

# How to stimulate an active lifestyle after kidney transplantation?

Kidneybox and Walk&Talk, a rehabilitation program for kidney transplant patients.

After a kidney transplantation patients often struggle with adapting to a new and healthier lifestyle. This often leads to inactivity, weight gain or even new-onset diabetes. Many patients seek peer contact, but have difficulty connecting to other patients.



Kidney patient joins the Walk&Talk. Other patients share their transplant experience.



Patient prepares for surgery.



## Kidney Box

A cheerful box that celebrates a new chapter in life with little gifts that inform you about a healthy lifestyle. Handed out during your discharge from the hospital.

What's in the box?

- Information on Walk&Talk
- Recipes for healthy meals
- Water bottle to stimulate water drinking
- Sunscreen to avoid faster sunburns due to medication
- Medicine box
- Information of the TRANSFIT program, on exercise after transplantation (Stichting Sport en Transplantatie)



Hospital discharge and receiving the Kidneybox .

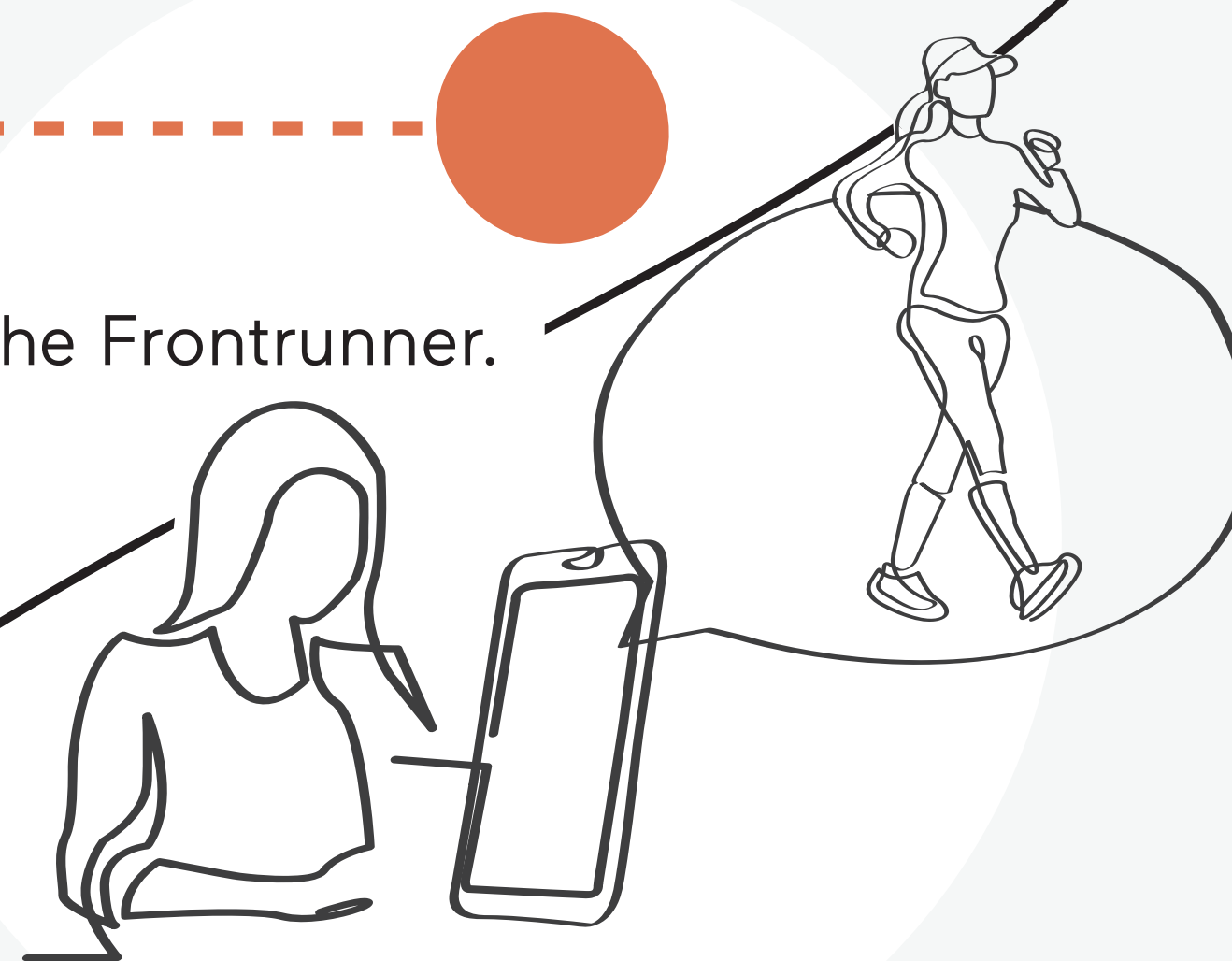


## Frontrunner

Patients trained in organizing the walks are called Frontrunners. Frontrunners take care of the organization of the walks. From staying in contact with all patients who want to join, to scheduling new walks.

They are supported by healthcare specialists. The healthcare informs patients and other healthcare professionals in the hospital through presentations and by handing out a flyer to patients in consults.

Contact the Frontrunner.



## Communication

A website and app are currently being developed to share practical information on the walks and the educational program. Posters and flyers on the program are available.

## Walk

Walk&Talk is a weekly walking program. Just a group of patients going out for a healthy stroll. Healthcare specialists occasionally join walks too. To show that exercise is important, and to share broader -transplant-life experiences.

In short, Walk&Talk takes away the fear of exercising and brings people together.



Joins walks and talks about adopting a healthy lifestyle.

### Results

The first Walk&Talk program started at the Amsterdam UMC, location VUmc, to support a healthy and more active lifestyle of patients after kidney transplantation.

- + Frontrunners have been trained
- + There is a lot of interest in the program
- + Enthusiastic participants



### Questions

- How do we connect to younger patients?
- How can we make Walk&Talk accessible to a wider group of transplant patients?
- How do we determine the success factors of the program?



Amsterdam UMC

### Next steps

The program has the potential to be implemented around all Dutch transplant clinics, resulting in a national program with uniformity in training and support.

- Sharing the Walk&Talk concept with different medical centers.
- Starting with a transplant box, and Walk&Talk for transplant patients in UMCG
- Intensify collaboration with Stichting Sport en Transplantatie.

**Walk&Talk brings people together. Organized by patients. For patients.**