



The Empowered Patient: Taking Steps to Manage Diabetes and CKD

This webinar will start shortly

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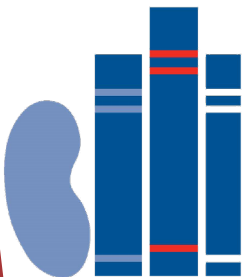
Today's Presenter

- ▶ Stacy Ogbeide, PsyD, MS, ABPP is a Board-Certified Clinical Health Psychologist and a Board-Certified Specialist in Obesity and Weight Management. She is the Director of Behavioral Health Education in the Family Medicine Residency and an Associate Professor with the Department of Family & Community Medicine with UT Health San Antonio. She also has a cross appointment in the Department of Psychiatry and Behavioral Sciences and serves as the Primary Care Track Coordinator for the Psychology Internship Program.

@DrStacy01



#empowered



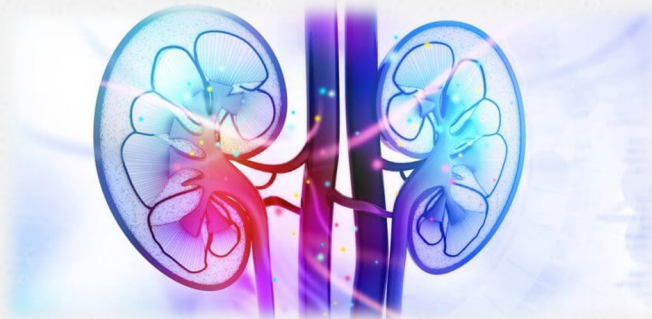
Goals for today

- o During this webinar you will learn how to:
- o Define the Patient Empowerment Model for Diabetes
- o Define self-compassion
- o Understand how a values-based life can improve the management of Diabetes and CKD



Why talk about Diabetes and CKD?

- o High blood sugar, over time, can damage the blood vessels in your kidneys
- o When the blood vessels are damaged, they don't work as well. Many people with diabetes also develop high blood pressure, which can also damage your kidneys



What increases the chances of developing CKD related to diabetes (diabetic kidney disease)?

- o You are also more likely to develop kidney disease if you have diabetes and:
 - o Smoke cigarettes
 - o Not following your diabetes eating plan
 - o Eating foods high in salt
 - o Are not physically active
 - o Are overweight/obese
 - o Have heart disease
 - o Have a family history of kidney failure

Chapter One

I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost . . . I am helpless.
It isn't my fault . . .
It takes forever to find a way out.

Chapter Two

I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in this same place.
But it isn't my fault.
It still takes a long time to get out.

Chapter Three

I walk down the same street.
There is a deep hole in the sidewalk.
I see it there.
I still fall . . . it's a habit . . . but
My eyes are open.
I know where I am.
It is my fault.
I get out immediately.

Chapter Four

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

Chapter Five

I walk down another street.

Autobiography in Five Short Chapters
by Portia Nelson
“There's a Hole in My Sidewalk”

Change is hard!

Patient empowerment model for Diabetes

- o The model is characterized by four basic principles:
- o 1) The majority of chronic disease care is provided by the patient, and therefore the patient is the locus of control and decision making in the daily treatment of the disease;
- o 2) The primary mission of the health care team is to provide ongoing expertise, education, and psychosocial support so that patients can make informed decisions about their daily care;

Anderson et al.,
2000

Patient empowerment model for Diabetes

- o 3) People are much more likely to make and maintain behavior changes if those changes are **personally meaningful** and **freely chosen**; and
- o 4) **All people**, regardless of their situation, **have the capacity to make choices** that can make a difference in the quality of their lives



Anderson et al.,
2000

You might be thinking...

- “This sounds nice but I don’t know if this will really help me. I’ve had a tough year of loss...”
- “I don’t have time to make all of these changes...”
- “I’m just really tired of dealing with diabetes and CKD...”



Another approach? Self-Compassion

- o What is self-compassion?
- o Dr. Kristin Neff defines self-compassion:
- o First: First, to have compassion for others you must notice that they are suffering.
- o Second: involves feeling moved by others' suffering so that your heart responds to their pain
- o Third: when you feel compassion for another (rather than mere pity), it means that you realize that suffering, failure, and imperfection is part of the shared human experience.

Tips to start self-compassion practice

- o We can't always control the way things are. If we use self-compassion practice to try to make our pain go away by ignoring/avoiding it, things will likely just get worse.
- o Instead, we mindfully accept that the moment is painful, and embrace ourselves with kindness and care in response, remembering that imperfection is part of the shared human experience.
- o Allow yourself to be slow learners when it comes to practicing self-compassion.

Tips to start self-compassion practice

- Sometimes when you practice self-compassion, the pain can increase! This is known as “backdraft”
 - Firefighting term that describes what happens when a door in a burning house is opened – oxygen goes in and flames rush out.
- A similar process can occur when we open the door of our hearts – love goes in and old pain comes out.
- We can meet old pain with the resources of mindfulness and self-compassion and the heart will naturally begin to heal.



Let's try it: "How would you treat a friend?"

- o **Take out a sheet of paper and answer the following questions:**
- o First, think about times when a close friend feels really bad about themselves or is really struggling in some way. How would you respond to your friend in this situation (especially when you're at your best)? Please write down what you typically do, what you say, and note the tone in which you typically talk to your friends.
- o Now think about times when you feel bad about yourself or are struggling. How do you typically respond to yourself in these situations? Please write down what you typically do, what you say, and note the tone in which you talk to yourself.

What did you learn?

- o Did you notice a difference? If so, ask yourself why. What factors or fears come into play that led you to treat yourself and others so differently?
- o Please write down how you think things might change if you responded to yourself in the same way you typically respond to a close friend when you're suffering.
- o **Why not try treating yourself like a good friend and see what happens?**

Dr. Kristin Neff's website on self-compassion



Psychological Flexibility

**Pain is Inevitable, Suffering
is Optional!**

Core Concepts

Psychological Flexibility:

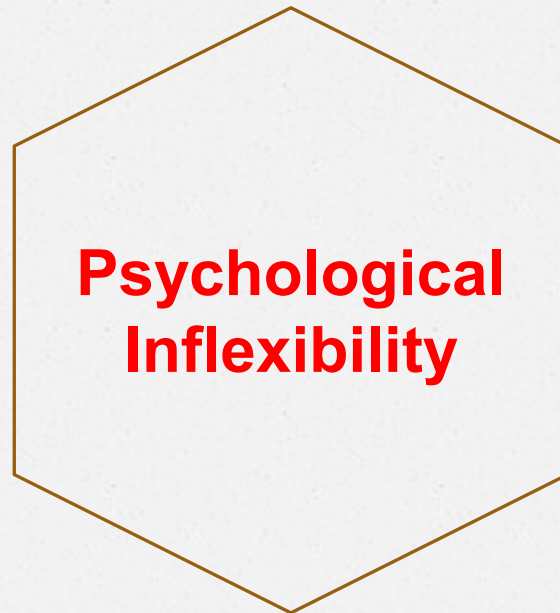
- o Psychological flexibility is learning to be **aware** and **accepting** of the **pain** that comes into our lives while continuing to **pursue** what we **value**.

Burnout - Core Processes

Not “in the room”

Avoidance of painful experiences

Fusion
“I am my disease”

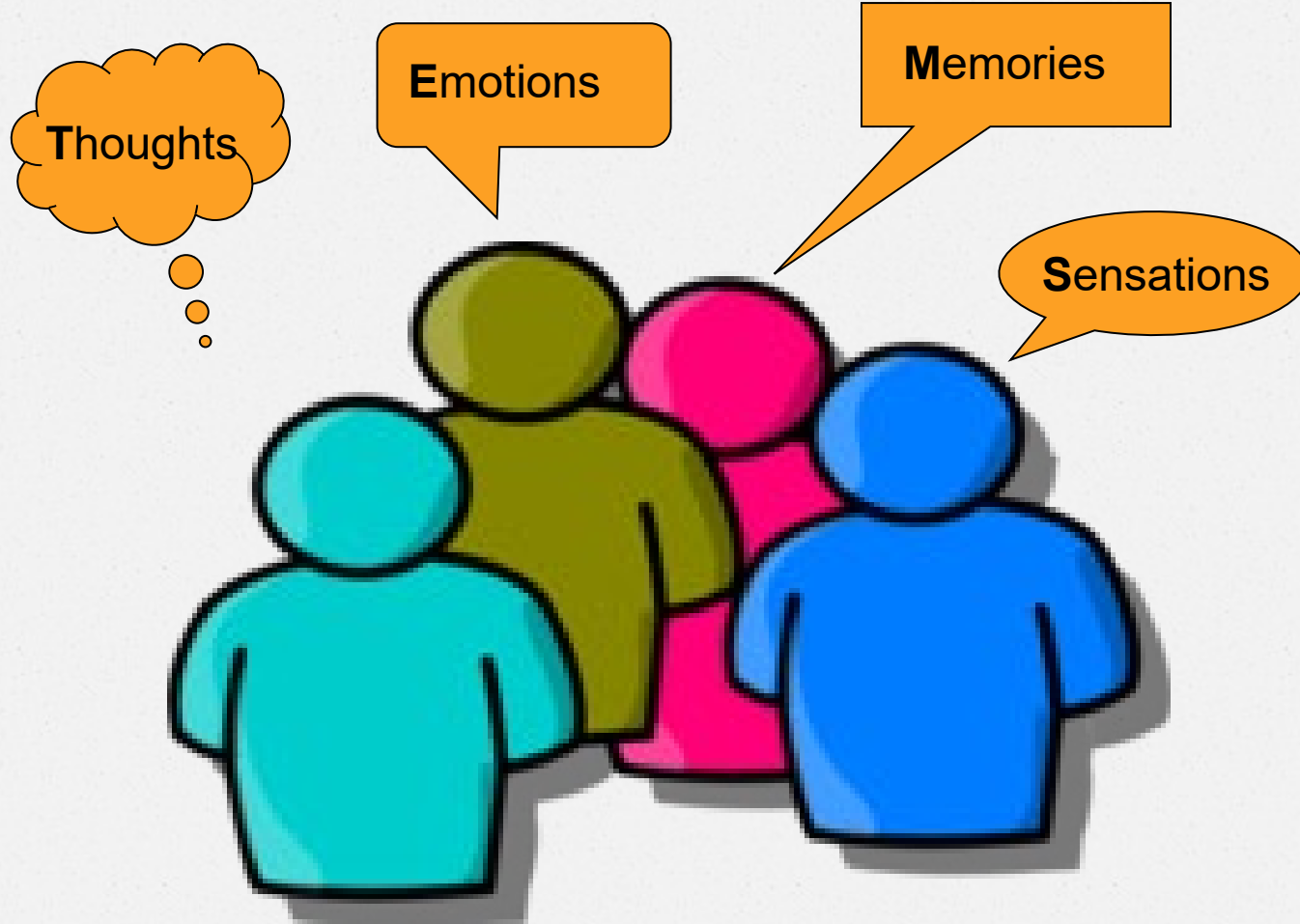


Forget that it is possible to have a life with chronic disease

Isolate from family, Depression, Etoh

Loss of “Compassionate” Self

“STEM” (Private Experience)



Workability & Willingness

“Has what you’ve been doing helped you get to where you want to be according to your values? (short term vs. long term effects)”

“Are you willing to try something different?”



Values!

- o “Direction in life”
- o Not a goal
- o What’s important to you in how you live your life?



Graduation/Retirement Party Exercise

Instructions:

*For each of the four life areas listed below, please describe your core **values**. For example, if you were at your own graduation/retirement party, what would you like to hear other people say about what you “stood for”, the mark you had left . . . generally, what your behavior over the years demonstrated about your personal beliefs.*

- 1. Work/Education:**
- 2. Leisure:**
- 3. Personal growth/Health:**
- 4. Relationships:**

THE BULL'S EYE: make an X in each area of the dart board, to represent where you stand today.

*I am living fully by
my values*

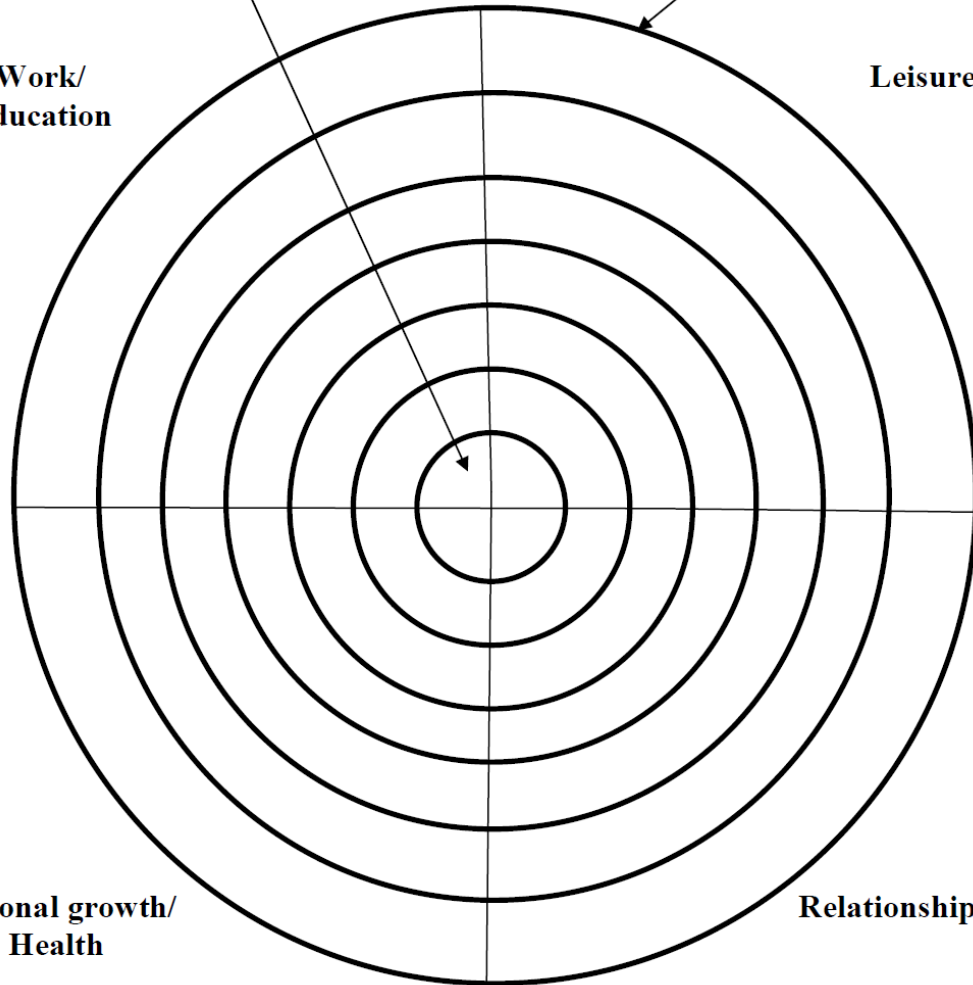
*I am acting very
inconsistently with
my values*

**Work/
Education**

Leisure

**Personal growth/
Health**

Relationships

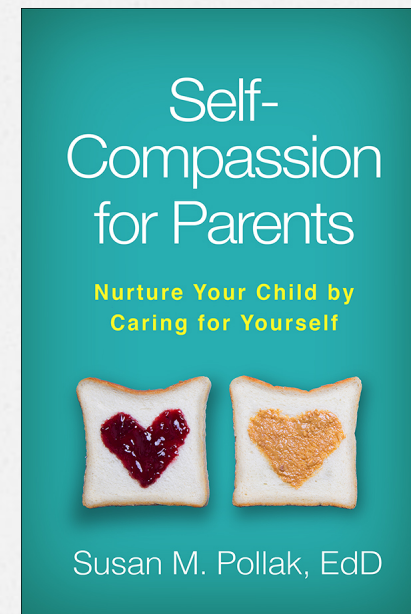
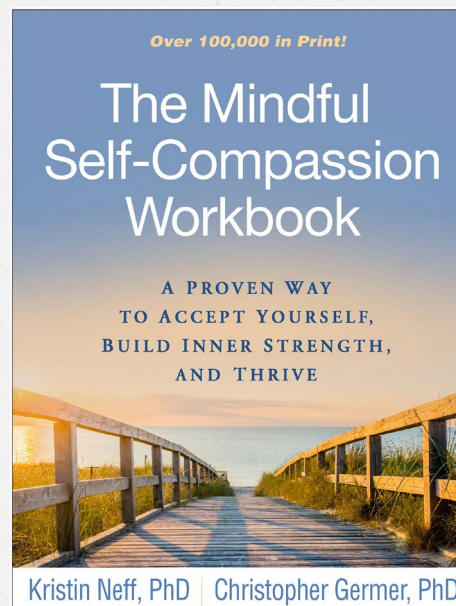
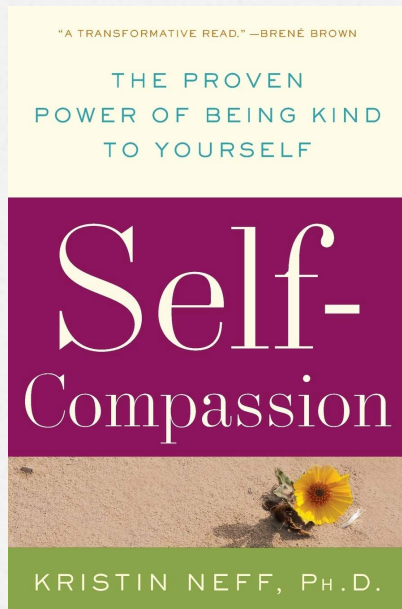


Bulls-Eye Worksheet

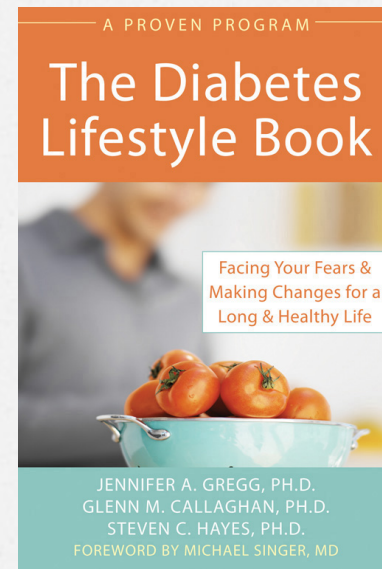
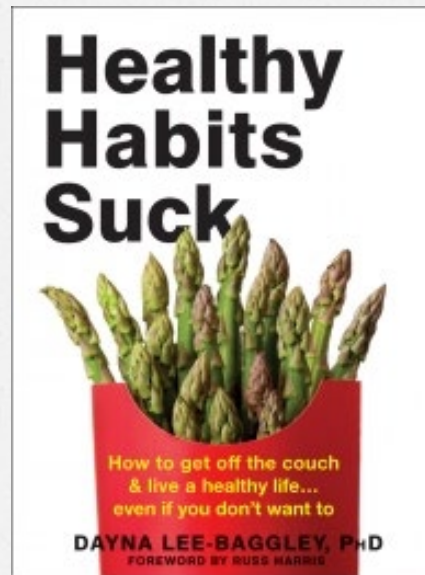
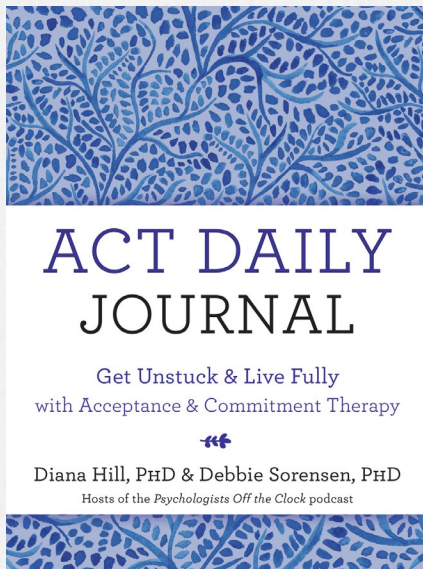
What's Your Action Plan?

- o 1) Post it! Tell a supportive person about it!
- o **Remember:** Goals are what you do to live out your values. Goals \neq Values
- o 2) Values: Notice value consistent behavior at the end of each day
- o 3) Openness: Openness to STEM throughout your day – use self-compassion!
- o 4) Practice! Review and revise your action plan as needed

Resources to get you started...



More resources to get you started...



Summary

- o Managing Diabetes and CKD can be very overwhelming
- o Be kind to yourself – you're doing the best you can right now
- o **Remember** – you CAN make changes!
- o Make changes that are important to you! A value-based life can improve your health.
- o Be willing/open to learn something new



Thank You for Attending Today!

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Join us on for our next
webinar on April 29th

Recognizing, Managing, and Eliminating Barriers to Home Dialysis

Presented by
Shaminder Gupta,
MD, Associate Chief
Medical Officer of
Monogram Health

 2:00 pm
Eastern

 April 29th,
2021



Learn more and RSVP at
www.dpcedcenter.org

