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## P195 -The Exercise in Renal Transplant Online weight management (ExeRTiOn) study

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### Introduction:

Weight gain in the first year of kidney transplantation can increase cardiovascular risk, graft loss, and development of metabolic syndrome. Novel renal weight management services have reported significant improvements in weight-loss, weight maintenance, and functional outcomes in patients across the Chronic Kidney Disease trajectory, who can access this face-to-face service. Kidney transplant recipients (KTR) are not routinely offered formal weight management or weight gain prevention interventions. Following patient consultation, patients have highlighted the need for kidney-specific resources to help with prevention of weight gain following transplantation, and agreed that a tailored online weight gain prevention resource may be helpful. The purpose of this study was to create, and evaluate, an online weight gain prevention resource, specifically for new KTR, and evaluate patient and healthcare professional experience and usability of the online-resource.

### Methods:

The first draft of the online-resource was designed by renal physiotherapists and dietitians, in consultation with health psychologists, nephrologists, nurses, KTR and a software company. Twelve sessions were included and key features are interactive links, written resources, educational videos and techniques for behavioural change such as goal setting, action planning, self-monitoring and relapse prevention.

Participant characteristics, online-resource log-in data, and self-reported weight and physical activity levels were collected. Usability and experience of the draft online-resource was assessed in a sample of KTR and healthcare professionals using qualitative methodologies. Think-aloud interviews assessed usability (content, navigation and interactivity), whilst semi-structured interviews captured participants' individual experiences. During the study visit, the patients completed the welcome package, a goal setting session, and were randomised to one of the remaining 11 sessions to review. Healthcare professionals were given a brief tour of the online-resource and provided with a log-in to explore the resource and provide comments. Within the same study visit, semi-structured interviews were conducted to gain further insight into the usability of the online-resource.

### Results:

Six healthcare professionals (1 consultant nephrologist, 1 renal physiotherapist, 2 renal dietitians and 2 transplant nurses) and nine KTR (mean age 50 years, mean transplant vintage 44 days, mean BMI 28.1 kg/m<sup>2</sup>) were assessed. Four patients' physical activity were scored as 'active', 1 'moderately active' and 4 'inactive'.

The online-resource was positively received by both patients and healthcare professionals, particularly the self-monitoring and goal setting functions. Thematic analyses revealed the need for an initial face-to-face orientation session with a healthcare professional prior to starting the self-directed programme, shorter educational videos, improvement of home-screen navigation, and increased visibility of buttons and navigation panes throughout the online-resource, so as to suit a range of computer literacy levels.

**Conclusion:**

An online weight gain prevention resource specifically for KTR was created. User derived revisions will be implemented prior to using the online-resource in a planned randomised controlled trial for weight gain prevention in kidney transplant recipients.