



# WHAT PROVIDERS SHOULD KNOW ABOUT: **KIDNEY PATH**

## Personal Action Toward Health (PATH)



### **What it is:**

An 8-week workshop that meets once a week for 2 to 2½ hours. The program may be provided virtually or in-person. Kidney PATH helps participants better self-manage their kidney disease through a variety of skills and tools.

### **Who should participate:**

People in any stage of CKD (including kidney transplant recipients) and their caregivers.

### **Kidney PATH participants learn how to:**

- Manage everyday activities
- Control symptoms and decrease stress
- Improve communication skills
- Avoid complications
- Improve overall health and increase energy
- Advocate for their health
- Plan meals to maximize kidney health
- Ask a panel of experts about kidney disease
- Understand treatment options for kidney failure

*"I was struggling managing everything I had going on, but being in a group with 12 others who also had CKD was very helpful." - Kidney PATH Participant*

### **Impact of the program:**

- 97% of participants stated that they felt more confident about handling their health condition(s) after taking this workshop.
- Increased self-efficacy with managing chronic kidney disease:
  - 12% increase in mean score on the Stanford "Communication with Physician" 3-item Scale<sup>1</sup>
  - 12% increase in Stanford "Self-Efficacy for Managing Chronic Disease" 6-Item Scale<sup>1</sup>
  - 10% increase in mean score 6-item scale regarding CKD Self-Efficacy Problem Solving Scale<sup>2</sup>
  - 8% increase in mean score 4-item scale regarding CKD Self-Efficacy Seeking Social Support Scale<sup>2</sup>



- Original research studies found the program reduced symptoms of depression and decreased utilization of emergency, inpatient, and outpatient services<sup>3-5</sup>
- Estimated cost savings of \$714 to \$944 per person<sup>\*6,7</sup>

### How to discuss it with your patients:

You can use our fillable referral form or provider portal, accessible at [www.nkfm.org/healthcare-professionals](http://www.nkfm.org/healthcare-professionals). Your patients can register online at <http://www.nkfm.org/kpath> or call 1-800-482-1455, Ext 2590.

For more information about upcoming workshops: Visit [www.nkfm.org/kpath](http://www.nkfm.org/kpath) or [www.nkfm.org/PATH](http://www.nkfm.org/PATH).

<sup>1</sup>Lorig KR, Sobel DS, Ritter PL, Laurent D, Hobbs M. Effect of a self-management program on patients with chronic disease. *Eff Clin Pract*. 2001;4(6):256-262.

<sup>2</sup>Lin CC, Wu CC, Anderson RM, et al. The chronic kidney disease self-efficacy (CKD-SE) instrument: development and psychometric evaluation. *Nephrol Dial Transplant*. 2012;27(10):3828-3834.

<sup>3</sup>Lorig KR, Ritter P, Stewart AL, Sobel DS, Brown Jr BW, Bandura A, Gonzalez VM, Laurent DD, Holman HR. Chronic disease self-management program: 2-year health status and health care utilization outcomes. *Medical care*. 2001 Nov 1:1217-23.

<sup>4</sup>Lorig KR, Sobel DS, Ritter PL, Laurent D, Hobbs M. Effect of a self-management program on patients with chronic disease. *Effective clinical practice: ECP*. 2001 Nov 1;4(6):256-62.

<sup>5</sup>Lorig KR, Sobel DS, Stewart AL, Brown Jr BW, Bandura A, Ritter P, Gonzalez VM, Laurent DD, Holman HR. Evidence suggesting that a chronic disease self-management program can improve health status while reducing hospitalization: a randomized trial. *Medical care*. 1999 Jan 1:5-14.

<sup>6</sup>University of Memphis School of Public Health, 2014. <http://www.ebp-savings.info/>.

<sup>7</sup>Centers for Medicare & Medicaid Services. Report to Congress: The Centers for Medicare & Medicaid Services evaluation of community-based wellness and prevention programs under section 4202 (b) of the Affordable Care Act. Washington: Government Printing Office. 2013

\*Cost savings estimate was calculated for the Chronic Disease Self-Management Program (CDSMP).