

# The Healthy Living Programme – part of King's Kidney Care Services

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## Information for patients

This leaflet provides information about the Healthy Living Programme for those under the care of our King's Kidney Team. You can also watch a short video here: <https://www.kch.nhs.uk/service/a-z/renal>

### What is the Healthy Living Programme?

- Weight gain is a complex system, and this programme is designed to help you:
  - understand the causes of your weight gain
  - develop skills to make positive changes to your food and physical activity
  - set your own goals to help you achieve your weight loss
  - problem solve and cope with any setbacks
- People who have completed our programme have been able to lose and maintain body weight, improve blood pressure control, and improve physical activity and physical function.
- The programme consists of individual monthly appointments for the first 6 months, followed by appointments at 9 and 12 months.
- We offer both face to face appointments (at King's College Hospital, Denmark Hill) and video appointments.
- You will see a specialist kidney dietitian and kidney physiotherapist at each visit.

### Who is eligible?

Anyone under the care of the King's Kidney Team can be referred to the programme.

### What to expect?

- A warm welcome and a supportive environment.
- Expert guidance and coaching from qualified kidney health professionals to support you with your weight loss.
- Together, we will look at your food, physical activity, and consider other treatment options, such as medication.
- To optimise your food intake, the kidney dietitian will consider:
  - your likes and dislikes
  - kidney-friendly food choices
  - changes that you can maintain in the long-term

- To optimise your physical activity, the kidney physiotherapist will consider:
  - your individual preferences
  - the availability of equipment and time
  - setting you up with a personalised exercise programme or referring you to local exercise options

## Are you interested?

If you are interested in our programme, contact our team on the number below to arrange your first appointment.

**For further information, contact us on 020 3299 1812**

Please call between 9.30am and 4pm. If no one is available to answer your call, please leave a telephone message with your name, hospital number, and contact details.

## Sharing your information

King's College Hospital NHS Foundation Trust has partnered with Guy's and St Thomas' NHS Foundation Trust through the King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas' hospitals. King's College Hospital and Guy's and St Thomas' NHS Foundation Trusts share an electronic patient record system, which means information about your health record can be accessed safely and securely by health and care staff at both Trusts. For more information visit [www.kch.nhs.uk](http://www.kch.nhs.uk).

## Care provided by students

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse 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. They can also pass on praise or thanks to our teams. The PALS office is located on the ground floor of the Hambleton 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](mailto:kch-tr.palsdh@nhs.net)

**If you would like the information in this leaflet in a different language or format, please contact our Communications and Interpreting telephone line on 020 3299 4826 or email [kch-tr.accessibility@nhs.net](mailto:kch-tr.accessibility@nhs.net)**

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