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

Primary Prevention

- School Education Programs
- Early Childhood Education (Go NAPSACC)
- Regie’s Rainbow Adventure
- Diabetes Prevention Program
- Walk With Ease

Secondary Prevention

- Screenings
- Chronic Disease Self-Management Program Suite (PATH Suite and Tomando)
- Enhance Fitness
- Matter of Balance
- Health Choices for Hypertension Control (HBP Control)

Tertiary Prevention

- Peer Mentoring
- Kidney PATH
- Patient Support

Unhealthy Diet
- Sedentary Lifestyle
- Overweight/Obesity

Pre-diabetes
- Hypertension

Type 2 Diabetes
- Hypertension

Disability
- Blindness

Heart Disease

Kidney Disease
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

For more information: 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

**Number:**

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<tr>
<th>Day/Date:<strong>/</strong>/____</th>
<th>Monday</th>
<th>Tuesday</th>
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<td><strong>Blood Pressure</strong></td>
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<td><strong>Sodium Intake</strong></td>
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<td><strong>Fruits</strong> (Servings)</td>
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<td>Serving size = 1 medium fruit, ¼ cup dried fruit, ½ cup fresh, frozen, or canned fruit, ½ cup fruit juice</td>
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<td><strong>Vegetables</strong> (Servings)</td>
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<td>Serving size = 1 cup raw leafy, ½ cup cut-up raw or cooked, ½ cup vegetable juice</td>
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<td><strong>Stress Management activities</strong></td>
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<td><strong>Taking Medication as Prescribed</strong></td>
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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](http://heart.org))
- **My blood pressure log tracker**([heart.org](http://heart.org))
- **Life's Essential 8**([heart.org](http://heart.org)) (English and Spanish)
  - [Life's Essential 8 Fact Sheet | American Heart Association](http://heart.org)
  - [Life's Essential 8, How to manage blood pressure](http://heart.org)
- **nkfm.org/hbpc**
• Measuring Blood Pressure(heart.org)
• **My blood pressure log tracker (heart.org)**

![My Blood Pressure Log Tracker](image-url)
• Life's Essential 8, How to manage 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.

- **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.

- **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 healthcare professional.

- **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.

- **CONTROL CHOLESTEROL**
  High levels of non-HDL, or “bad,” cholesterol can lead to heart disease. Your healthcare provider 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 weighted calculated among all people.

- **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 3 in 10 U.S. children ages 3 to 11 are exposed to secondhand smoke and vaping.

- **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 a disease. Controlling hemoglobin A1c can better control long-term control in people with diabetes or prediabetes.

- **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.

- **MANAGE BLOOD PRESSURE**
  Keeping your blood pressure within acceptable ranges can help you live longer. Levels less than 120/80 mm Hg are optimal. High blood pressure is defined as 130-159 mm Hg systolic pressure (the top number in a reading) or 80-99 mm Hg diastolic pressure (bottom number).
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
Q&A

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