



2017 NWRD Annual Conference  
Abstracts for Poster Presentations  
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TITLE: Evaluation of patient satisfaction with nutrition education strategies at a community dialysis unit  
AUTHORS: Minja Milic, Roberta Wozniak, Jennifer Hrushkin, Jiak Chin Koh, Frances Johnson, Kara Vogt, Tamar Kafka  
**ABSTRACT >>**

TITLE: Survive and Thrive with Chronic Kidney Disease - An Education and Prevention Program  
AUTHORS: Kathy Schiro Harvey MS, RDN, CSR, Sara Prato MS, RDN, and Michelle Rowlett MSW, LICSW - Puget Sound Kidney Centers  
**ABSTRACT >>**

TITLE: What's in YOUR Renal Cart? A collection of renal diet resources  
AUTHORS: Paula Staab RD LD, Kendra Weakley RD LD  
**ABSTRACT >>**

TITLE: Bowel Protocol for Hemodialysis Patients  
AUTHORS: Nikki Gepner, RD - Northwest Kidney Centers  
**ABSTRACT >>**

2017 NWRD Annual Conference  
Poster Presentation

**Title:** Evaluation of patient satisfaction with nutrition education strategies at a community dialysis unit

**Authors:** Minja Milic<sup>1</sup>, Roberta Wozniak<sup>1</sup>, Jennifer Hrushkin<sup>2</sup>, Jiak Chin Koh<sup>2</sup>, Frances Johnson<sup>2</sup>, Kara Vogt<sup>1</sup>, Tamar Kafka<sup>1</sup>

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**Objectives:** Nutrition education is imperative for the management of renal disease. Patients undergoing hemodialysis are at an increased risk of inadequate dietary intake, related to an increased loss in nutrients, higher overall requirements, and renal diet restrictions. Patient perceptions of the various nutrition education strategies at the Richmond Community Dialysis Unit (RCDU) were unknown. The purpose of the study was to describe patient satisfaction with the nutrition education strategies at the RCDU.

**Methods:** All patients at RCDU were invited to complete an anonymous paper survey containing a mixture of Likert-scale, open-ended, and demographic questions. Participants were given approximately two weeks to complete the survey. Descriptive statistics were used to analyze the data.

**Results:** Twenty-nine (n=29) patients completed the survey (response rate: 56%), with 19 respondents 65 years of age and over, 8 respondents less than 65 years, and 2 respondents' ages were unknown. Duration on hemodialysis ranged from less than 1 year (n=9), 1-5 years (n=11), and more than 5 years (n=6). Respondents who indicated they were satisfied or very satisfied were as follows: frequency of speaking with the dietitian about nutrition (n=19 out of 28), information received from the dietitian (n=22/29), taste testings (n=7/12), nutrition posters (n=12/22) and the coffee cart service (n=14/19). Common suggestions for improvement included providing more frequent nutrition posters, education around label reading, sources of phosphorous and potassium, holiday recipe ideas, and speaking with the dietitian about nutrition more often.

**Implications and Conclusions:** Overall, survey respondents indicated that they were satisfied with the nutrition education strategies provided at the RCDU. In addition, valuable information regarding how to further improve services offered was attained. The results of the survey will help guide the dietitian at the RCDU in the development and improvement of future education strategies.

## References

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6. Baruch, Y., Holtom, B.C. (2008). Survey response rate levels and trends in organizational research. *Human Relations*, 61(8): 1139-1160. doi: 10.1177/0018726708094863

## 2017 NWRD Annual Conference Poster Presentation

**Title:** *Survive and Thrive with Chronic Kidney Disease* - An Education and Prevention Program

**Authors:** Kathy Schiro Harvey MS, RDN, CSR, Sara Prato MS, RDN, and Michelle Rowlett MSW, LICSW

### **Background:**

Chronic Kidney disease (CKD) is the 9<sup>th</sup> leading cause of death in the United States (1) and is a major public health concern affecting over 10% of American adults. (2) With the progression of CKD, the kidneys eventually stop functioning resulting in ESRD or kidney failure. In 2013, approximately 117,000 Americans were diagnosed with ESRD. (3) Today, over 660,000 Americans have ESRD and are dependent on dialysis or a transplant to sustain life. (4)

While CKD is being diagnosed earlier, there are few education and intervention programs in our region available for patients in the earlier stages of CKD that educate, support, and empower patients in changing their lifestyle to slow the progression of their disease. Patients, who are educated earlier and can apply their learning, stay healthier longer and are better prepared for renal replacement therapy, should they need it.

PSKC has developed and launched the first comprehensive program (*Survive and Thrive with CKD*) in Snohomish County that focuses on educating, supporting, and empowering CKD patients to make lifestyle changes to slow the progression of their disease. The program serves pre-dialysis patients primarily at CKD stage levels 3 (30-59 glomerular filtration rate-GFR) and 4 (15-29 GFR).

**Program goal:** To reduce the progression of kidney disease and stabilize kidney function of CKD patients by educating and empowering patients to manage their health and lifestyle to promote better kidney health.

**Program Description:** *Survive and Thrive with CKD* is a six-week course designed to show individuals how to slow down kidney disease and promote kidney health. We encourage people to take charge of their health in a fun and interactive classroom setting.

Topics covered include:

- Your kidneys and what they do
- Goal setting
- Nutrition and how it affects your kidney function
- Heart healthy eating and healthy living choices
- Overcoming shopping and cooking challenges
- Coping with kidney disease and making a plan for your life
- Available treatment options

**Outcomes:** Year one data below. Two year data will be presented on poster.

**Short-term Outcome #1 - Enroll 100 patients in the early CKD education and prevention program, reach 100% of Nephrologists, obtain 50 patient referrals**

In the first year, we have reached 100% of Nephrologists in South Snohomish County. Through program promotion and outreach, 103 people have attended one of our classes, and we have received 66 referrals to the program.

**Short-term Goal #2 - Successful patient retention and engagement in the program. 60% of patients will participate in at least one additional relevant program activity.**

During the first year, a total of 103 people have attended one of our classes, and 61% have attended two classes. Of the 103 who attend any class, 83% attended our introductory class and 66 people were enrolled in our six-week program. Of the 66 people enrolled in our six-week program, 90% have participated in at least one additional relevant program activity and 72% have completed 5 out of 6 classes.

**Long-term Goal #1 - Increased patient knowledge of CKD and adoption of healthy lifestyle options.**

One of the primary goals of the *Survive and Thrive with Chronic Kidney Disease* program is to increase current understanding and awareness of CKD and End Stage Renal Disease (ESRD). Our six-week program is designed to empower individuals to improve their health through a variety of lifestyle changes and increased health management.

**Long-term Outcome #2 - Pre and post testing of CKD understanding - number of patients with improved understanding**

To assess individual understanding of class materials we authored pre/post tests for each of our classes. Post-test results show an increase in patient knowledge (32-59%) after each class presentation.

**Long-term Outcome #3 - Number of patients who develop and adopt healthy living behaviors**

To assess the number of individuals who adopt healthy living behaviors after attending our program, we developed a program evaluation. Greater than 70% of program participants are reading food labels, setting goals, understanding labs tests, and feel their kidney disease is more manageable.

**Long-term Outcome #4 - For patients who attended the program and reach stage 5 CKD or kidney failure, we want to increase the number of patients who are prepared in advance for renal replacement therapy for better outcomes.**

This goal extends beyond year one.

**References:**

1. American Kidney Fund
2. National Chronic Kidney Disease Fact Sheet 2014, Centers for Disease Control and Prevention
3. U.S. Renal Data System Annual Data Report 2015
4. U.S. Renal Data System Annual Data Report 2015

## 2017 NWRD Annual Conference Poster Presentation

Title:  
What's in YOUR Renal Cart?

Authors  
Paula Staab RD LD and Kendra Weakley RD LD

### Introduction

Adhering to the renal diet can be overwhelming to patients and caregivers. Renal dietitians make this daily task easier for patients by having a set of renal recipe resources on-hand to share with them.

### Background

As renal dietitians, we have familiar resources that we share with patients and caregivers. Established lists of resources exist, but we were curious to see if any NEW resources could be added to our favorite pick list.

### Methods

We did an online review of available patient-focused, renal recipe resources and found a treasure of tools, some with which we were familiar, and others that were new to us. We also surveyed the NWRD group to see what resources they used, and asked them to share hard copies at the 2017 NWRD Annual Conference. We plan to set up a tabletop display of as many different hard copies of renal recipe resources that we can pull together. Also on loop-display, we plan to project a PowerPoint slideshow of the home pages of various online resources.

### Findings / Outcomes

We plan to share the resources in the following categories:

- hard copies of renal recipe cookbooks
- online renal recipe resources
- online renal grocery shopping videos
- online renal diet meal deliver systems

A companion list of all of these will be made available for participants at the 2017 NWRD Annual Conference.

### References:

1. Email survey of NWRD members
2. General web-based search
3. National Kidney Foundation, Council Renal Nutrition:  
<https://www.kidney.org/atoz/content/list-cookbooks-kidney-patients>

2017 NWRD Annual Conference  
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**Title:**

Bowel Protocol for Hemodialysis Patients

**Author:**

Nikki Gepner, RD

**Background / Description:**

Northwest Kidney Centers is in the process of adopting a new bowel protocol for hemodialysis. The goal is to help patients get relief from constipation faster and hopefully prevent more significant issues including bleeding hemorrhoids, bowel impaction and perforation and to help keep people feeling their best.

**Outcomes:**

This is a new program so we do not have any data to share but rather ideas on how an interdisciplinary team might approach constipation management.