



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.

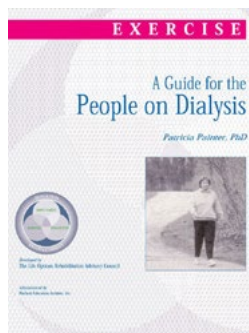
Network Resources

- My Kidney Kit - All pages are available in English and Spanish at www.mykidneykit.org. 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](#)



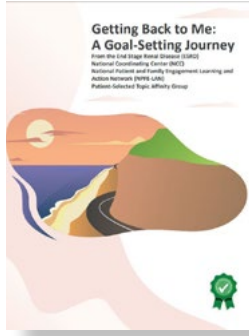
- [Minutes Matter The Risks of Shortening and Missing Treatments](#) (patient handout) provides information on health risks involved in missing dialysis treatment.
- [Set a Goal to Thrive](#) (patient handout) was developed to help patients set personal “SMART” goals.
- [Patient Engagement Showcase](#) includes images and information on patient engagement activities from clinics throughout our Network in the My Life and My Treatment sections.

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.
- 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 Network Patient Representative (NPR) to complete a patient engagement activity.

- Educate patients and staff using the My Kidney Kit pages. Use the [My Education Sheet](#) to document any patient goals.
- Talk with your Network Patient Representative (NPR) 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 NPR for their feedback and encourage them to attend the next NPR Connection Call (the second Thursday and/or Friday each month at 1 pm) to share with others!
- Take a photo of your activity and report your facility's patient engagement activities on the [Patient Engagement Report](#).

Highlights will be shared through the projects and [e-newsletter](#).

For more information or to file a grievance, please contact
Qsource ESRD Network 12 | 920 Main, Suite 801 | Kansas City, MO 64105
Toll-Free Patient Line: (800) 444-9965
ESRDNetwork12@qsource.org

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