

A Lifestyle Medicine Approach for (Kidney) Rehabilitation

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Disclaimer

➤ Exercise enthusiastic



The Foundation for Lifestyle Medicine

- “If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.”

Hippocrates 460 B.C. – 370 B.C.



How is Lifestyle Medicine Defined?

- The use of **evidence-based lifestyle therapeutic approaches**



Field of Lifestyle Medicine

- LM recognizes the link between lifestyle and health outcomes
- Uses science behind health behavior change
- Emphasizes value of lifestyle medicine prescriptions by physicians
- Emphasizes value of support of those prescriptions by other health professionals



Hettler's Six Dimensions of Wellness



Lifestyle Medicine vs. Traditional Medicine

- **Traditional Medicine**

- Practitioners focus on individual risk factors
- Patients are passive recipients of care
- Doctors give solutions

- **Lifestyle Medicine**

- Whole patient and lifestyle practices focus
- Patients are active partners in their care
- Long-term significant lifestyle changes are expected

Expert-Like vs. Coach-Like Approach

- Treats patients
- Educates
- Relies on skills and knowledge of expert
- Strives to have all the answers
- Focuses on the problem
- Advises

- Helps patients help themselves
- Builds motivation, confidence, and engagement
- Relies on patient self-awareness and insights
- Strives to help patients find their own answers
- Focuses on what is working well
- Collaborates

Expert vs. Coach

- **EXPERT**

- **E**xamine
- **X**-ray
- **P**lan
- **E**xplain
- **R**epeat
- **T**ell

- **COACH**

- **C**uriosity
- **O**penness
- **A**ppreciation
- **C**ompassion
- **H**onesty

SWITCHING FROM THE EXPERT-LIKE APPROACH TO THE COACH-LIKE APPROACH

How do you switch from
advising to negotiating?



There are significant differences in five main areas

- Sharing knowledge
- Listening
- Asking questions
- Approaching problems
- Taking responsibility



Providing knowledge



- “Tell and sell”
- Teach as much as possible
- Inform the patient
- “Knowledge is power.”

The coach and sharing knowledge



- Ask for permission before educating
- Provide “just in time” information
- Check if patient is ready and willing to hear the information
- Knowledge is power, but alone it is often not powerful enough to illicit lasting change.

What can we do to promote a better lifestyle?

- **Simple first steps**

- With every patient?
- If you only have 30 seconds?
- If you only have 5 minutes?
- If you only have 10 minutes?



With Every Patient

- Make a point of addressing lifestyle issues with every patient, even briefly
- Take lifestyle vital signs
 - BMI, physical activity level, fruit and vegetable intake, smoking history, alcohol consumption
- Prescribe lifestyle as the first-line treatment for most chronic illnesses



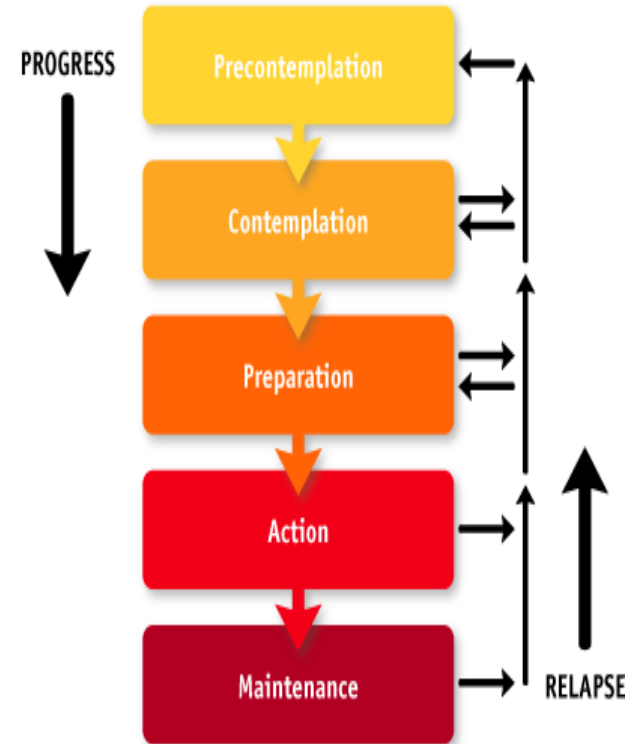
If the Health Care Provider only has 30 seconds...

- Tell the patient that you believe lifestyle issues are important and would like to address them at the next visit
- Schedule a follow-up visit for the current condition and carve out at least 2 minutes for addressing lifestyle at that visit
- Schedule a prevention visit if possible



If the practitioner has 5 minutes...

- Choose one area of concern that patient is ready to address
- Ask patient about what specific steps he/she could do
- Develop a brief action plan—one small step
- Check patient's confidence level
- If patient is not ready for an action plan, offer a brief message appropriate to the patient's stage of readiness



If you can carve out 10 minutes or more...



- Briefly address two or more lifestyle areas appropriate to the patient's readiness to make a change;
 - use motivational interviewing or developing a brief, specific action plan

A 30 second strategy

- Can physicians who disclose their healthy personal behaviors to patients improve their credibility and their ability to motivate?
- Videos of physicians counseling patients
 - ½ minute of self disclosure re: dietary and exercise practices
 - Bike helmet and apple on desk



Does Physician Behavior Matter?

Is there a relationship between the personal health habits of physicians and their practices in counseling?

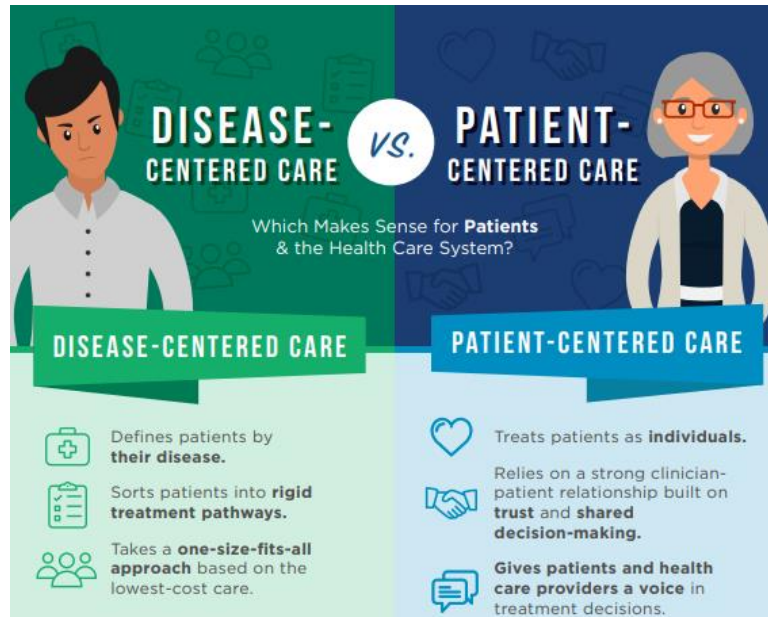


Results – Live what you preach!!!!

- Physicians who exercise are more likely to counsel their patients to exercise.
- Those that do aerobic training counsel on aerobic training, and those that do strength training counsel on strength training.
- The main barriers to counseling on exercise were
 - inadequate time
 - lack of knowledge/experience with exercise counseling



Past – Present – Future of getting better



Thank you for your attention !

