

WALK & ROLL

A Renal Nordic Walking Program to Improve Patient Care

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CONTEXT & AIM

- Frailty is prevalent in kidney disease and is associated with an increased mortality risk.
- Exercise is foundational for one's well-being, mood, and health, and many people living with kidney disease are unable to be active enough to enhance their health.
- Our team hypothesized that if kidney patients had access to a safe and regular exercise program at SPH, they would attain these previously unachievable benefits.
- Although walking is usually the best-accepted form of exercise for general health, (Nordic Walking (NW)) is superior to brisk walking without poles.
- Nordic walking improves upper body strength, helps with balance & burns more calories without more effort.

ACTIVATOR
POLES

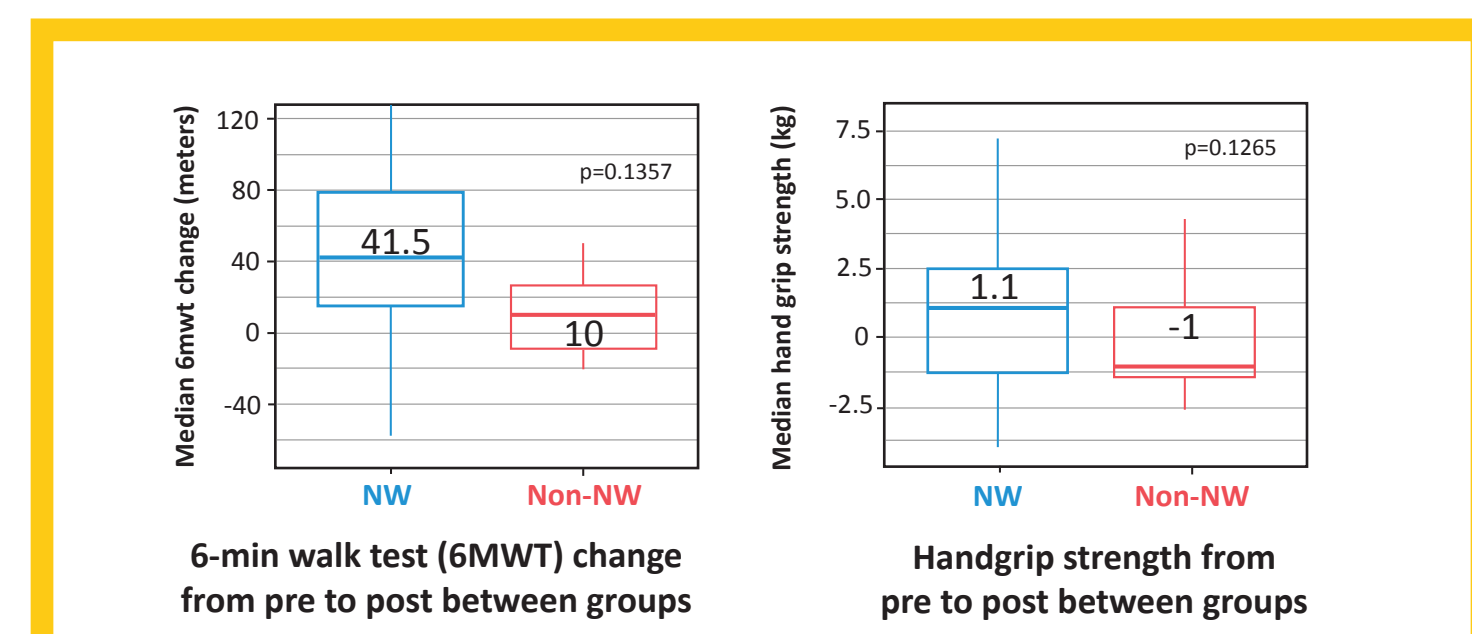
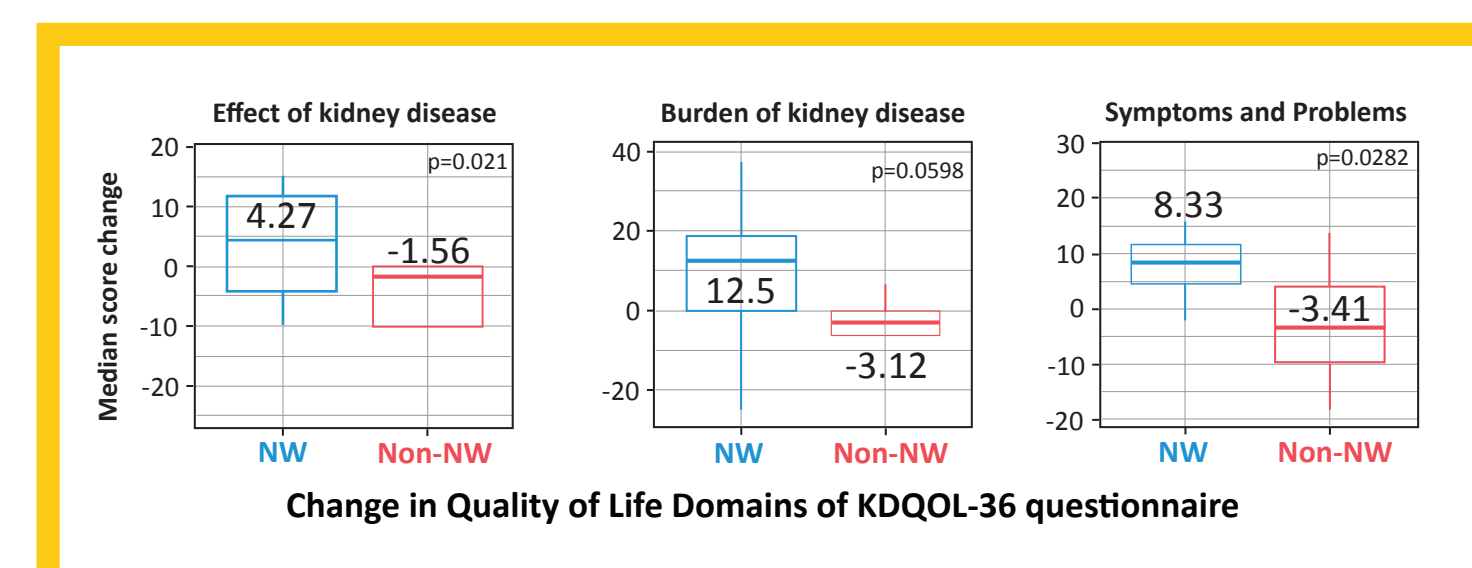


4 RESULTS

Post study comments from participants were consistent with perceptions of improvements in quality of life!

Participants included:

Post-renal transplant patients (n=10) Hemodialysis patients (n=3)
Pre-dialysis patients (n=14) Peritoneal dialysis patients (n=3)



Although the NW group appeared less healthy compared to the non-NW group at baseline, the NW group achieved greater improvements at 3-months in several domains of the KDQOL-36.

The NW group exceeded the Minimal Clinically Important Difference (MCID) of 14.0–30.5m for 6MWT (41.5m).

The NW group had greater improvements in HGS (1.1kg).

Arthritis pain in hips & legs resolved
Feel improved
Increased confidence
Sleeping less & breathing better
Walking makes me enjoy life because I go out more
More energy more often
Reduced stress, better posture & balance
Easier to do things; increased flexibility; slimmer waist
Mood lifted because of the consistency of walking 2x/week with a group

6 FUTURE DIRECTIONS

- Study has led to new funding for a physiotherapist to lead the Walk & Roll for renal patients at SPH
- Key messages were/are being shared via newsletters, social media, and conferences, and with study participants & patients

5 OUTCOME

A group-based supervised Renal NW program may provide benefits meaningful to renal outpatients



2 INTERVENTION



Patient Interest Survey

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Application to Enhanced Patient Care Grant (EPCG)

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Renal program staff volunteers receive NW teaching certification & "Walk & Roll" launched

1 IDEA

Let's create a Renal Nordic Walking program to help our patients get moving under the supervision of staff volunteers

3 RESEARCH STUDY

Are our patients benefiting from the "Walk & Roll" program?

Obtained funding from the PHC Practice-based Research Challenge + Patient Partner. Conducted study to evaluate the benefits & feasibility of the "Walk & Roll".

Methods

Randomized Control Trial

30 participants randomized into 2 groups:

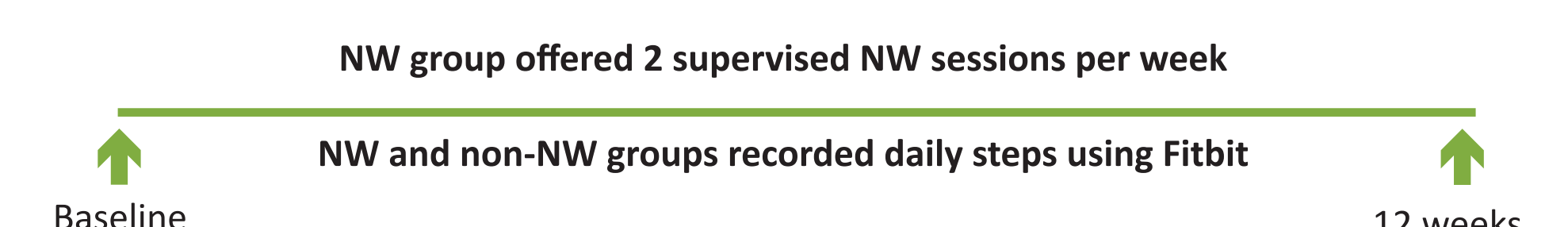
- Nordic Walking Group (NW): offered 2 NW sessions per week for 12 weeks
- Non-Nordic Walking Group (Non-NW): continued with their own activities

Inclusion Criteria:

- Age > 19 y
- Renal patient (CKD, PD, HD, Tx)
- Physician's approval
- Able to walk safely
- Has smart phone & comfortable using Apps

Data collected at baseline and 12 weeks:

- Quality of Life survey (KDQOL-36)
- Handgrip strength
- Sit-to-stand test
- 6-min walk test
- Weight



START

