



Welcome to the
IPRO ESRD Network Program

Patient Webinar:
COVID-19: Maintaining a Healthy Lifestyle

The webinar will begin promptly at 1:00PM.
Thank you for your participation!



End-Stage Renal Disease
Network Program

Patient Webinar Series:
COVID-19: Maintaining a Healthy Lifestyle

May 11, 2020



Welcome/Opening Remarks



Danielle Andrews

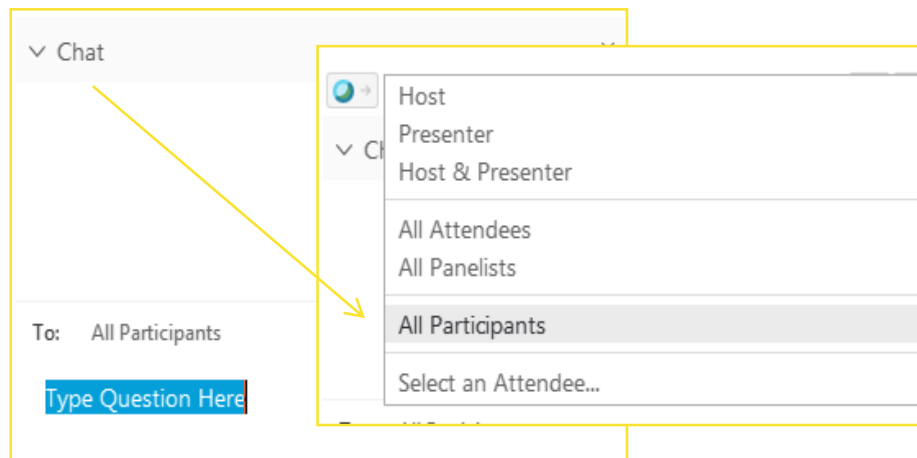
Community Outreach Coordinator

IPRO ESRD Network Program

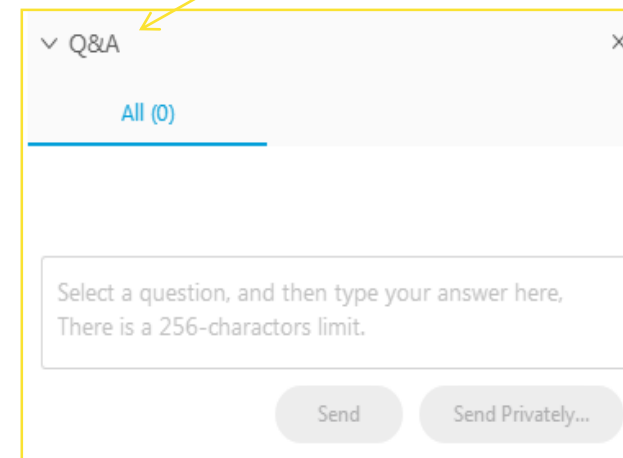
Housekeeping Reminders

- This WebEx will be recorded and slides will be made available on the Network's Website.
- All lines have been muted to eliminate background noise.

To ask a private question use the Chat section in the bottom right corner of your screen sending to All Panelists



To ask a question for the answer to be shared with all Attendees or Privately, use the Q&A section in the bottom right corner of your screen

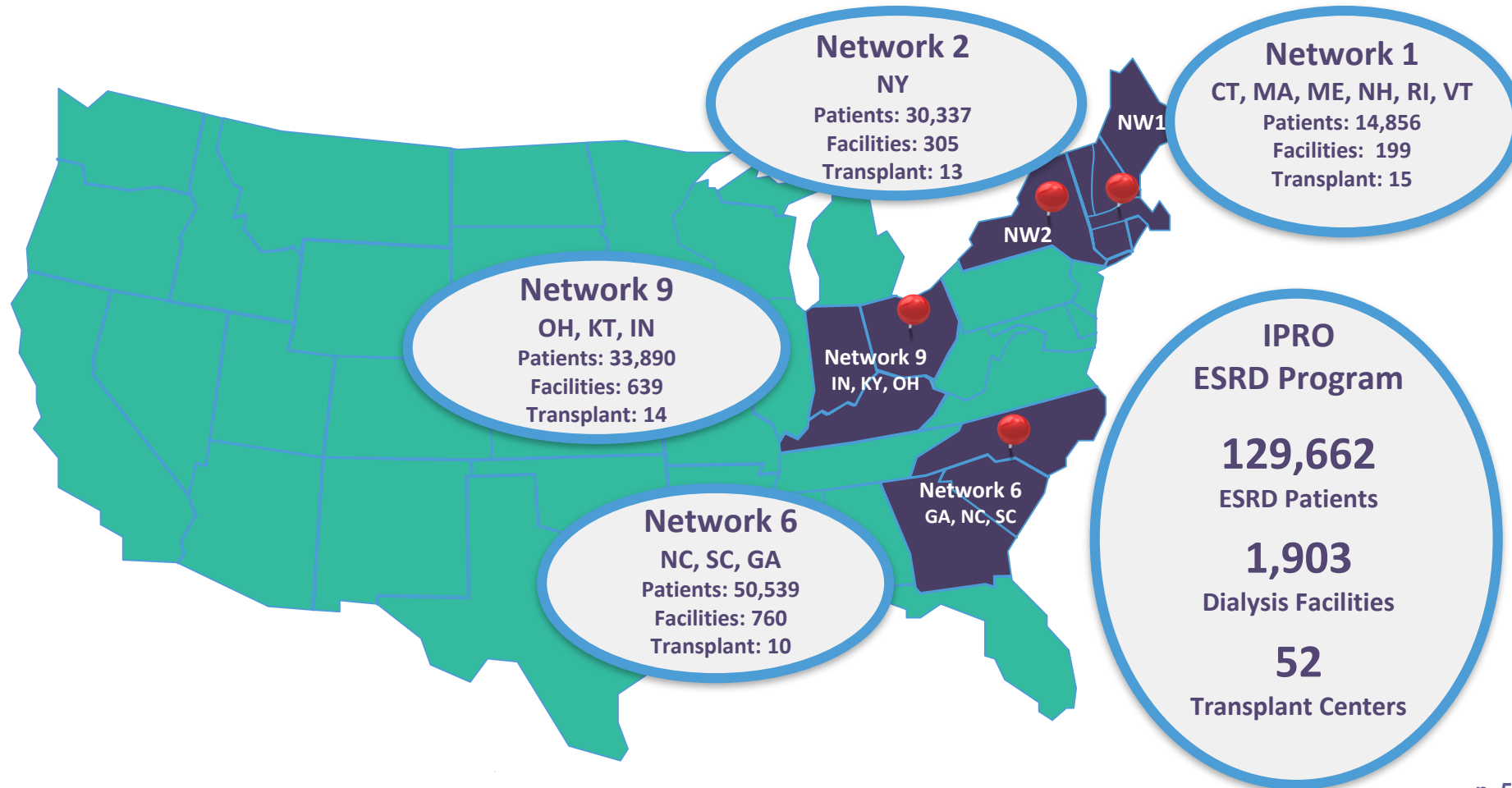


Network Program Overview



IPRO ESRD Network Service Areas

(2018 Network Annual Reports)





Mission Statement

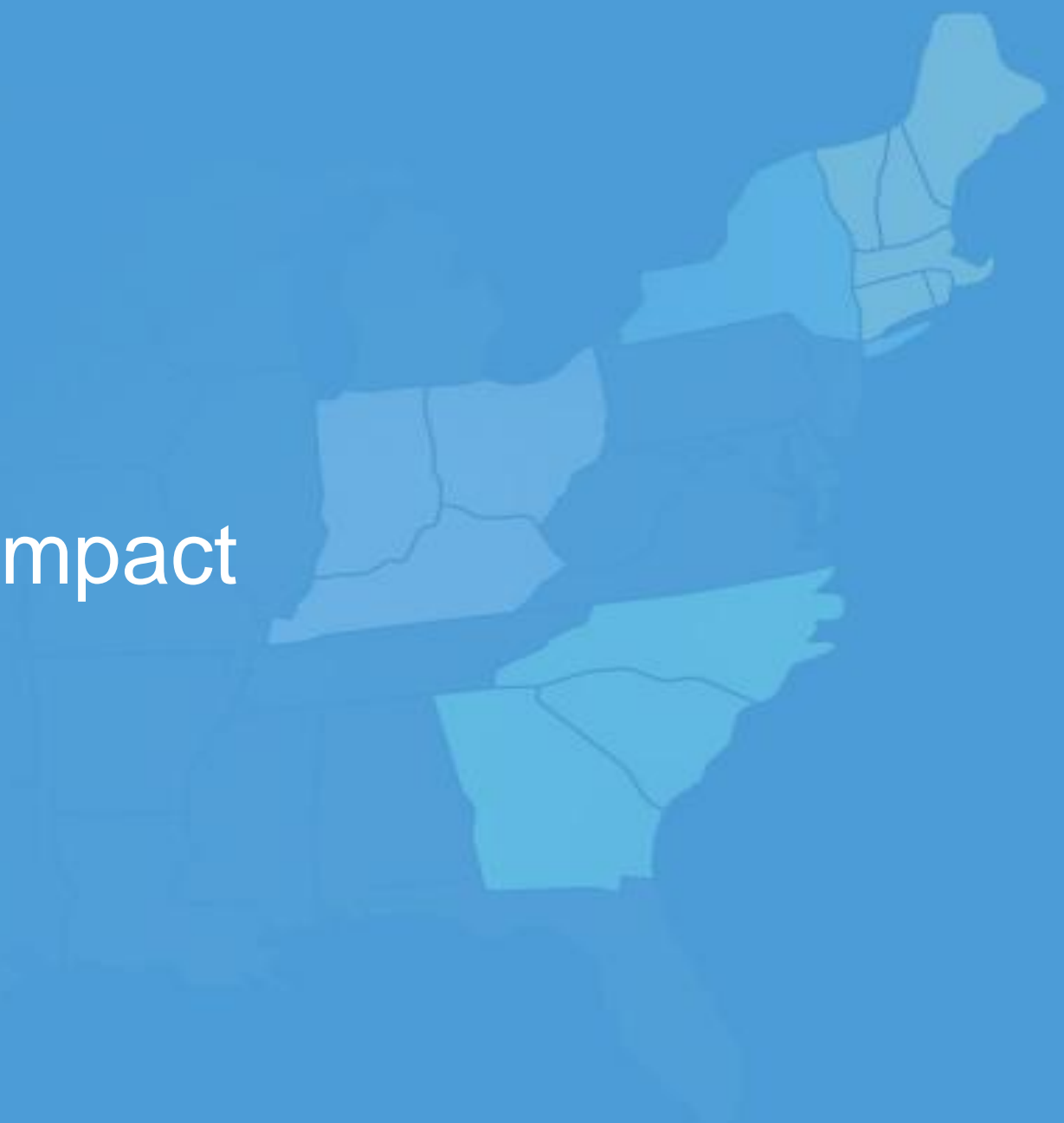
The Mission of the IPRO End Stage Renal Disease (ESRD) Network Program is to promote health care for all ESRD patients that is safe, effective, efficient, patient-centered, timely, and equitable.



ESRD Network Role/Responsibilities

- Liaison with Department of Health (DoH) and Centers for Medicare & Medicaid Services (CMS)
- Lead State-Wide Quality Improvement Activities (QIAs) to improve quality of care for ESRD patients
- Promote patient engagement, education, and patient experience of care
- Provide technical assistance and grievance management for ESRD patients and providers
- Support ESRD data systems and data collection, analysis and monitoring for improvement
- Support emergency preparedness and disaster response
- Collaborate with Dialysis Facilities and Transplant Centers

COVID-19 Community Impact



COVID 19 and Patients

- The COVID-19 pandemic has created a complex and stressful situation for the ESRD community.
- Patients have stated having trouble adjusting to
 - Social distancing
 - External Stressors (behaviors of other people)
 - Fear of the unknown
 - Dialysis treatment changes (time, duration, seating)
- These issues have consumed many patients' thoughts and activities, leaving them vulnerable to behaviors that may promote an unhealthy lifestyle.

Dr. Astha Muttreja, MD



Internal Medicine Physician
Preventative Medicine Resident
Stony Brook University Hospital



Stony Brook
Medicine

Stephanie Dixon



Founder Member of New York State CKD Champions, ESRD
Network Patient Advisory Committee (PAC) Advisor

Lead NY Representative for Kidney Patient Advisory Committee

National Patient Advocate/Educator and Subject Matter Expert



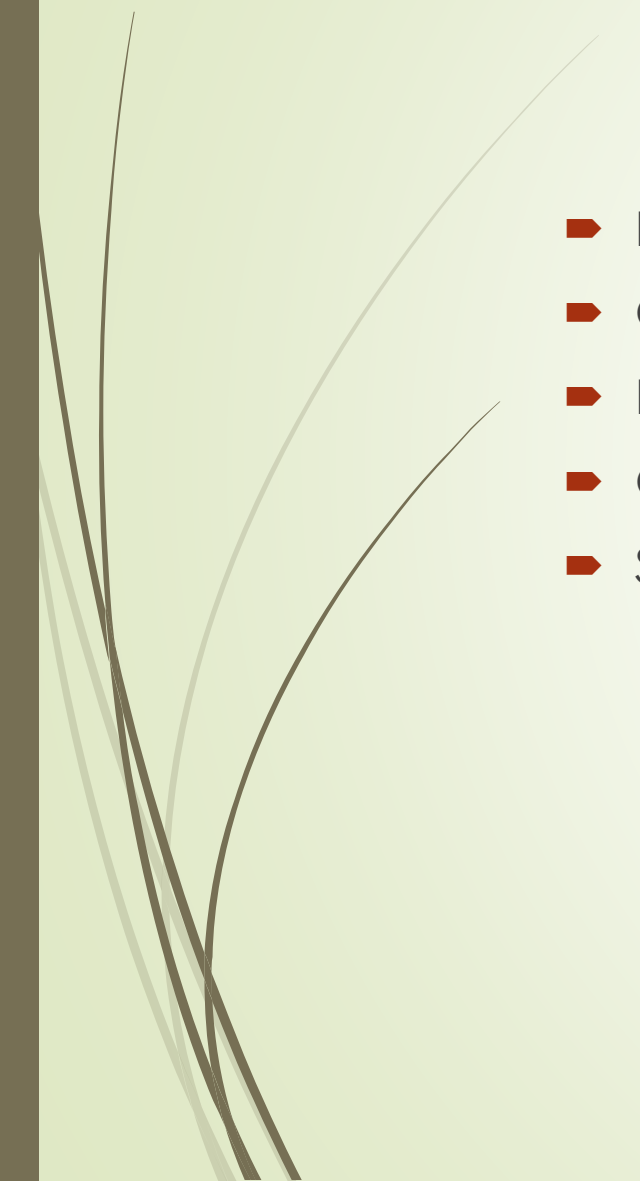



Maintaining a Healthy Lifestyle

Astha Muttreja MD & Stephanie Dixon

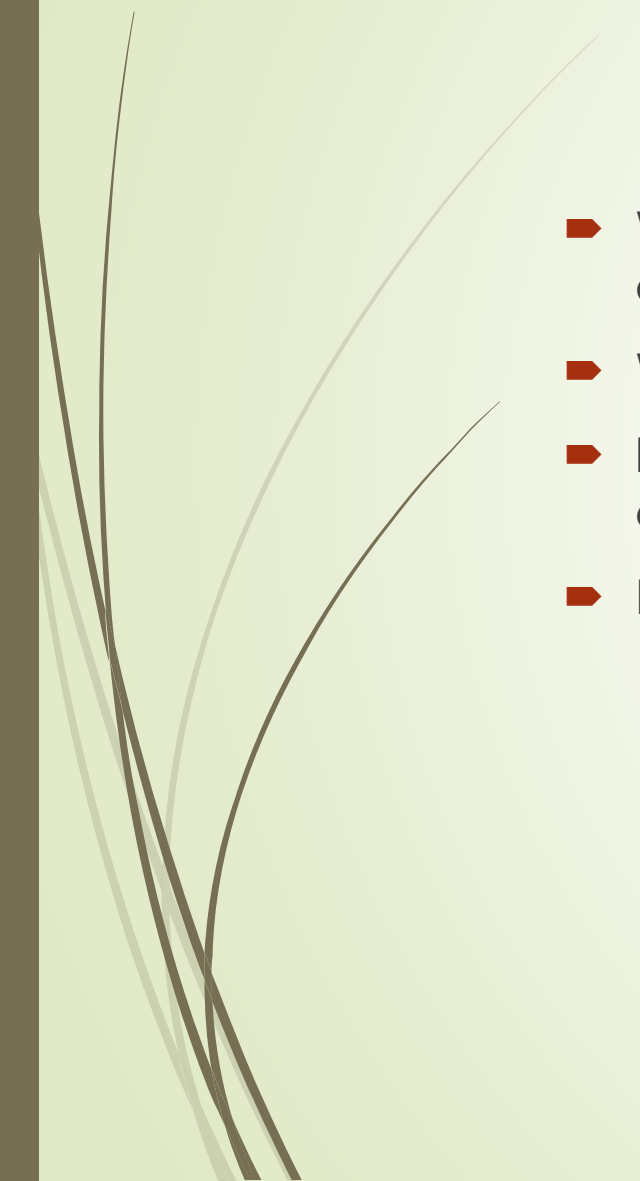


Objectives

- Find your motivation
 - Goal setting in a pandemic
 - Behaviors for healthy eating patterns
 - Get Active & Get moving
 - Sleep & Stress
- 



Why?

- ▶ We can spend hours discussing what we should be doing to stay healthy and stick to our goals
 - ▶ Without knowing 'why', the reality is that these behaviors won't last for long
 - ▶ It's important to know your own, internal motivations, for making a healthy change in your life
 - ▶ Reaffirm these motivations on a daily basis or more as needed
- 



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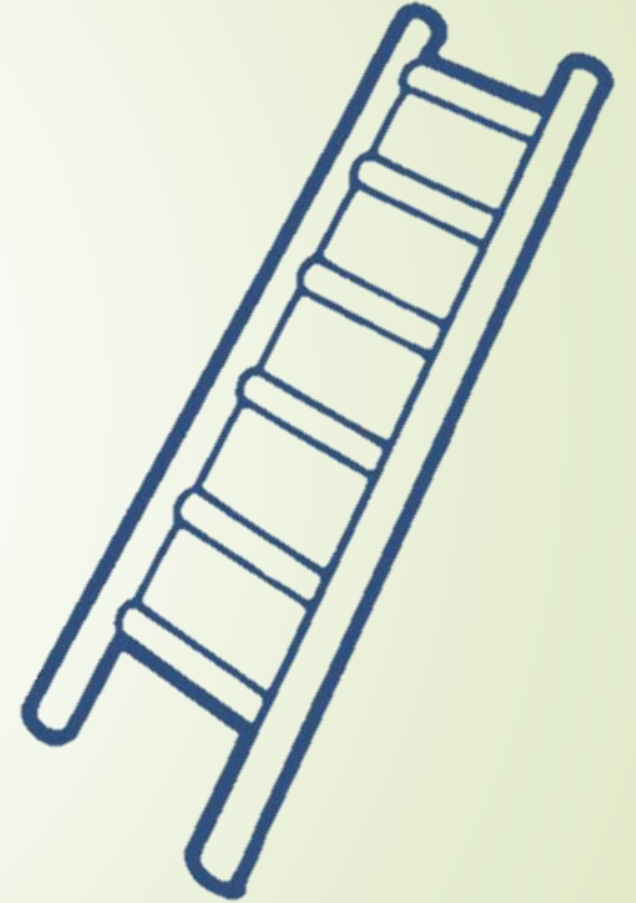
We take care of the future
by taking care of the
present now

”

Jon Kabat-Zinn

Goal setting

- ▶ Are you ready to change?
- ▶ Be honest with yourself about what you can do in this moment and in this environment
- ▶ Goal setting should be about habit forming, taken in small, achievable steps, to reach an eventual, long term goal





Set expectations early

- Challenges and setback are part of the process
- Maybe the goal wasn't right, the environment wasn't working, or it just isn't the right time at this moment.
- Allow yourself to listen, reassess, and try something new

“Mindfulness means paying attention in a particular way: On purpose, in the present moment, and nonjudgmentally.”

– John Kabat Zinn



Self-monitor



Write it down



Daily check-
ins/weigh-ins



Be Accountable



Stimulus control for impulse control

- ▶ We are hardwired to want things that make us feel good, triggered by sight, sounds, smells, and past experiences
- ▶ But in this world of plenty, that may become harmful rather than helpful
- ▶ Often, we have to work harder to maintain a healthy eating pattern, activity level, and to reduce stress and distractions
- ▶ Recognize your triggers
- ▶ Uncouple behaviors that are preventing you from sticking to your goals

Tip: Store food that is not in your eating plan in a separate cabinet and avoid opening that cabinet at home. Or if possible, don't buy it at all!



Healthy eating patterns – what are they?

- ▶ The diet that works best is the one you most enjoy
- ▶ Beware of labels that describe food as 'healthy'
- ▶ Evidence shows that every diet produces a similar amount of weight loss overtime
- ▶ Some people will have great success with a particular diet, and others will have no success or might even gain weight with the same diet
- ▶ There is no 'one size fits all' when it comes to the right diet
- ▶ The right diet is the one that works for you

Tips: Slow down and enjoy your meals. Avoid multi-tasking while eating. Resting in between each bite can help you savor your food and improve the feeling of 'fullness' after each meal.

Change your thinking

- ▶ Celebrate ALL successes
- ▶ Plan for challenges and setbacks
- ▶ Accept setback as part of your journey



Activity for health maintenance

- ▶ There is no minimum amount of activity that is beneficial. Even 5 minutes of movement has benefits to your health
- ▶ Isolation and quarantine present new challenges for obtaining physical activity with many people afraid to go outside, closing down of gyms and recreational facilities and limited social engagement
- ▶ But this is also an opportunity to find creative ways to incorporate movement at home.

MOVE YOUR WAY Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*
Anything that gets your heart beating faster counts.

at least **150** minutes a week

AND

Muscle-strengthening activity
Do activities that make your muscles work harder than usual.

at least **2** days a week

* If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, **do what you can.** Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**

U.S. Department of Health and Human Services. (2018). Physical Activity Guidelines for Americans, 2nd edition. Retrieved from: https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf

Benefits of Physical Activity

- ▶ Just one session of moderate to vigorous intensity physical activity can have immediate benefits such as lowering blood pressure and reducing anxiety.
- ▶ Even more benefits are seen over time with a regular activity regimen
 - ▶ Maintain muscle mass, strength, and flexibility
 - ▶ Improved quality of sleep, physical functioning, emotional health, and brain health.
 - ▶ Reduce risk/slow progression of heart disease, type 2 diabetes, stroke, cancer, obesity, high blood pressure and osteoporosis.

Tips to stay active at home during #COVID19 outbreak

-  Walk up and down the stairs
-  Do some stretching exercises
-  Dance to music for a few minutes
-  Seek more ideas & resources online

 World Health Organization #BeActive #HealthyAtHome

Be active at home during #COVID19 outbreak

-  Regularly check your sitting posture while working from home
-  Break up your sitting & stand up while working, on the phone, or watching TV

 World Health Organization #BeActive #HealthyAtHome

WORKING FROM HOME IS CHALLENGING - I NEED TO STAND UP AND MOVE EVERY 30 MINS...



Sleep and health maintenance

- ▶ Poor sleep is linked to a number of diseases and conditions including increased weight and obesity, metabolic syndrome, heart disease, certain cancers, and mood disorders like depression.
- ▶ Short sleep duration can also impair your immune system
- ▶ We have a culture that does not prioritize sleep, despite the health implications
- ▶ Tips to improve sleep patterns:
 - ▶ Maintain a routine with similar sleep/wake times
 - ▶ Increase exposure to sunlight and activity during the day
 - ▶ Avoid caffeine/alcohol and snacking close to bedtime
 - ▶ Reduce screen times or use night-shift mode on laptops, tablets, and smartphones
 - ▶ Remove distractions and create an environment conducive to sleep



Stress and Health



- ▶ Let go of the things that don't serve you including your own judgements and perceptions
- ▶ Positive thinking/Positive psychology
- ▶ Find your outlet
 - ▶ Write down thoughts, concerns, fears
 - ▶ Hobbies: gardening, knitting, art, music
 - ▶ Engage with your pets
 - ▶ Stay in touch with family and friends through technology (online games, etc)

“You can't stop the waves, but you can learn to surf.”

– Jon Kabat Zinn



Healthy Habits Challenge

- ▶ Things to Think About
 - ▶ Is there a behavior you would like to start after listening to the presentation today?
 - ▶ Are you willing to incorporate this behavior after listening to the presentation today?
- ▶ Join the Network for our 4 week challenge.
 - ▶ Share your healthy habits with us via:
 - ▶ Twitter: @ESRDNetwork2
 - ▶ Facebook: @ESRDNetwork2
 - ▶ Instagram: @ipro_esrd-network_2
 - ▶ Email: Danielle.Andrews@ipro.us

Questions or Comments?



Closing Remarks/Next Steps



Next Steps

- **Please complete the post-webinar survey to provide your feedback!**
- **Please note the slides and recording of this webinar will be made available after the presentation**
- **Look out more for e-mails about our upcoming patient webinar series**

Thank You!



Better healthcare,
realized.

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<http://ipro.org>