

2017 NWRD Annual Conference Poster Presentation

Title:

What's in YOUR Renal Cart?

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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>