



BMI Toolkit

KIDNEY TRANSPLANT



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ESRD Networks

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Purpose

The purpose of this document is to provide general guidance for the Transplant Work-up process with a focus on body mass index (BMI) requirements as it pertains to kidney transplantation. This Toolkit will also serve as a guide for weight loss requirements and guidance.

What is BMI?

BMI stands for Body Mass Index. BMI Calculation: A person's weight in kilograms divided by their height in meters squared.

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)}^2}$$

Transplant Work-Up Brief Overview

During the initial Transplant work-up appointment the patient will see several members of the transplant team including:

- Registered Nurse
- Doctor/Surgeon
- Dietician
- Transplant Pharmacy Team



The Registered Nurse Reviews/Collects:

- Past Medical History
- Pertinent information regarding the Transplant



Pharmacy Team Reviews/Collects:

- Current Medications and compliance
- Information regarding post-transplant medications



Doctor/Surgeon Reviews/Collects:

- Physical Assessment
- Pertinent Information Regarding the Transplant



Dietician Reviews/Collects:

- Compliance to renal diet, diet quality, and physical activity
- Frailty Assessment
- Discuss any concerns with weight (BMI, Waist circumference)

Weight Loss Requirements

Transplant centers may have different weight requirements for kidney transplant. Transplant centers may ask that the patient lose some weight prior to receiving a kidney transplant. If patients are asked to lose weight, they should make sure to do it in a healthy way.

Transplant centers use a couple of different methods when assessing whether weight loss is required for kidney transplant. One method is the BMI calculation which is where they assess a person's weight in kilograms divided by their height in meters squared. Another method that some transplant centers are using is measuring waist circumference, because BMI is not always an accurate measure for patients on dialysis. Increased waist circumference is directly linked to increased risk for mortality in healthy individuals and individuals on dialysis. At this time waist circumference is a more of a subjective assessment done by the surgeon and/or dietician.

The dietician will initially determine appropriate intervention for the patient in terms of weight loss. The dietician will also provide a goal weight (upon discussing with MD) and an explanation for weight loss to the patient.



Weight Loss Interventions



Gradual weight loss over a period of time



Weight loss contracts



Weight loss surgeries



Weight loss programs specific to transplant program

- Qualifications might include some or all of the following:
 - Chronic Kidney Disease
 - BMI >30 kg/m²
 - Medicare as primary insurance
 - In transplant workup
 - Motivation to learn
 - Adequate transportation
 - Required to lose between ~10-30 lbs

Network Resources

The Network has created the following staff and patient resources to assist with encouraging patients to stay active, tips for dialysis patients who want to lose weight, and setting attainable goals when it comes to losing weight.

Staff Resources



Shared Decision Making Series

Engaging patients through the process of Shared Decision making can have significant impact on the health of your patients and on your clinic outcomes. Shared Decision Making (SDM) is a patient-centered process that engages patients, their care partners and the health care team in collaborative decision making.

Shared Decision Making

- Is a collaborative process
- Involves providers partnering with the patient to explore and compare treatment options
- Takes into account the best scientific evidence available
- Identifies and takes into account patient values and preferences
- Honors the patient’s right to be fully informed about all care options and the potential harms and benefits
- Honors the provider’s expert knowledge
- Allows patients and their providers to make health care decisions together

Many patients do not know that they can and should participate in decisions about their health care. Weight loss decisions and plans can only be successful if the patient is involved in the process every step of the way. The following tools will help dialysis staff with implementation of the SDM process.

[Download Series #1](https://bit.ly/3106fJD): <https://bit.ly/3106fJD>

[Download Series #2](https://bit.ly/3ghonVK): <https://bit.ly/3ghonVK>

[Download Series #3](https://bit.ly/313iTHL): <https://bit.ly/313iTHL>

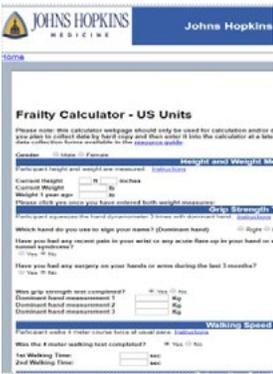


Goal Setting

The “Set a Goal to Thrive” is a two paged patient handout developed to help encourage patients to set goals. The front side explains and provides an example of SMART (Specific, Measurable, Attainable, Realistic, Time-based) goals and the back side provides space for the development of a personalized SMART goals.

Print and provide a copy of the handout to the patient prior to discussing their weight loss goals with them, reviewing the concept of a SMART goal and how it can benefit them and ensure that their goals are incorporated into their plan. Consider using the tool when completing your assessment prior to the plan of care meeting, then incorporating the patient’s goal(s) into the Plan of Care document.

Download: <https://bit.ly/3117qZn>



Frailty Assessment

Frailty is defined as clinically recognizable stated of increased vulnerability resulting from aging-associated decline in reserve and function across multiple physiologic systems such that the ability to deal with acute stressors.

Frailty Assessment covers five areas for assessment. Patients can score between 0-5:

- Unintentional Weight Loss
- Weakness
- Slowness
- Exhaustion
- Low Activity



Frailty Interventions: What to Do If My Patient is Told They Are Frail

- Encourage gradual increase in activities of daily living (cooking, bathing, dressing, etc.)
- Encourage gradual increase in physical activity (walking, doing laundry, gardening, etc.)
- Encourage PCP visit to obtain PT referral
- Reassess

Get More Information: www.johnshopkinssolutions.com/solution/frailty/

Patient Resources

Weight Loss for a Healthier You
Weight Loss Tips and Strategies for Dialysis Patients

Talk to your healthcare team before you start a weight loss journey. Work with your dietitian and doctor to make sure your diet and exercise plan is right for you. Your most important resource is a licensed professional dietitian or nutritionist in the treatment center of people with chronic kidney disease. The dietitian has a highly specialized. Based on research, here are some ways to help you achieve better health, energy, and life.

- Benefits of Weight Loss**
 - Lower levels of blood sugar for diabetes
 - Lower energy
 - Improvement of blood pressure
 - Approach the kidney specialist
- Weight Loss Tips**
 - Be smart of your shopping and eating habits
 - Make sure your exercise plan is approved by your doctor
 - Reduce a calorie and the number of the amount of portion sizes
 - Record yourself
- Difficulties While on Dialysis**
 - Anemia
 - The effects of kidney disease
 - Poorward habits
 - Not getting enough protein
 - Emotional eating
- Ways To Stay on Track**
 - Keep a daily diary of the food you eat
 - Eat well-balanced meals
 - Keep a regular exercise routine
 - Get goals that are realistic

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Weight Loss Tips and Strategies for Dialysis Patients

These weight loss tips are specialized for dialysis patients to help with weight loss. This document shares the benefits of weight loss, tips and strategies for weight loss, any barriers while on dialysis, and ways to stay on track to weight loss goals.

Download: <https://bit.ly/2Xa3FzR>

Benefits of Being Active

Regular physical activity is one of the most important things you can do to improve your health. People on dialysis can and do exercise. Exercise is an important part of a healthy weight loss journey. Share these resources with your patients to encourage physical activity.

- Boost Your Energy
- Control Your Weight
- Make Your Muscles Stronger
- Control Your Blood Pressure
- Increase Flexibility
- Control Your Blood Sugar
- Boost Your Mood

Questions For Your Care Team

- What kind of exercise should I start with?
- Is there anything I should avoid doing because of my dialysis access?
- Are there any community activities that I could go to?

Easy Ways to Increase Activity

- Take the stairs
- Park Further Away
- Do Arm Exercises During Commute
- Mix Up Your Routine
- Stretch

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Benefits of Being Active

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Download in English: <https://bit.ly/2CW98Dw>

Download in Spanish: <https://bit.ly/3faYhT3>

Daily Food and Activity Diary

Use this Food Diary to keep a log of what food and drinks you consume each day. It will help you see how your diet changes to lose weight safely. Talk to your dietitian before starting a weight loss journey.

	Monday	Tuesday	Wednesday	Thursday
Breakfast				
Lunch				
Dinner				
Activity				

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Daily Food and Activity Diary

Keeping a record of daily food intake will help patients stay on track when trying to lose weight or maintain healthy weight and activity levels. Let your patients know that doing so will give you a quick way to check their progress.

Download: <https://bit.ly/30gfYN0>

Exercise to Feel Better Crossword Puzzle

Directions: Complete the crossword puzzle using the clues listed in the table about exercise and overall health.

Across

2. The less regularly we improve your quality of life.
4. How high exercise can improve health.
7. Check _____ in the most basic of measures for dialysis patients.
8. Regular exercise can health _____ patients.

Down

1. Exercise is often in the case to feel _____.
3. Daily physical activity will help you _____ better at weight.
5. Regular exercise can help improve _____ health.
6. Exercise can help control _____ helps.

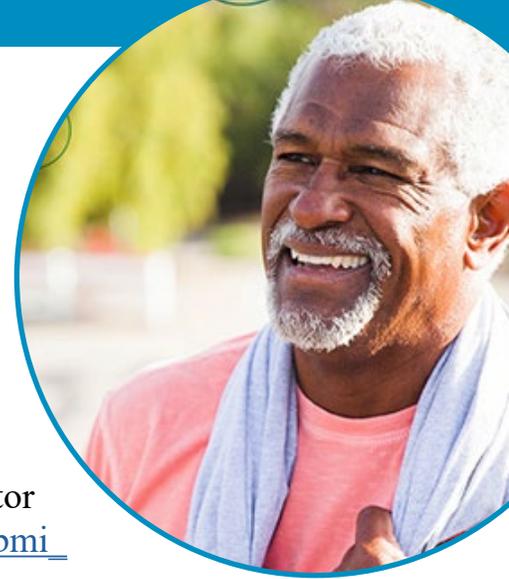
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Exercise to Feel Better Crossword

Complete the crossword puzzle using the clues listed in the table about exercise and overall health.

Download: <https://bit.ly/2P9P4jh>

Resources From Other Organizations



- Trim for Transplant RUSH University
www.rush.edu/services/transplant-programs
- John Hopkins Frailty Calculator
www.johnshopkinssolutions.com/solution/frailty/
- Centers for Disease Control and Prevention Adult BMI Calculator
www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html
- [Kidney School Online Modules](http://kidneyschool.org/mods/)- 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.
kidneyschool.org/mods/
- Exercise: A Guide for People on Dialysis (workbook)
lifeoptions.org/assets/pdfs/exercise_a_guide_for_people_on_dialysis.pdf
- [Life Options: Feeling Better with Exercise](http://www.lifeoptions.org) (DVD) provides guidance on exercise with dialysis and are available to order at www.lifeoptions.org or store.mei.org/feeling-better-with-exercise-a-video-guide-for-people-on-dialysis-dvd/
- Nutritional and Kidney Disease– the [National Kidney Foundation website](http://www.kidney.org) has articles on Nutrition and Hemodialysis, Peritoneal Dialysis and Transplant.
www.kidney.org
- Factor KF. [Weight loss counseling for dialysis patients to prepare for transplant](http://www.heighpubs.org/jcn/jcn-aid1042.php). J Clin Nephrol. 2019; 3: 161-163. DOI: 10.29328/journal.jcn.1001042
www.heighpubs.org/jcn/jcn-aid1042.php

For More Information or to file a grievance, please contact:



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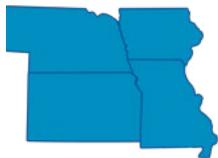
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