

Renal Rehabilitation Service



Information for people living with kidney disease

This leaflet provides information about the Renal Rehabilitation Service at King's College Hospital.



**If you would like more information, or would like to refer yourself or your client to our team please contact us:
Tel: 020 8194 7470 or Email: kch-tr.renal-rehab@nhs.net**

What is the Renal Rehabilitation Service?

The Renal Rehabilitation Service is led by physiotherapists who specialise in supporting people with kidney disease.

We offer a 12 week individualised programme including:

- individual assessment and support with exercise and physical activity
- education to support self-management and wellbeing.

We also work jointly with the King's renal dietitians in our Renal Weight Management Clinic.

Who is appropriate for our service?

We offer support to all people living with kidney disease.

This may include people who:

- undergo dialysis treatment (in-centre, home haemodialysis or peritoneal dialysis)
- have received a kidney transplant
- are working up to receive a kidney transplant
- are planning to donate a kidney
- have had an acute kidney injury

Our menu-based approach to exercise

We understand that everyone has different needs and preferences towards exercise. Our goal is to help support you to find a form of movement that you enjoy.

We offer a range of exercise programmes including:

- online exercise through Kidney Beam (see below for more information)



- individualised home exercise and physical activity programmes
- face to face 12 week group classes at Tessa Jowell Health Centre in Dulwich

We can also support you to find local exercise options near your home, for example, discounted gym memberships, local walking clubs and support groups.

What is Kidney Beam?

- Kidney Beam is an online physical and emotional wellbeing platform, offering live and on demand classes.
- All classes are led by specialist physiotherapists or trainers.
- There is an opportunity to talk to other people with kidney disease.
- Kidney Beam membership is completely free.

Please note: If you need technical support we are here to help, and can link you in with additional assistance if needed.

What do the 'Get Active, Stay Active' live classes on Kidney Beam involve?

- The classes are led by the King's College Hospital Renal Rehabilitation team.
- They are 40 minutes in length and include aerobic and strengthening exercises.
- The classes are open to all different abilities and you can complete the activities sitting or standing.
- There is an education component that includes talks from other members of the King's renal team, including renal counsellors and renal dietitians.

What do the on-demand classes on Kidney Beam involve?

- These are pre-recorded classes that can be viewed at any time.
- There is a variety of classes to choose from to suit all abilities, and a range of educational videos.

Benefits of exercise for people living with kidney disease may include:

- increased muscle strength
- improved mood and general quality of life
- weight loss and weight management
- improved sleep
- lower blood pressure
- lower cholesterol
- lower stress levels
- improved dialysis efficiency
- improved diabetes control

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Care provided by students

We provide clinical training where our students get practical experience by treating patients. Please tell your physiotherapist if you do not want students to be involved in your care. Your treatment will not be affected by your decision.



PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. The PALS office is located on the ground floor of the Hambleden Wing, near the main entrance on Bessemer Road - staff will be happy to direct you.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: **020 3299 3601**

Email: **kch-tr.palsdh@nhs.net**

If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 1844.



