

Welcome to Kidney Beam

Helping people living with kidney disease to feel good through movement, education and wellbeing support.



DR SHARLENE GREENWOOD

MARCH 2022



COMMISSIONING GUIDANCE FOR **REHABILITATION**

REHABILITATION INTERVENTION
UNDERPINS ALL CONDITIONS

REHABILITATION IS
EVERYONE'S BUSINESS

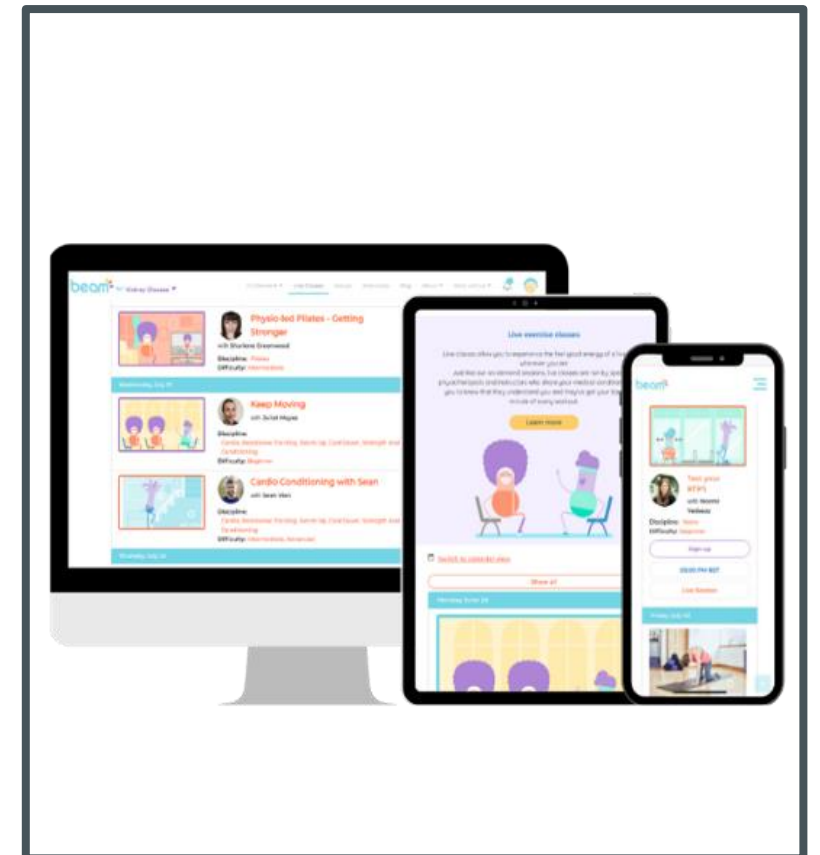
REHABILITATION INTERVENTION
RUNS THROUGH THE LIFE COURSE

KIDNEY-SPECIFIC PHYSIOTHERAPY SERVICES?

- Complex multi-morbid patient population
- People who are sedentary or have low levels of activity, are often overweight, have poor mental health have a higher risk of developing cardiovascular disorders, and have poorer quality of life.
- Exercise based rehabilitation prescribed at various points in the patient pathway has potential to:
 - Maintain, improve and prevent deterioration in physical and emotional wellbeing
 - Improve patient activation and self-management
 - Prepare patients for dialysis therapy and kidney transplantation
 - Promote early discharge from hospital / prevent future admissions
 - Promote good quality of life and the ability for people living with kidney disease to live well with their condition
- Only 3 locally commissioned kidney-specific physical rehabilitation services in England

KIDNEY BEAM

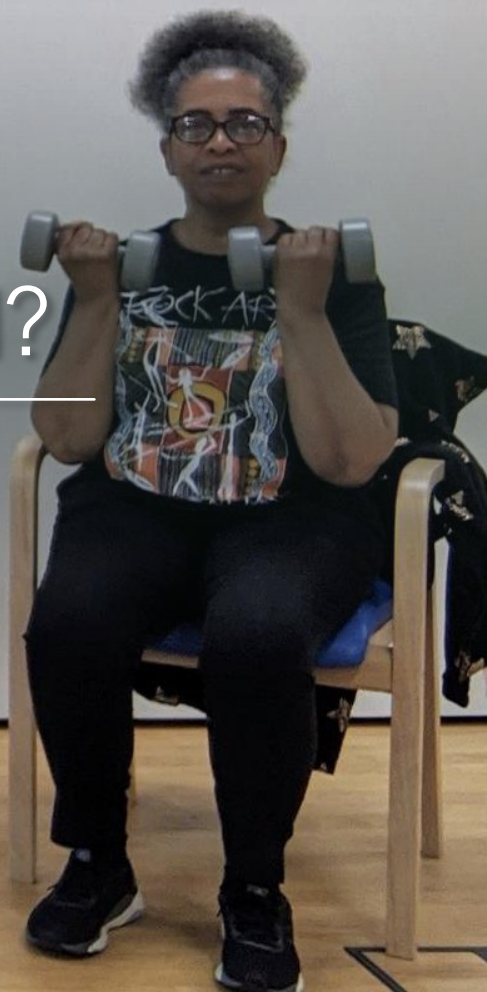
- Web-based self-management programme: designed to allow people with kidney disease to learn about their condition and provide support to them, both physically and emotionally.
- Co-developed to support people living with kidney disease during the COVID-19 pandemic and beyond.
- Digital delivery allows:
 - provision of evidence-based physical and emotional wellbeing
 - Delivered across the UK
 - Free at the point of contact
 - Low cost to the provider/funder.



PATIENT
ACCESS



WHAT IS KIDNEY BEAM?





Sort by : Duration

What exercise are you looking for?

Search

Filter

What type of activity would you like to do today?

New classes

Pilates

Yoga

Under 20mins

Renal Rehab

Cardio

Education

Getting started


Mindfulness

Dialysis

Kidney Beam Research Trial - Exercise

Kidney Beam Research Trial - Education


Get Started Beginner's Program
Introduction



2 mins

beam


Get Started: Introduction



Juliet Mayes

Discipline: Education, Meet & Greet
Level: Beginner

Exercise on Dialysis
Upper Body



3 mins


beam

Exercise On Dialysis: Upper Body

Bangor University MOVE Project

Discipline: Strength And Conditioning, Dialysis
Level: Beginner

Exercise on Dialysis
Lower Body




3 mins

beam

Exercise On Dialysis: Lower Body

Bangor University MOVE Project

Discipline: Strength And Conditioning, Dialysis
Level: Beginner





Keep Moving: To help you do more

with Juliet Mayes & Herolin Lindup

Discipline:

Cardio, Resistance Training, Warm Up, Cool Down, Strength And Conditioning

Difficulty: Beginner

Sign up

11:00 AM BST

Live Session



Physio-led Pilates: Let's Get Started

with Sharlene Greenwood

Discipline: Pilates

Difficulty: Beginner

Sign up

01:00 PM BST

Live Session



Get Your Muscles Moving

with Noemi Vadaszy

Discipline: Functional

Difficulty: Beginner

Sign up

03:00 PM BST

Live Session

Friday September 25



Yoga for people with kidney conditions

with Ciara Roberts

Discipline: Yoga

Sign up

10:30 AM BST

Live Session





Start Beaming Programs **Beam Spotlight Programs**

Start Beaming Programs are designed to help you explore different types of exercise for physical and emotional health benefits. These programs are curated for people with specific health conditions and disease severity to ensure they are relevant, accessible and effective for anyone. Start Beaming to receive all the feel-good benefits of one of our Beam programs.

Sort by : Default ▾



12 Week Renal Rehab Program

35 Classes

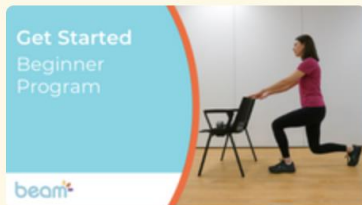
Start next class

Learn more

Who is it for? Anyone who wants to move more & deepen their knowledge & management of their kidney disease.

Aim: To build strength, knowledge & confidence through a 12-week progressive program in...

[Read more](#)



Get Started: Beginner Program

9 Classes

Start program

Learn more

Who is it for: Those who are brand new to Beam and wish to start a progressive program led by a renal physiotherapist.

Aim: To build strength and cardiovascular fitness through specially des...

[Read more](#)



Hello Sharlene!
My Conditions

Kidney Disease



- Schedule
- Programs
- Activity Diary
- Saved
- Groups

[Switch to calendar view](#)

All class times shown in Europe/London time

Wednesday March 16



Gentle Seated Mobility: Session 1

with Lynda Haggis

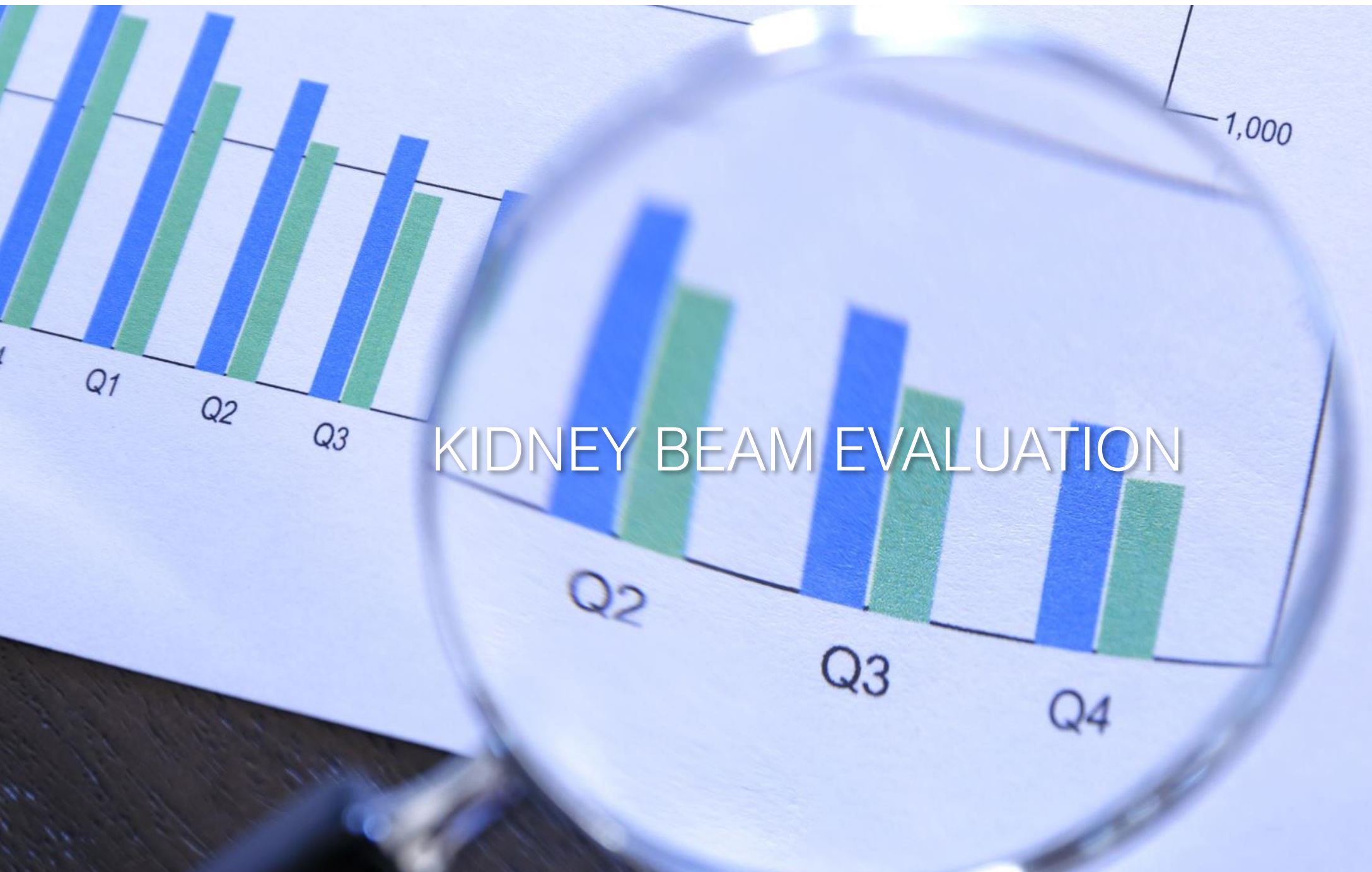
Discipline: Dialysis, Mobility
Difficulty: Beginner

Start Now

Oops, I can't make it

01:30 PM

Add to My Calendar



KIDNEY BEAM EVALUATION

6 Months

1,108 On-demand classes

829 Live classes

41% activation

63,917 Movement minutes

12 Months

2,143 On-demand classes

2,459 Live classes

43% activation

168,066 Movement minutes

18 Months

3,400 On-demand classes

4,319 Live classes

47% activation

296,977 Movement minutes





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<https://doi.org/10.1093/ckj/sfab239>

Advance Access Publication Date: 4 December 2021

Letter to the Editor

LETTER TO THE EDITOR

The rapid development of a novel kidney-specific digital intervention for self-management of physical activity and emotional well-being during the COVID-19 pandemic and beyond: Kidney Beam

Juliet Mayes¹, Roseanne E. Billany², Noemi Vadaszy²,
Hannah M.L. Young ^{2,3}, Ellen M. Castle^{1,4}, Nicolette C. Bishop⁵,
Kate Bramham^{1,4}, Andrew C. Nixon⁶, Thomas J. Wilkinson²,
Alexander J. Hamilton⁷, Zoe L. Saynor⁸, Joseph Chilcot ⁴,
Federica Picariello ⁴, Jamie Macdonald⁹ and Sharlene A. Greenwood^{1,4}

¹Therapies Department, King's College Hospital NHS Trust, London, UK, ²Leicester Kidney Lifestyle Team, University of Leicester, Leicester, UK, ³Leicester Diabetes Centre, University Hospitals of Leicester NHS Trust, Leicester, UK, ⁴Renal Sciences, King's College London, London, UK, ⁵School of Sport, Exercise and Health Sciences, Loughborough University, Loughborough, UK, ⁶Department of Renal Medicine, Lancashire Teaching Hospitals NHS Foundation Trust, Preston, UK, ⁷Population Health Sciences, University of Bristol, Bristol, UK, ⁸School of Sport, Health and Exercise Science, University of Portsmouth, Portsmouth, UK and ⁹School of Human and Behavioural Sciences, Bangor University, Wales, Bangor, UK

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PRE AND POST 6-MONTH SURVEY RESULTS

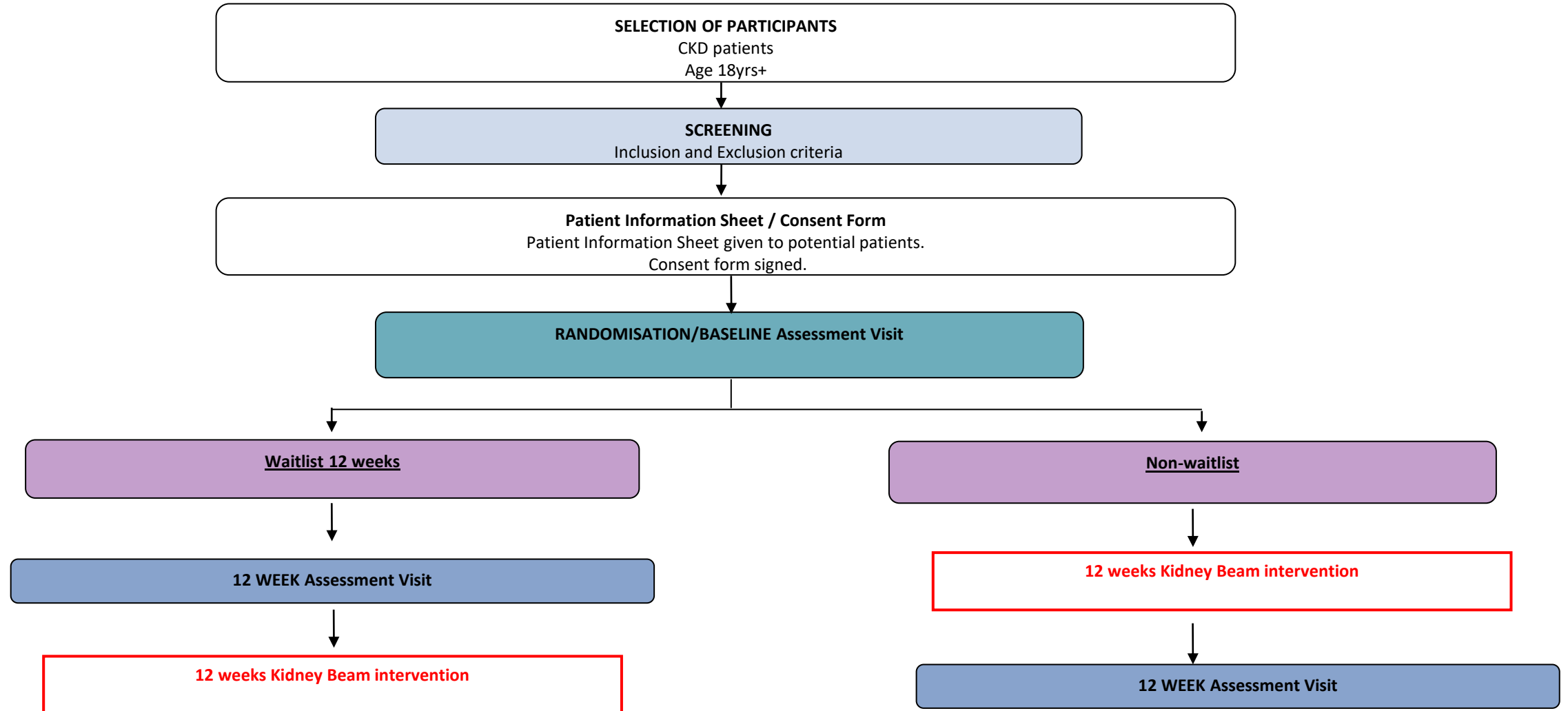
	Baseline n (%)	6 months n (%)	Percentage change baseline to 6 months ($\Delta\%$)
Achieving 150 minutes of moderate-intensity physical activity per week	83 (30)	43 (60)	100
Achieving 75 minutes of vigorous-intensity physical activity, per week	97 (35)	36 (42)	20
Achieving twice weekly strength training	86 (31)	46 (54)	74
Perceived energy levels to be good or very good	55 (20)	26 (30)	50



THE KIDNEY BEAM TRIAL

The Kidney Beam Trial

(Randomised Controlled Waitlist Trial)





Embed	Embed kidney beam in to RSTP as a pilot project across the networks
Work	Work with TOPOL digital health fellowship team, RSTP, NHSE, NHSI, NHSX, UKKA, patient charities to ensure sustainable and commissionable digital health intervention
Continue	Continue to deliver essential physical and emotional wellbeing to people living with kidney disease

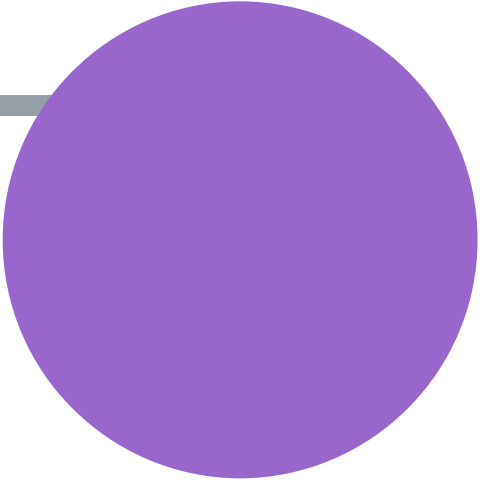

Embed kidney beam in to RSTP as a pilot project across the networks

Work

Work with TOPOL digital health fellowship team, RSTP, NHSE, NHSI, NHSX, UKKA, patient charities to ensure sustainable and commissionable digital health intervention

Continue

Continue to deliver essential physical and emotional wellbeing to people living with kidney disease



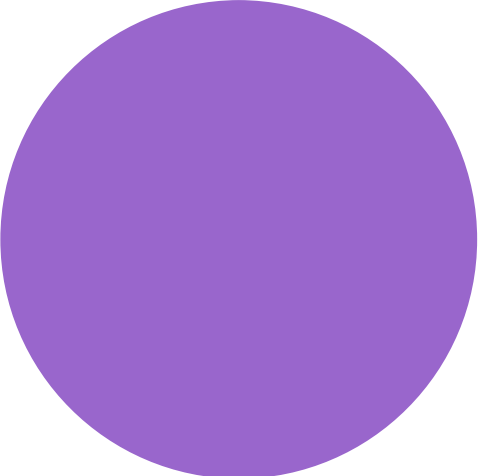
"It's my third transplant now, and I really don't feel like doing round four. So I've started making more sensible adjustments to my life, such as more exercise and better eating.

I like that you can do Beam at home, so no gym, and no 'gym heads' around to put me off. The option to take an On Demand video is good, so if I miss a live class, I can still do something later in the day. There's variety too, so it's not all 'weights and treadmill'. I do try and do something different every time, and through Beam I've tried Yoga, Pilates, HIIT, and the Get Moving class."



Fez A

Patient born with renal failure
& triple transplant recipient





THANK YOU

- Email: sharlene.greenwood@nhs.net
- Twitter: @sharleneuk
- www.beamfeelgood.com



King's College Hospital
NHS Foundation Trust