



## Topic of the Month

### Active and Healthy Living

#### Step 1: Plan

Review the following Network and community resources to plan a patient engagement activity focused on active and healthy habits to improve patient quality of life.

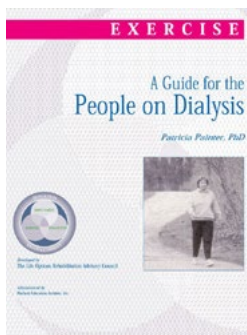
#### Network Resources

- My Kidney Kit - All pages are available in English and Spanish at [www.mykidneykit.org](http://www.mykidneykit.org). Highlighted My Kidney Kit pages for this month include:
  - [My Life: Being Active](#)
  - [My Life: Coping with Dialysis](#)
  - [My Life: Healthy Lifestyle Choices](#)
  - [My Treatment: Am I Getting Enough Dialysis?](#)
  - [My Treatment: Knowing My Lab Numbers](#)
  - [My Treatment: Fluid Weight and Dry Weight](#)
  - [My Treatment: Medication Safety](#)



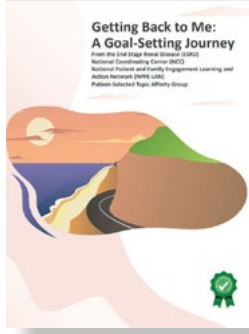
- [Minutes Matter The Risks of Shortening and Missing Treatments](#) (patient handout) provides information on health risks involved in missing dialysis treatment.
- [Set a Goal to Thrive](#) (patient handout) was developed to help patients set personal “SMART” goals.
- [Benefits of Being Active](#) (patient handout) provides information on the benefits of regular physical activity. It’s available in [English](#) and [Spanish](#).
- [2020 Patient Engagement Calendar](#) provides patients with topics and actions for each month that can help them stay active in their care and live well with kidney disease.

#### National Resources



- [Kidney School Online Modules](#). Kidney School is a comprehensive online education program for people who want to learn how to manage and live with chronic kidney disease. Each module can also be downloaded in English and Spanish.
- [Exercise: A Guide for People on Dialysis](#) (workbook) and [Life Options: Feeling Better with Exercise](#) (DVD) provides guidance on exercise with dialysis are available to order at [www.lifeoptions.org](http://www.lifeoptions.org).
- Nutritional and Kidney Disease– the [National Kidney Foundation website](#) has articles on Nutrition and Hemodialysis, Peritoneal Dialysis and Transplant.

## Step 1 (cont.)



- Kidney Friendly Recipes are available from:
  - [Davita](#)
  - [Dialysis Clinic, Inc](#)
  - [Fresenius](#)
  - [National Kidney Foundation](#)
  - [Renal Support Network](#)
- [National Sleep Foundation](#) has tips for sleeping well.
- [Smokefree.gov](#) offers tools and tips to quit smoking.
- [Goal Setting: Getting Back to Me](#) – This workbook is designed to help patients restore their sense of dignity and increase self-esteem through goal setting.
- [Tips for Kidney Caregivers](#) – A handout addressing the emotional health of caregivers by providing practical advice and suggestions for caregivers.

## Step 2: Act

Go For It! Team up with your staff and Facility Peer Representative (FPR) to complete a patient engagement activity.

- Educate patients and staff using the My Kidney Kit pages. Use the [Change Plan Worksheet](#) to document any patient goals.
- Talk with your FPR to discuss ideas on what resources and activities they think would be helpful to share.
- Discuss and set S.M.A.R.T. goals with your patients and the staff. New Year's resolutions are common and this would be a great opportunity to discuss any goals they may have for their health and life. Have staff and patients share their resolutions and goals.
- Create a bulletin board sharing: the resources you liked best; and/or sharing their favorite recipes or tips for healthy living with dialysis.
- Host a lobby day and social activity celebrating a new year and share ideas about ways to be active and share local resources.

## Step 3: Share

Share what your clinic has done with the rest of the Network!

- Ask your FPR for their feedback and encourage them to attend the next Peer Connection Call (the third Wednesday or Thursday every other month beginning in February) to share with others!

For more information or to file a grievance, please contact  
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