



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 pages. The My Kidney Kit (MKK) is available in the dialysis center and online in English and Spanish at www.mykidneykit.org. Highlighted MKK pages for this month include:
 - [My Life: Being Active](#)
 - [My Life: Coping with Dialysis](#)
 - [My Life: Healthy Lifestyle Choices](#)



- [BMI Toolkit](#) provides general guidance for the Transplant Work-up process focusing on body mass index (BMI) with information and tools to support patients.
- [Daily Food and Activity Diary](#) (patient handout) was developed to help track daily food and activity.
- [Exercise to Feel Better Crossword Puzzle](#) (patient handout) is a crossword puzzle using clues about exercise and overall health.



- [Heartland Headlines](#) (patient newsletter) provides stories and ideas from people living well with kidney disease, as well as articles on treatment choices, quality of life topics, and services provided by the Network and Medicare.



- My Questions & Goals ([Existing Patient](#) | [New Patient](#)) brochures are checklists of questions patients can use to guide a discussion with their care team.
- [Online and National Patient Support](#) (patient handout) lists groups and organizations providing peer support to people living with kidney disease.
- [Patient Engagement Showcase](#) includes images and information on patient engagement activities from clinics throughout the Network. Find ideas on this month's topic in the [My Life](#) and [My Treatment](#) sections.
- [Set a Goal to Thrive](#) (patient handout) was developed to help patients set personal "SMART" (Specific, Measurable, Achievable, and Time Based), goals.
- [Weight Loss Tips and Strategies for Dialysis Patients](#) (patient handout) gives ideas and tips for healthy weight loss.

National Resources

American Association of Kidney Patients (AAKP) (www.aakp.org) is the oldest and largest, independent kidney patient organization in the United States. AAKP is dedicated to improving the lives and long-term outcome of kidney patients through education, advocacy, patient engagement and the fostering of patient communities.



- The [AAKP HealthLine](#) is a webinar-based program (with the conference call option) that educates patients and their family members on a variety of important health care topics from the comfort of their home or office.

Dialysis Patient Citizens – DPC Education Center (www.dpcedcenter.org) offers information for people living with kidney disease, including the basics of kidney disease, treatment options, strategies for staying healthy and maintaining a good quality of life.



- [Exercise and the Benefits to You and Your Kidneys](#) (online course)
- [Supporting your Health and Wellbeing Before, During and After Kidney Transplant](#) (fact sheet)
- [Education webinars/conference calls](#) are offered to provide information on a variety of topics to support kidney patients.

ESRD Network Coordinating Center (www.esrdncc.org) provides resources for patients and facilities providing dialysis and transplant care.



- A Guide to a Healthier You ([English](#) | [Spanish](#)) handout provides a quick overview of what you need to know about your dialysis treatment.
- [Goal Setting: Getting Back to Me](#) workbook is designed to help patients restore their sense of dignity and increase self-esteem through goal setting.
- [TheKidneyHub.org](#) is a secure, mobile friendly web tool for patients designed to be viewed on a smart phone or tablet.
- [Tips for Kidney Caregivers](#) is a handout addressing the emotional health of caregivers by providing practical advice and suggestions for caregivers.

Kidney Friendly Recipes are available at:

- www.davita.com/recipes/
- www.dciinc.org/recipes/
- www.freseniuskidneycare.com/eating-well
- www.kidney.org
- www.rsnhope.org/recipes/

Medical Education Institute, Inc. (www.meiresearch.org)

- [Exercise: A Guide for People on Dialysis](#) (workbook) and [Life Options: Feeling Better with Exercise](#) (DVD) provide guidance on exercise for people on dialysis. Copies are available to order at www.lifeoptions.org.
- [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.



National Kidney Foundation (www.kidney.org) webpage offers information and support for people with kidney disease.

- [Staying Fit with Kidney Disease](#) (booklet) offers information on the benefits of regular exercise and strategies for people with kidney disease.



National Sleep Foundation (www.sleepfoundation.org) provides sleep health information and tools.

Renal Support Network (www.rsnhope.org) empowers people who have kidney disease to become knowledgeable about their illness, proactive in their care, hopeful about their future and make friendships that last a lifetime. RSN offers programs including:



- HOPELINE Peer Support Phone line (800) 579-1970 (Monday-Friday 10 am-6 pm PT)
- [Kidney Talk Podcast](#)
- [RSN Online Kidney Disease Support Groups](#) and topical zoom meetings are informative and fun! Topics include the kidney diet, exercise, hobbies and more.

Smokefree.gov offers tools and tips to quit smoking.

Step 2: Act

Go For It! Team with your staff and Network Patient Representative 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 favorite recipes or tips for healthy living with dialysis.

Step 3: Share

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

- Ask your Network Patient Representative (NPR) for their feedback and encourage them to attend the next NPR Connection Call to share with others!
- Take a photo of your activity and your clinic's patient engagement activities at [Patient Engagement Activity Report](#). Highlights will be shared through the projects and e-newsletter.

For more information or to file a grievance, please contact

Qsource ESRD Network 10 (IL)
911 E. 86th St., Suite 202 | Indianapolis, In 46240
Toll-Free Patient Line: (800) 456-6919
ESRDNetwork12@qsource.org

Qsource ESRD Network 12 (IA, KS, MO, NE)
920 Main, Suite 801 | Kansas City, MO 64105
Toll-Free Patient Line: (800) 444-9965
ESRDNetwork12@qsource.org



ESRDNetwork10.org | ESRDNetwork12.org