



Quality
Insights

Renal Network 4



Network 4 Patient Representatives

October Monthly Meeting

Monday October 2nd 10:00 AM and 2:00 PM

Tuesday October 3rd 10:00 AM and 2:00 PM

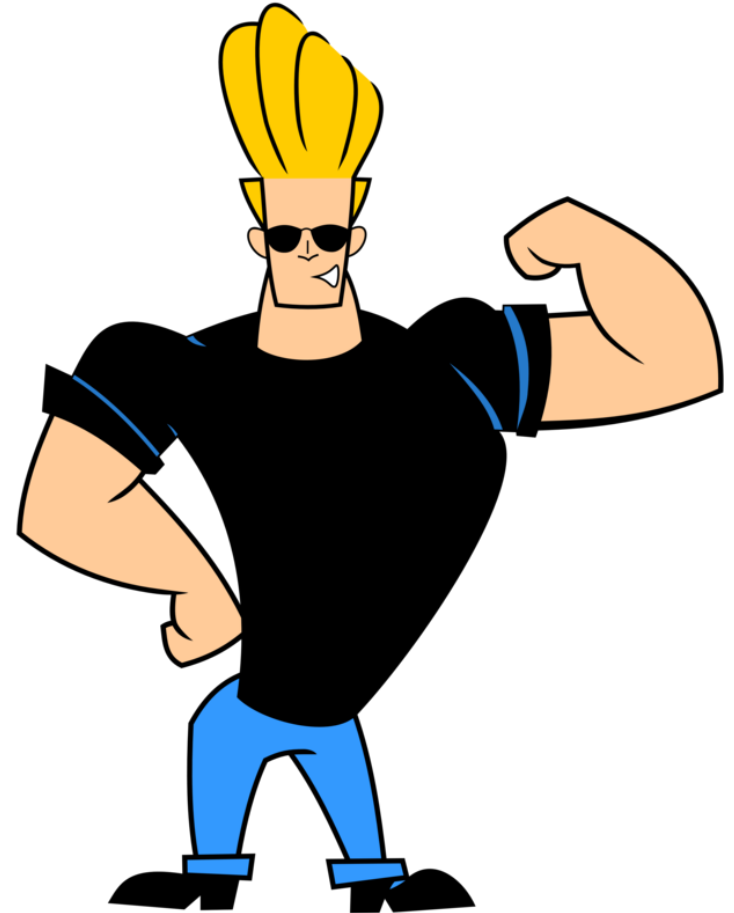
Agenda

- Announcements –
 - Join the Pt. Rep Facebook Page
 - ESRD Network 4
 - <https://www.facebook.com/ESRDNetwork4/>
- Presentation – Keeping Active with Kidney Disease
- Discussion and Q&A
- Open Networking

Presentation Outline

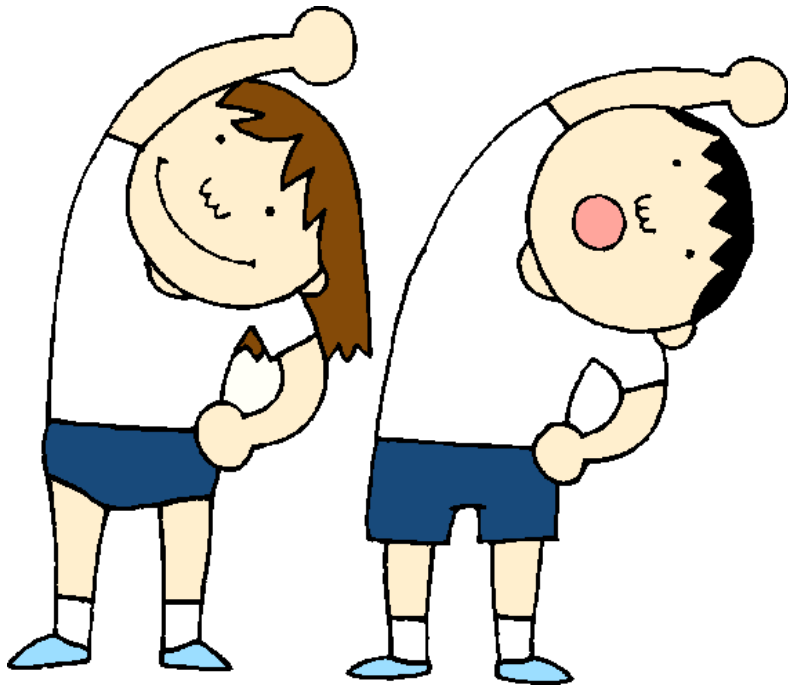
- Why exercise?
- The benefits of exercising
- How you can keep fit

Why Exercise?



Benefits of Exercise

- Fitness increased up to 42%
- Strength increased up to 20%
- Increased physical functioning



Reduces Risk of Heart and Blood Vessel Disease

- 36% reduction in blood pressure medication
- Decrease in LDL cholesterol (bad cholesterol)
- Increase in HDL cholesterol (GOOD cholesterol)
- Diabetic control
- Weight management
- Exercise as an antioxidant???

Longevity of Life

- Activity Level is a strong predictor of survival



Improves Mental Health

- Decreases Depression
- Decreases anxiety
- Increases quality of life



Easy Choices

- Walking
 - Use a pedometer
 - Increase your weekly step count by 10% each week till you reach 10,000 steps per day



Easy Choices

- Cycling
 - In Center
 - Stationary at home
 - Outside



Strengthen Exercises

- Light Weight Training
- Warm up and cool down
- Diabetic patients need to monitor their Blood Sugar



Easy Choices

- Walk whilst you talk
- Take the stairs
- Park further from your destination
- Hustle at half time
- Pace whilst you wait
- Clean the house
- Listen to books on tape instead of reading
- Get up and move every commercial while watching TV

Get FITT

- Frequency: 3+days/week
- Intensity: 12-15 RPE
- Time: build up to 30 minutes
- Type: walk, run, cycle, swim, row

**No exercise
is more of a risk than
taking part**

How to get started

- Talk to your doctor about starting an exercise program that's right for you
- Start small and build to a comfortable routine
- Incorporating consistent aerobic exercise, even taking a 20-minute walk, can help especially if your CKD is a result of hypertension or diabetes.



Content from the University of Delaware

Supervised Group Exercise

Kidney-disease-research@udel.edu

Keeping Active with Kidney Disease

Closing Announcements

- Patient Rep Documents found at this website
 - <http://www.qirn4.org/Patients-and-Families/Patient-Representative-Program.aspx>
- Next Patient Representative Meeting
 - November 7th and 8th : Both at 10am and 2pm
 - Network Activity Review 2017
 - Network Activities for 2018
- Network Contact
 - Tish Lawson; plawson@nw4.esrd.net
 - 610-265-2418 ext. 2841