

## **Prehab Multidisciplinary Group Program**

**(Face to face - ?? S&S UHW, 4-6pm)**

### **Session 1 (Week 1) – Introduction to Prehab (Facilitated by CKD CNS)**

The first session of the Prehab Multidisciplinary Group Program serves as an introduction to prehabilitation. It is facilitated by a CKD (Chronic Kidney Disease) Clinical Nurse Specialist (CNS). The session covers the following topics:

- What is prehab? Participants will gain an understanding of prehabilitation, its purpose, and its benefits. A pre-learning form will be created to assess the participants' existing knowledge and expectations.
- Role of the Kidney, CKD & common terminology: This segment provides information about the role of the kidney, an overview of Chronic Kidney Disease (CKD), and common medical terminologies related to CKD.
- Tests for CKD & PKB: Participants will learn about the diagnostic tests used to identify CKD, as well as the purpose and significance of Patient Knows Best (PKB).
- Symptoms of CKD: This section focuses on the common symptoms experienced by individuals with CKD, helping participants recognise and understand these symptoms.
- Common medications used to manage CKD: An overview of the medications commonly prescribed for managing CKD will be provided, including their purpose and potential side effects.
- The future: A brief discussion about potential treatment options and advancements in the field of CKD management will be presented.
- Enhancing overall health & wellbeing: Participants will explore strategies and lifestyle modifications that can be adopted to promote overall health and wellbeing when diagnosed with CKD.

## **Session 2 (Week 2) – Reflection on Session 1 – Support (Facilitated by Social Worker)**

The second session, facilitated by a Social Worker, focuses on reflection and support. The agenda for this session includes:

- Available support for CKD patients: Participants will learn about the various support options available to individuals with CKD. This may include peer support, with a presentation by a peer support member from Popham, as well as information about organisations such as Kidney Wales and Kidney Care UK.
- Welfare and benefits: This segment will address the topic of welfare and benefits and how they relate to CKD patients. Participants will gain knowledge about the support systems in place and who can assist them in accessing these resources.
- Relaxation and managing mental health: The Social Worker will conduct a session focused on relaxation techniques and strategies for managing mental health challenges commonly associated with CKD.

### **Session 3 (Week 3) – Exercise & Diet (Facilitated by Physiotherapist & Dietician)**

The third session, facilitated by a Physiotherapist and Dietician, highlights the importance of exercise and a healthy diet in managing CKD. The session agenda includes:

- Managing symptoms of CKD: Participants will learn about effective strategies for managing symptoms associated with CKD.
- Understanding exercise and its benefits: This segment provides an explanation of what exercise is and how it can help individuals with CKD. Participants will gain an understanding of the benefits of exercise and the potential challenges they may face.
- Exercises to build strength: The Physiotherapist will guide participants through a series of exercises aimed at building strength and improving overall physical well-being.
- Diet and healthy eating with kidney disease: The Dietician will discuss the importance of a balanced diet and healthy eating habits for individuals with kidney disease. Participants will learn about dietary restrictions, appropriate food choices and portion control.
- Exercise session: A practical exercise session will be conducted by the Physiotherapist, allowing participants to engage in physical activity and experience firsthand the benefits of exercise.

## **Session 4 (Week 4) – Fatigue & Anxiety - Conclusion (Facilitated by Occupational Therapist)**

The fourth and final session, facilitated by an Occupational Therapist, focuses on fatigue, anxiety, and concludes the program. The session agenda includes:

### Session 1:

- CKD-related tiredness and fatigue: Participants will learn about the nature of tiredness and fatigue associated with CKD and its impact on daily life and functioning.
- Seeking help for fatigue: This segment provides information about available resources and support services that can assist individuals in managing CKD-related fatigue.
- Fatigue management strategies: Participants will be introduced to various strategies for managing fatigue, including activity analysis, task adaptation, pacing techniques and grading.

### Session 2:

- Worry and Anxiety: The Occupational Therapist will explain the concept of worry and anxiety, helping participants recognise if they are affected by these conditions and how to seek appropriate help.
- Treatments for tiredness, fatigue, worry, and anxiety: This segment explores different treatment options available for managing fatigue, worry, and anxiety related to CKD.
- Strategies for managing worry and anxiety: Participants will learn practical techniques, such as grounding, that can be incorporated into everyday activities to help manage worry and anxiety.
- Reflection on the 4 weeks: Participants will have an opportunity to reflect on the entire four-week program, providing feedback and suggesting any areas they feel may be missing.
- Data collection: Data will be collected for evaluation purposes, ensuring the program's effectiveness and identifying areas for improvement.
- Completion of feedback questionnaire: Participants will be given a feedback questionnaire to share their thoughts and experiences about the program.
- Summary of lifestyle changes: A summary of the lifestyle changes discussed throughout the program will be provided as a reference for participants.
- Relaxation session: The Occupational Therapist will conduct a relaxation session to conclude the program, allowing participants to practice relaxation techniques.