

## 2017 NWRD Annual Conference Poster Presentation

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

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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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