

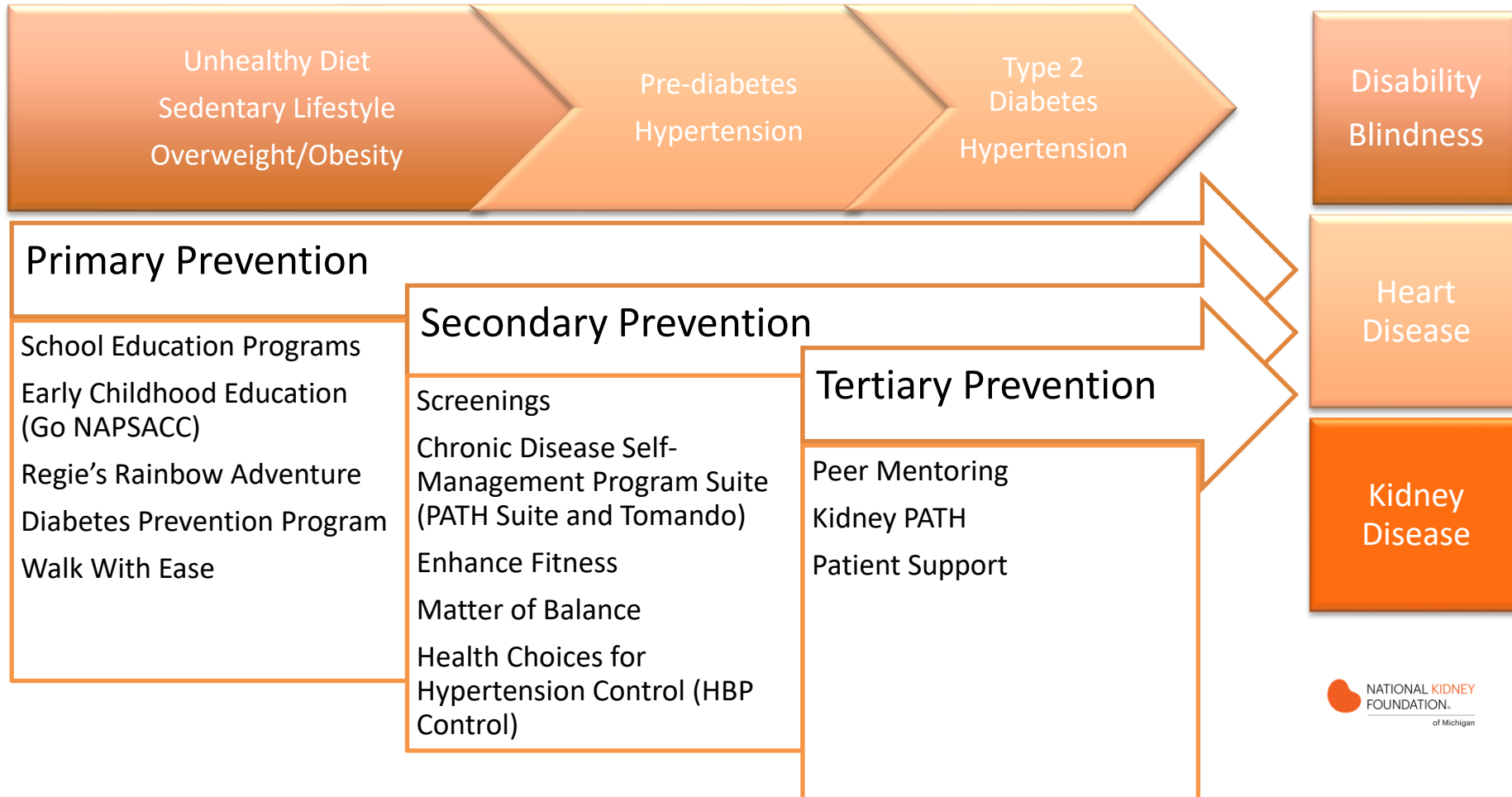
NKFM Self-Management Programs

November 15, 2023

Agenda

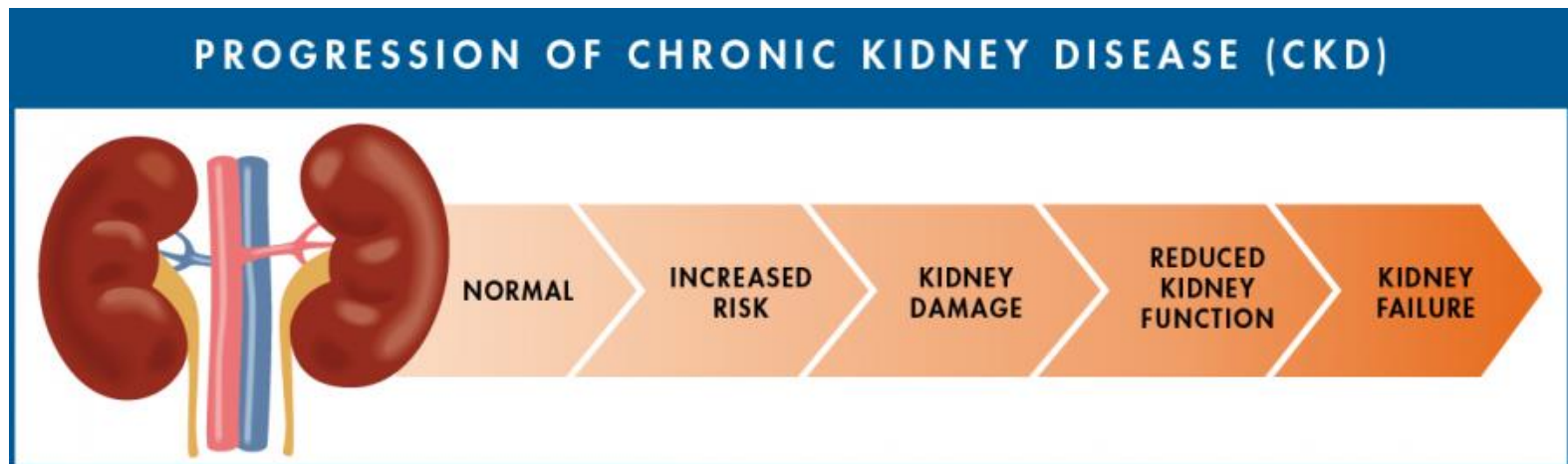
- The NKFM's role in chronic disease management
- What is chronic kidney disease
- High blood pressure self-management and resources for adults with hypertension
- PATH self-management programs

The NKFM and Chronic Disease Management



What is CKD?

- **Chronic Kidney Disease** is the loss of kidney function over time. CKD can lead to heart attack, stroke, anemia, kidney failure and death.
- Usually there are no symptoms of CKD until the later stages.
- There is no cure for CKD, but **progression may slow down** with early detection, medication, healthy eating and exercise.
- End-stage renal disease (ESRD), or **kidney failure** requires dialysis or a transplant.



What are the top two causes of CKD?

Diabetes

High blood pressure



Role of Self-Management

What does it mean to have an “activated” or “empowered” patient?

Self-management programs help individuals to actively cope with their chronic disease in the context of their daily lives. They develop skills:

- Goal setting
- Problem solving
- Decision making
- Coping strategies



NKFM Self-Management Programs

What they ARE:

- Evidence-based
- Facilitated by certified peer leaders
- Zoom or in person
- Free for adults living with chronic conditions or disabilities and caregivers

What they are NOT:

- Medical advice
- Strictly support groups



High Blood Pressure (HBP) Control

Health Coaches for Hypertension Control

- Developed by Clemson
- Trained peer health coaches
- Original research showed improved systolic blood pressure, weight, and fasting glucose



Weeks



90 Minutes

CLEMSON
INSTITUTE FOR ENGAGED AGING



[For more information: nkfm.org/HBPC](http://nkfm.org/HBPC)



HBP Control Modules by Session

- Session 1: Hypertension Basics & Action Plan
- Session 2: Hypertension
- Session 3: Nutrition
- Session 4: Tobacco Use Cessation
- Session 5: Physical Activity
- Session 6: Medication Management
- Session 7: Stress Management
- Session 8: Developing Long-Term Action Plan

Participant Workbook & BP Monitor



Personal Health Diary

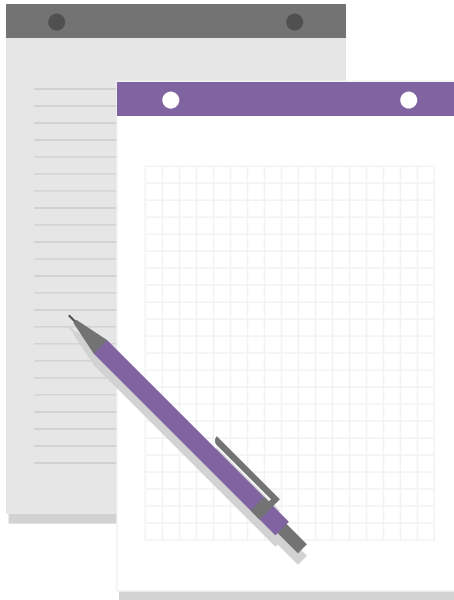
Personal Health Diary

Number: _____

Day/Date: ___ / ___ / ___	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Blood Pressure (same time each day, left arm)							
Steps Per Day							
Sodium Intake (mg)							
Fruits (Servings) Serving size = 1 medium fruit, ¼ cup dried fruit, ½ cup fresh, frozen, or canned fruit, ½ cup fruit juice							
Vegetables (Servings) Serving size = 1 cup raw leafy, ½ cup cut-up raw or cooked, ½ cup vegetable juice							
Stress Management activities (Yes or No)							
Taking Medication as Prescribed (Yes or No)							



Parts of an Action Plan



1. Something YOU want to do
2. Achievable
3. Action-specific
4. Answer the Questions:
 - What
 - How much
 - When?
 - How often?
5. Confidence level of 7 or more

HBP Control – Pilot Data

- Would you recommend this workshop to your family or friends?
 - 100% Definitely
- How would you rate your overall satisfaction with the quality of this program?
 - 100% Highly satisfied
- How would you rate your overall satisfaction with the leaders of the program?
 - 100% Highly satisfied
- After taking this workshop, I am more confident that I can manage my blood pressure.
 - 70% Increased confidence



HBP Control – Pilot Data

- After taking this workshop, I will continue to use:
 - Physical activity (100%)
 - Blood pressure monitoring (90%)
 - Sodium monitoring/reduction (90%)
 - Stress management (90%)
 - Action planning (80%)



HBP Control – Pilot Accomplishments

- Regularly monitoring blood pressure
- Accomplished a medication schedule
- Mindful eating habits
- Choosing more fruits and vegetables
- More physically active with the muscles to prove it!



HBP Control Workshops - 2022 to 2023

- 9 Workshops
 - 4 virtual
 - 5 In-person
- 116 people reached



HBP Control Testimonials

- “I would highly recommend this class. I showed the information folder to my doctor and she was very pleased that I attended the workshop. I also appreciate the blood pressure monitor and pedometer. Thank you very much!”
- “It was nice to talk with other people that have high blood pressure and listen to their ideas on things we all can do to reduce it.”





How do you think that Health Coaches for Hypertension Control can benefit your practice and your patients?

How can you help:

- Patient referrals
- Opportunity to speak to your staff the program

High Blood Pressure Resources

Handouts and website links:

- [Measuring Blood Pressure\(heart.org\)](https://heart.org)
- [My blood pressure log tracker \(heart.org\)](https://heart.org)
- [Life's Essential 8 \(heart.org\)](https://heart.org) (English and Spanish)
 - [Life's Essential 8 Fact Sheet | American Heart Association](https://heart.org)
 - [Life's Essential 8, How to manage blood pressure](https://heart.org)
- nkfm.org/hbpc

- [Measuring Blood Pressure\(heart.org\)](http://heart.org)

BLOOD PRESSURE MEASUREMENT INSTRUCTIONS

AMERICAN HEART ASSOCIATION

DON'T SMOKE, EXERCISE, DRINK CAFFEINATED BEVERAGES OR ALCOHOL WITHIN 30 MINUTES OF MEASUREMENT.

REST IN A CHAIR FOR AT LEAST 5 MINUTES WITH YOUR LEFT ARM RESTING COMFORTABLY ON A FLAT SURFACE AT HEART LEVEL. SIT CALMLY AND DON'T TALK.

MAKE SURE YOU'RE RELAXED. SIT STILL IN A CHAIR WITH YOUR FEET FLAT ON THE FLOOR WITH YOUR BACK STRAIGHT AND SUPPORTED.

TAKE AT LEAST TWO READINGS 1 MIN. APART IN MORNING BEFORE TAKING MEDICATIONS, AND IN EVENING BEFORE DINNER. RECORD ALL RESULTS.

USE PROPERLY CALIBRATED AND VALIDATED INSTRUMENT. CHECK THE CUFF SIZE AND FIT.

PLACE THE BOTTOM OF THE CUFF ABOVE THE BEND OF THE ELBOW.

American Heart Association recommended blood pressure levels

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120		LESS THAN 80
ELEVATED	120-129		LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

BLOOD PRESSURE HIGHER THAN 180/120 mm Hg IS A CRISIS.*

LEARN MORE AT HEART.ORG/HBP

*Wait a few minutes and take blood pressure again. If it's still high, contact your doctor immediately.

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- [Life's Essential 8, How to manage blood pressure](#)



HOW TO MANAGE BLOOD PRESSURE

✓ UNDERSTAND READINGS

Make smart choices and swaps to build an overall healthy eating style. Watch calories and eat smaller portions.

Blood pressure is typically recorded as two numbers, written as a ratio like this:



Read as "117 over 76" millimeters of mercury.

SYSTOLIC

The top number, the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).

DIASTOLIC

The bottom number, the lower of the two numbers, measures the pressure in the arteries when the heart is resting between heart beats.

BLOOD PRESSURE CATEGORY	SYSTOLIC MM HG (UPPER #)		DIASTOLIC MM HG (LOWER #)
Normal	Lower than 120	and	Lower than 80
Elevated Blood Pressure	120 -129	and	80
High Blood Pressure (Hypertension) Stage 1	130 -139	or	80 -89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 180	and/or	Higher than 120

✓ TRACK LEVELS



A diagnosis of high blood pressure must be confirmed with a health care professional. Any unusually low blood pressure readings should also be evaluated.

Health care professionals can take blood pressure readings and provide recommendations.

Learn more at heart.org/lifes8

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TIPS FOR SUCCESS



EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins like fish and seafood.

Limit sugary foods and drinks, red or processed meats, salty foods, refined carbohydrates and highly processed foods.



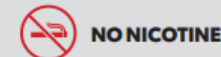
MOVE MORE

Physical activity helps control blood pressure, weight and stress levels.



MANAGE WEIGHT

If you're overweight, even a slight weight loss can reduce high blood pressure.



NO NICOTINE

Every time you smoke, vape or use tobacco, the nicotine can cause a temporary increase in blood pressure.



SLEEP WELL

Short sleep (less than 7 hours) and poor-quality sleep are associated with high blood pressure.

- [Life's Essential 8 Fact Sheet | American Heart Association](#)



Improving and maintaining cardiovascular health, or CVH, can help you enjoy a longer, healthier life. Better CVH also has been associated with decreased risk for heart disease, stroke, cancer, dementia and other major health problems.

Life's Essential 8 outlines a few easy steps you can take to live a healthier lifestyle.

	<p>✓ EAT BETTER Aim for an overall healthy eating pattern that includes whole foods, lots of fruits and vegetables, lean protein, nuts, seeds and cooking in non-tropical oils such as olive and canola.</p>	<p>✓ MANAGE WEIGHT Achieving and maintaining a healthy weight has many benefits. Body mass index (BMI), a numerical value of your weight in relation to your height, is a useful gauge. Optimal BMI for most adults ranges from 18.5 to less than 25. You can calculate it online or consult a health care professional.</p>	
	<p>✓ BE MORE ACTIVE Adults should participate in 150 minutes of moderate or 75 minutes of vigorous physical activity. Walking is great for moderate levels of activity. Kids should have 60 minutes every day, including play and structured activities.</p>	<p>✓ CONTROL CHOLESTEROL High levels of non-HDL, or "bad," cholesterol can lead to heart disease. Your health care professional can consider non-HDL cholesterol as the preferred number to monitor, rather than total cholesterol, because it can be measured without fasting beforehand and is reliably calculated among all people.</p>	
	<p>✓ QUIT TOBACCO Use of inhaled nicotine delivery products, which includes traditional cigarettes, e-cigarettes and vaping, is the leading cause of preventable death in the U.S., including about a third of all deaths from heart disease. And about a third of U.S. children ages 3-11 are exposed to secondhand smoke or vaping.</p>	<p>✓ MANAGE BLOOD SUGAR Most of the food we eat is turned into glucose (or blood sugar) that our bodies use as energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves. As part of testing, monitoring hemoglobin A1c can better reflect long-term control in people with diabetes or prediabetes.</p>	
	<p>✓ GET HEALTHY SLEEP Getting a good night's sleep every night is vital to cardiovascular health. Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age. Too little or too much sleep is associated with heart disease, studies show.</p>	<p>✓ MANAGE BLOOD PRESSURE Keeping your blood pressure within acceptable ranges can keep you healthier longer. Levels less than 120/80 mm Hg are optimal. High blood pressure is defined as 130-139 mm Hg systolic pressure (the top number in a reading) or 80-89 mm Hg diastolic pressure (bottom number).</p>	

Learn more at heart.org/lifes8

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- [HBP Control | National Kidney Foundation of Michigan \(nkfm.org\)](https://nkfm.org)

HBP Control: A Hypertension Self-Management Program

Do you have high blood pressure?

Do you want to learn ways to manage your blood pressure?

High blood pressure (or hypertension) can cause kidney damage and can raise your risk for heart disease, stroke, vision loss, and other health concerns. HBP Control is a workshop that teaches you skills and tools to take control of your high blood pressure.

HBP Control was originally developed at Clemson University Institute for Engaged Aging under the program name: Health Coaches for Hypertension Control.



What it is:

- 8 weekly sessions (90 minutes each)
- Fun, interactive, small group workshop
- Led by certified leaders

Learn how to:

- Monitor your blood pressure
- Cope with stress
- Make healthy food choices

Other NKFM Self-Management Programs

PATH Programs

- General PATH
- Diabetes PATH
- Kidney PATH
- Chronic Pain PATH

[For more information: nkfm.org/PATH](https://www.nkfm.org/PATH)



Q&A

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