD having received a living kidney donation from her father, but also having spent time spent on in-center hemodialysis. Leah is a fierce advocate for both patient, and healthcare provider mental health, and is co-author of several peer-reviewed publications. She is known for asking people to share 'fun facts' about themselves, here is one of hers, "I've been fishing for Piranhas in the Peruvian Amazon!"

Primrose Mharapara (AB)



Primrose is a nurse practitioner and a PhD student working with Kara Schick-Makaroff. Her research focuses on the experiences of women on dialysis with depression.

Honours Nursing Students at the University of Alberta

Lauren & Jonathan will update the Environmental Scans conducted by previous honours students and disseminating the resource lists supervised by Kara Schick-Mackaroff & Charlotte Berendonk.

Lauren Virostek (AB)



Lauren is very passionate about nursing and interested in improving quality of life for those with chronic illness. She has previously been involved with research involving health innovation and allied health students. Outside of nursing, Lauren is the VP internal with universities allied for essential medicines (UAEM) Ualberta chapter, she also plays soccer and likes baking and reading. Lauren is from Vancouver and moved to Edmonton for schooling.

Jonathan Lee (AB)



Jonathan is from Edmonton and in his free time, he likes to play badminton and watch tv shows. He loves watching the Oilers and his favorite food is Vietnamese. Jonathan joined the honors program because he wanted to learn more about research.

Both are very excited to work on this project and to learn alongside the 'Mind the Gap' team!

Project Updates

»» We're online! - Mind the Gap Website

We are excited to announce that the Mind the Gap website is now here! Thanks to all the team members collaborated and worked hard to make this happen. This website will store all project-related information.

Check it out at <http://mindthegap-ckd.ca>

Next Steps

- »» Analyze survey data - 12.2024
- »» Intervention planning- 12.2024

Intervention Planning

Dialectical Behavioural Therapy (DBT)

We are developing and planning to implement a DBT intervention as a potential strategy to help address the challenges to mental health in people receiving facility-based hemodialysis

DBT focuses on two key areas:

- Acceptance that one's experiences and behaviors are valid
- How to make positive changes to manage emotions and move forward

More details to come in future newsletters!