

# 2019 Sponsors, Exhibitors & Posters



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2019 NWRD Annual Conference  
Abstracts for Poster Presentations  
Embassy Suites  
Portland, OR

TITLE: Description of Sodium Intake among Patients in a Kidney Care Outpatient Clinic  
AUTHORS: P Courtice\*, A Seah\*, A Sihoe\*, L Renouf\*\*, Y McIntosh\*\*, T Kafka\*, J Koh\*\*  
\*UBC Dietetics Program, British Columbia, \*\*Providence Health Care, British Columbia  
**ABSTRACT >>**

TITLE: Debut of the NEW Pacific Northwest Council on Renal Nutrition (PNW CRN)  
SUBMITTED BY: Nicole Inglesby, RD  
**ABSTRACT >>**

TITLE: The New Nutrition Facts Label - What Renal RDs Need to Know  
SUBMITTED BY: Paula Staab RDN LD  
**ABSTRACT >>**

TITLE: Get to Know Your HealthInsight Northwest Renal Network 16  
SUBMITTED BY: Lisa Hall, MSSW, LICSW - Patient Services Director ESRD Network 16  
**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, Michelle Rowlett MSW LICSW  
Puget Sound Kidney Centers  
**ABSTRACT >>**

TITLE: Donate Life Northwest - Erase the Wait  
SUBMITTED BY: Aimee Adelman, Director of Education and Outreach - Donate Life Northwest  
**ABSTRACT >>**

2019 NWRD Annual Conference  
Abstract for Poster Session

**Project Title:**

Description of Sodium Intake among Patients in a Kidney Care Outpatient Clinic



How you want to be treated.

**Authors:**

P Courtice<sup>1</sup>, A Seah<sup>1</sup>, A Sihoe<sup>1</sup>, L Renouf<sup>2</sup>, Y McIntosh<sup>2</sup>,  
T Kafka<sup>1</sup>, J Koh<sup>2</sup>

<sup>1</sup>UBC Dietetics Program, British Columbia

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**Introduction:** Reducing sodium intake is a key management strategy in delaying progression of chronic kidney disease (CKD). The St. Paul's Hospital Kidney Care Clinic (KCC) in Vancouver uses the validated Scored Sodium Questionnaire-Screening Form (SSQ-SF) to identify high and low sodium consumers. The KCC population's sodium intake has not been previously investigated.

**Objectives:** To describe the sample's sodium intake using SSQ-SF scores, the consumption frequency of SSQ-SF food categories, and how consumption patterns may vary with age and sex.

**Methods:** A retrospective chart review was performed for all SSQ-SFs completed between July-November 2017. Descriptive statistics for the sample and sodium intake were generated.

**Results:** Seventy-six SSQ-SFs were reviewed with a mean score of  $52.5 \pm 17$  and median score 50.5 (a score of  $\geq 50$  corresponds to a sodium intake  $\geq 2300$  mg/day). Fifty-three percent of the sample was classified as high sodium consumers. Males had a higher mean score ( $55.3 \pm 17.3$ ) compared to females ( $48.4 \pm 15.9$ ).

Age groups 61-70 years and 71-83 years had higher mean scores ( $56.0 \pm 15$  and  $56.1 \pm 17.6$ ), than those of age groups 29-40 years ( $47.3 \pm 16.6$ ), 41-50 years ( $46.1 \pm 20.3$ ), and 51-60 years ( $46.3 \pm 14.9$ ).

Bread (26%), salt added during cooking (23%) and processed meat (19%) were the greatest contributors to SSQ-SF scores among high sodium consumers.

**Conclusion:** High sodium intake is prevalent in this population, and varies with age and sex. Males and older patients showed the highest average sodium consumption. Description of this sample will help KCC dietitians improve and expand strategies for low sodium education.

**Significance to the field of dietetics:** To our knowledge, this is one of the first studies to describe sodium consumption of a Canadian CKD patient population. The SSQ-SF is a quick and useful tool that KCCs may use to describe the sodium intake patterns of their patients.

**2019 NWRD Annual Conference  
Abstract for Poster Session**

**TITLE:**

**Debut of the NEW  
Pacific Northwest  
Council on  
Renal Nutrition!**



Pacific Northwest

**Council on  
Renal Nutrition**

**SUBMITTED BY:**

Nicole Inglesby, RD

**DESCRIPTION:**

The Pacific Northwest Council on Renal Nutrition will be presenting an educational poster on the role of this newly merged organization. Information will be provided on:

- membership,
- potential speakers,
- and highlights from recent talks

**BACKGROUND:**

Two of our local affiliates of the National Kidney Foundation (NKF) Council on Renal Nutrition (CRN) are merging:

- Washington State CRN (WSCRN) ---and---
- Oregon CRN (OCRN) which is currently disbanded

The two groups have merged to become one, and will now be known as PNW-CRN. PNW-CRN will be fully converted by January 2019, along with a new website, logo, email, and bylaws.

**PURPOSE:**

PNW-CRN's goal is to create an active network of renal dietitians in the PNW region that meets regularly, in-person and/or by webinar, and aims to provide quality care for people with CKD.

**MAIN ACTIVITIES:**

PNW-CRN will provide easy-to-attend, quality webinars on topics that are relevant to our region and to our CKD patients. CPEUs are available.

**MEMBERSHIP:**

Please stop by the booth at NWRD to learn more about membership and to sign up as a new member! Note that you do not need to be a national member of the NKF or CRN to be a local affiliate member of PNW-CRN.

**2019 NWRD Annual Conference  
Abstract for Poster Session**

**TITLE:**

**The New Nutrition Facts Label – What Renal RDs Need to Know**

**SUBMITTED BY:**

Paula Staab RDN LD

**DESCRIPTION:**

The purpose of this Poster Presentation is to share details about the new Nutrition Facts Label. It will highlight key changes to the new law and examine how the updates fit into the renal diet. The display will discuss how Renal Registered Dietitians (Renal RDs) may use this updated tool in educating patients with Chronic Kidney Disease (CKD) about the renal diet. Professional resources and educational pieces that are designed for both the general public and CKD patients will be shared.

**BACKGROUND:**

On May 20, 2016, the U.S. Food & Drug Administration (FDA) announced the new Nutrition Facts Label that reflects new scientific information, including the link between diet and chronic diseases such as obesity and heart disease. The changes are based on updated scientific information, new nutrition and public health research, recent dietary recommendations from expert groups, and input from the public.

The original food label is more than 20 years old. The updated Nutrition Facts Label will ensure that consumers have access to more recent and accurate nutrition information about what they are consuming.

Some foods already show the new label. Larger food manufacturers have until January 1, 2020 to convert to the new label, while smaller companies have an additional year to make the switch.

Patients with CKD who follow a renal diet may need additional guidance from the Renal RD in interpreting the new changes.

**REFERENCES:**

- FDA website (web page updated 12/18/18): Food Guidance Regulation  
[www.fda.gov](http://www.fda.gov)
- Federal Register Document Citation: 81 FR 33741: Food Labeling: Revision of the Nutrition and Supplement Facts Labels:  
<https://www.federalregister.gov/documents/2016/05/27/2016-11867/food-labeling-revision-of-the-nutrition-and-supplement-facts-labels>

2019 NWRD Annual Conference  
Abstract for Poster Session

**TITLE:**

**Get to Know Your HealthInsight ESRD Network 16**

**SUBMITTED BY:**

Lisa Hall, MSSW, LICSW  
Patient Services Director  
ESRD Network 16



**DESCRIPTION:**

This Poster Presentation will display information about HealthInsight ESRD Network 16 - Please visit our booth during the NWRD Conference to see what resources are available for renal professionals and CKD / ESRD patients.

**BACKGROUND:**

Established in 1978, Northwest Renal Network is a private, not-for-profit corporation independent of any dialysis company, individual unit, or transplant center. As one of eighteen End Stage Renal Disease (ESRD) Networks that span the US, we are often called "Network 16" or "NW16." For links to the other Networks, see <http://esrdncc.org/>

Our mission is to promote optimal dialysis and transplant care for kidney patients in Alaska, Idaho, Montana, Oregon, and Washington. Funded by the Centers for Medicare & Medicaid Services in the U.S. Department of Health and Human Services, we collect and analyze data on patients enrolled in the Medicare ESRD program, serve as an information resource, and monitor the quality of care given to dialysis and transplant patients in the Pacific Northwest.

In May 2015, we became part of the [HealthInsight ESRD Alliance](#). The HealthInsight End Stage Renal Disease (ESRD) Alliance was formed in 2015 to integrate quality efforts across the care continuum for patients at risk for kidney disease, those with chronic kidney disease, and those on dialysis or receiving kidney transplant care. HealthInsight, the Northwest Renal Network 16 (serving Alaska, Idaho, Montana, Oregon and Washington), along with stakeholders, compose the HealthInsight ESRD Alliance.

The HealthInsight ESRD Alliance is working toward transforming health care to achieve improved quality, safety and value and to assure consistent, exceptional care for over 55,000 ESRD patients in 569 dialysis facilities across the Western states.

**REFERENCE:**

[www.nwrn.org](http://www.nwrn.org)

## 2019 NWRD Annual Conference Poster Presentation Abstract

**Title:**

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



PUGET SOUND  
**kidney centers**  
*Care. Compassion. Community.*

**Authors:**

Kathy Schiro Harvey MS, RDN, CSR,  
Sara Prato MS, RDN, and  
Michelle Rowlett MSW, LICSW  
Puget Sound Kidney Centers

**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 15% of American adults. With the progression of CKD, the kidneys eventually stop functioning resulting in ESRD or kidney failure. In 2014, approximately 118,000 Americans were diagnosed with ESRD. Today, over 662,000 Americans have ESRD and are dependent on dialysis or a transplant to sustain life. (2)

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.

With the support of Verdant Health, Puget Sound Kidney Centers (PSKC) developed Survive and Thrive with Chronic Kidney Disease in 2015, a program focused on educating, supporting, and empowering people with chronic kidney disease (CKD) to make lifestyle changes using proven methods to positively influence CKD outcomes. The program targets people at CKD stages 3 (30-59 glomerular filtration rate-GFR) and 4 (15-29 GFR) pre-dialysis patients interested in learning about their disease, as well as other at-risk populations. Some participants also bring a family member or caregiver to the classes. A team of professionals proficient in patient education delivers the program emphasizing clinical, nutritional, and lifestyle interventions. The program is grounded in education and supportive therapies. Through lectures, class discussions, demonstrations, and tutorial sessions, class members are encouraged to progress from passive recipients of treatment and medication to co-participants in their health care regimens.

**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 three data below. Four year data will be presented on poster.

**Short-term Goal #1 – Enroll a minimum of 100 patients annually in the Survive and Thrive with CKD. Number of Nephrologists reached – 100%**

**Short-term Outcome #1** In year three of the program, we reached this goal of 100% of Nephrologists in South Snohomish County. Through program promotion and outreach, 103 people have attended one of our classes. We have been able to meet our short-term outcome goal #1 during year three of the program.

**Short-term Goal #2 – Successful patient retention and engagement in the program. 70% of patients will participate in at least one additional relevant program activity.**

**Short-term Outcome #2** In year three of the program, a total of 103 people attended one of our classes and 80 % participated in at least one additional relevant program activity. We were able to exceed our short-term outcome goal #2 of successful patient retention and engagement of greater than 70% participation by the end of our second year.

**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.

1. **Long-term Outcome #1 A - Increase patient knowledge of CKD demonstrated by pre and post testing of CKD understanding. Goal of 80% comprehension in post test scores.**



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 (39-45%) after each class presentation. Post-test scores showed a minimum of 86% comprehension in every class.

- **Long-term Outcome #1 B Increase number of patients who develop and adopt healthy living behaviors as indicated by participant self-reporting on behavior questionnaires regarding label reading competency, comprehension of lab values, anxiety toward CKD diagnosis and exercise frequency. Goal of 70% in three out of four categories.**

After program completion, 97% of participant report reading foods labels regularly, 80% understand their lab values extremely to moderately well, 84% feel their kidney disease is extremely to moderately manageable, and 71% are exercising regularly.

- **Long Term Outcome #2 – For patients who attended the program and reach ESRD or kidney failure, we want to increase the number of patients who are prepared in advance for renal replacement therapy for better health outcomes compared to those who have not attended the CKDEPP.**
  - Placement of a permanent dialysis access (fistula, graft, PD catheter) prior to initiating treatment
  - Knowledge and awareness of all treatment options (home therapies, transplant, in-center, and conservative management)
  - Patients with a GFR of less than 20 are referred to a transplant center if interested and eligible

The relevant timeline for this outcome goal is approximately 5-10 years. Based on feedback and recommendations from Kidney Research Institute, we developed a follow-up questionnaire to be administered to past program participants near year five that will allow us to assess whether participants are better prepared for renal replacement therapy after taking this class. To date, five participants began treatment at PSKC. All five reported being prepared for renal replacement therapy. 80% of the five participants had a permanent access in place prior to starting dialysis (three with fistulas, one with PD access for home therapy). All five have discussed referral to transplant centers with their physicians and two are doing home therapy.

#### **References:**

1. American Kidney Fund
2. National Chronic Kidney Disease Fact Sheet 2017, Centers for Disease Control and Prevention

## 2019 NWRD Annual Conference Abstract for Poster Session

### TITLE:

### **Donate Life Northwest – Erase the Wait**

### SUBMITTED BY:

Aimee Adelman  
Director of Education and Outreach  
Donate Life Northwest  
donatelifenw.org  
erasethewait.org



### DESCRIPTION:

#### WHO WE ARE:

Donate Life Northwest's mission is to save lives and improve health through the promotion of organ, eye, and tissue donation. We envision a world where no one waits for an organ, eye, or tissue transplant. A Board of Directors, comprised of health care professionals and community leaders committed to our goals, govern the organization.

#### WHAT WE DO:

Donate Life Northwest educates the public about organ, eye and tissue donation, and motivate individuals to join the donor registry. In 2015, we launched the Erase the Wait Program to provide education to Chronic Kidney Disease (CKD) patients about kidney transplantation.

- Erase the Wait - Transplant Education: Our training gives ESRD (End Stage Renal Disease) patients the ability to explore the option of transplantation and understand how it may be beneficial to them. Attendees meet a kidney transplant recipient who has been through many different treatment options, including both a deceased and a living donated kidney transplant.
- Erase the Wait - Mentorship Program: This program is for ESRD patients who are already on the wait list for a transplant, and are interested in learning more about living donation. They go through a three-part class and then are paired with a mentor. Mentors are either living donation recipients or individuals who have been a living donor.

For Post-Transplant Patients, we offer a variety of ways to volunteer:

- Opportunities to share their stories, to volunteer, or to give back to the donation and transplant community
- Volunteer in many different capacities, including events
- Attend fund-raising events and walks

- Volunteer to speak in schools and at other community organizations
- For transplant recipients who have received a living donation or living donors, may become a mentor for patients waiting for a kidney transplant

#### OUR HISTORY:

In 1975, responding to medical advances in transplantation, local healthcare professionals formed Oregon Donor Program by bringing together organ, eye, and tissue procurement agencies to collaboratively increase the local donor pool. Oregon Donor Program successfully advocated for improved donation laws, developed educational programs, and conducted awareness campaigns to enlist the help of organizations, clubs, faith groups and businesses.

In 2007, the name changed to Donate Life Northwest, reflecting the organization's commitment to educate people in Oregon and SW Washington about the importance and impact of organ, eye and tissue donation and to increase the number of people signed up on the Oregon and Washington donor registries.

#### OUR PARTNERS:

To optimize resources and further the mission of increasing donation, Donate Life Northwest is committed to building partnerships. Our partners include:

- Pacific NW Transplant Bank
- Lions VisionGift
- Community Tissue Services
- Oregon Department of Motor Vehicles (DMV)
- Legacy Good Samaritan Hospital Kidney Transplant Program
- Oregon Health & Science University Clinical Transplant Services
- Portland VA Medical Center
- Familias En Accion
- Donate Life American

We also work with many other non-profits and community organizations throughout Oregon and SW Washington.

#### EDUCATION RESOURCES:

Stop by to see what educational resources we have for you to use in patient education. Learn more about how your patients can sign up for our Erase the Wait Programs, as a patient who wishes to learn more about kidney transplantation, as a patient who is on the wait list wanting to learn more about living donors, or as a post-transplant patient who wishes to give back to donation and transplant community!