

The Value of a Trans-Disciplinary Team in Planning the Intervention: Self-Management of Dietary Intake Using Mindful Eating for Persons with Chronic Kidney Disease

GAYLE M. TIMMERMAN PHD, RN, CNS, FNAP, FAAN
THE UNIVERSITY OF TEXAS AT AUSTIN, SCHOOL OF NURSING

Acknowledgements



▪Funded by Center for Transdisciplinary Collaborative Research in Self-management. NIH, NINR, P30 NR01533511.

▪The content is solely the responsibility of the authors and does not represent the official views of NIH.

Purpose

➤To examine impact of a transdisciplinary team on interventional pilot study:

➤Self-Management of Dietary Intake Using Mindful Eating Intervention for Persons with Stage 1-3 CKD.

Description of pilot study

- Pre-test, post-test single group feasibility study.
- Goal of intervention – improve adherence to dietary recommendations.
- Common dietary recommendations that may improve outcomes include:
 - Limit kcal intake for wt loss
 - Reduce sodium
 - Increased fruits & vegetables

Description of intervention

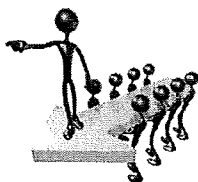
- Six weekly, 2-hour small group sessions.
- Self-management skills: food label reading, problem solving, content on dietary recommendations.
- Mindful eating: practice and meditations focusing on body cues (hunger, fullness).
- Weekly at home activities and goal setting

Transdisciplinary team

- Gayle Timmerman PhD, CNS (PI – Behavior Change/Wt)
- Michele R. Forman, PhD (Co-I Nutrition Epidemiologist)
- Richard Lewis MD (Nephrology –Renal Transplant)
- Deborah Samoson, MSN, FNP (Nephrology)
- Holli Temple, PharmD (Pharmacy – worked with CKD)
- Research Assistant: Muna Tahir (Nutrition)

Method

- Team met monthly (7x) prior, during, & after study.
- Content analysis of IRB amendments based on team input.



Content analysis of IRB amendments

- ❖ 21 Modifications were made based on team input
- ❖ 9 changes in protocol
- ❖ 8 changes in measures
- ❖ 4 changes in recruitment/retention plans

Changes in Recruitment/Retention Plan

- 1 Added 2 recruitment sites.
- 2 Provided more flexible options for recruitment.
- 3 Added \$15 gift card for attending intervention sessions to offset travel expenses.

Changes in Study Protocol

- 1 Added exclusion criteria to control for additional confounding variables.
- 2 Developed easy form and procedure for obtaining dietary recommendations.
- 3 Invited participant's significant other to attend sessions.
- 4 Added protocol for handling lab values indicating significant health threat (K+ too high or low).

Changes in Study Protocol

- 5 Had participants bring medications to record on medication review sheet.
- 6 Confirm participants met inclusion criteria at 1st data collection meeting (BMI, meds indicating exclusionary conditions).

Changes in Study Measures

- 1 Added measure of plasma carotenoids- biomarker proxy for fruits and vegetables.
- 2 Added K+ as a clinical safety measure.
- 3 Made modifications to Background Information Questionnaire & Weekly Activities Log.
- 4 Deleted Health Problem Solving Scale

Evidence Transdisciplinary Team improved study:

Variable	Frequencies
Exit surveys	All positive
Participant retention rate	90.5% completed study (19 out of 21)
Mean number of classes attended	5.6 ± 0.65
Number of classes attended	<ul style="list-style-type: none"> ✓ 58% attend all 6 classes; ✓ 32% attended 5 classes (4 opted to come early to make up the missed session); ✓ 10% attended 4 classes

Conclusion – Transdisciplinary Teams:

- Essential to success of study, especially recruitment and refining processes that reduced burden.
- Required additional effort.
- Provided diverse perspectives, experiences that improved:
 - Research design
 - Study protocols
 - Study measures
 - Acceptability of study

Questions?



◦Timmerman, G.M., Tahir, M., Lewis, R.M., Samoson, D., Temple, H., Forman, M.R. (2017). Self-management of dietary intake using mindful eating to improve dietary intake for individuals with early stage chronic kidney disease. *Journal of Behavioral Medicine*, 40(5), 702-711.
