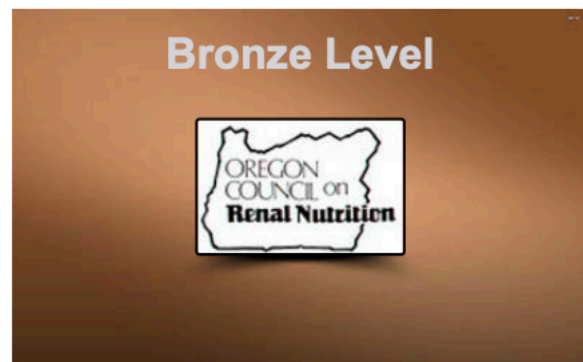


2018 NWRD Exhibitors and Sponsors





2018 NWRD Annual Conference
Abstracts for Poster Presentations
Davenport Grand Hotel
Spokane, WA

TITLE: Phosphorus analysis on bone and meat soups

AUTHORS: Vicky Gno RD CSR, Winphia Koo RD, Tanya Leung RD, Beverley Lau RD, Clara Sohn RD

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

ABSTRACT >>

TITLE: Living to Eat - How Northwest Kidney Centers use recipes and nutrition information to empower patients to make smart food choices

AUTHORS: Kjersti Johnson RDN CD, Jenna Blegen RDN CD - Northwest Kidney Centers

ABSTRACT >>

TITLE: Taste Testing Events at Community Dialysis Units

AUTHORS: Michiyo Upton RD, Jennifer Hrushkin RD, Winphia Koo, RD

ABSTRACT >>

Poster Presentation
2018 NWRD Annual Conference

March 8-9, 2018
The Davenport Grand Hotel
Spokane, WA

Title: Phosphorus analysis on bone and meat soups

Authors: Vicky Ngo RD CSR, Winphia Koo RD, Tanya Leung RD, Beverley Lau RD, Clara Sohn RD

Objective: Soup is a comfort food for many Asian renal patients. Previous studies have shown that phosphorus in meat leaches out into the boiling water. This project assessed the phosphorus content in various bone and meat soups.

Methods: Pork bones, pork bones with meat, pork meat, whole chicken, chicken feet and oxtails were boiled in water (454 g/4 L) without other ingredients. Soup samples collected at one and four hours were analyzed for phosphorus.

Results: Pork meat soup sample had the most phosphorus at both one hour (40 mg/250 mL) and four hours (60 mg/250 mL). All samples were higher in phosphorus at four hours, up to 100% increase in the sample made with whole chicken.

Conclusion: Bone and meat soups studied in this project contained acceptable level of phosphorus for renal patients. Similar analyses using Chinese herbs will provide additional information on Asian soups in the renal diet context.

Submitted by:

Vicky Ngo, RD CSR

Clinical Dietitian

Peritoneal Dialysis Outpatient Clinic

St Paul's Hospital

Vancouver, BC Canada

2018 NWRD Annual Conference

Poster Presentation

The Davenport Grand Hotel

Spokane, WA

March 8-9, 2018

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 9th 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 two data below. Year 3 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 year two of the program, we reached this goal of contacting 100% of Nephrologists in South Snohomish County. Through program promotion and outreach, 102 people have attended one of our classes, and we have received 60 referrals to the program. We have been able to meet our short-term outcome goal #1 during year two of 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.

In year two of the program, a total of 102 people attended one of our classes. Of the 102 who attended a class, 88 people were enrolled in our six-week program, and 86% participated in at least one additional relevant program activity. We were able to exceed our short-term outcome.

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 #1 - 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 #2 - 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. After program completion, participants report an average increase of 75% in all indicators, which include reading food labels, setting goals, understanding labs tests, and feeling their kidney disease is more manageable.

- **Long-term Outcome #3 - 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.**

At this time, we are unable to measure this long-term outcome. We are developing a plan for follow-up that will include questions to cover this information and assess whether patients are better prepared for renal replacement therapy after taking this class. The relevant timeline for this outcome goal is approximately 5-10 years. To date, three participants have begun treatment at PSKC. All three reported

being better prepared for renal replacement therapy. All three had an access in place (two with fistulas, one with PD access for home therapy). All three have discussed referral to transplant centers with their physicians.

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

Title: *Living to Eat-* How Northwest Kidney Centers use recipes and nutrition information to empower patients to make smart food choices

Authors: Kjersti Johnson, RDN, CD, Jenna Blegen, RDN, CD

Background:

As the world's first dialysis organization, Northwest Kidney Centers (NKC) dietitians have been developing and providing nutrition educational materials for their patients living with kidney disease since 1962. NKC dietitians aim to help patients develop the skills they need to be successful with their diet while continuing to enjoy their food.

Potential barriers for patients following a renal diet include issues of time and food preparation. For example difficulty in finding the right foods and an inability or lack of time to cook (1). "Patients struggle how to select foods that fit into their renal diet prescription. They will gravitate toward choosing foods that are familiar and available to them. Adapting current recipes and food practices will often be more successful than creating new, less familiar food dishes" (2). NKC Dietitians recognized this and began working with patients to create renal friendly versions of their favorite foods. Dietitians helped adapt current recipes and create new ones to help inspire patients to get in the kitchen.

Recipes were first shared through the NKC patient newsletter monthly; from there things only grew. Now with 300 recipes online, about 30 one-page tip sheets, a cookbook, and nutrition focused calendar NKC continues to expand their recipe database to meet the diverse needs of their patient population.

Description:

"Nutrition therapies for persons with chronic renal disease are complex and require multiple, integrated intervention approaches to support adherence" (3). NKC uses a multitude of mediums to present nutrition education. Our goal is to improve the health and nutritional outcomes of our patients by developing materials that are both appropriate to the patient's modality but also consider socio-economic, ethnic, and education backgrounds.

Recipes are available for view at nwkidney.org and can be narrowed by meal type or ingredient. Recipes can also be sorted based on a variety of nutrition goals including; Low Phosphorus, Low and High potassium, Low and High Protein, Diabetic, and Low Sodium. Each recipe is tested and reviewed by dietitians to ensure accuracy and quality.

In addition, the website contains about 30 nutrition tip sheets created for dietitians to provide patients on an individual basis. Tip sheets highlight a specific topic ranging from sodium and

fluids to microwave meals and burger recipes. Tip sheets were designed as a quick and approachable reference for patients to focus on one area in their diet that may be challenging them.

NKC's current cookbook, *Food for the Soul* was developed in 2008 for the Kidney Health Fest for African American Families. The recipes in *Food for the Soul* celebrate culture and traditions in a healthier way. The cookbook provides recipes as well as seasoning and flavor combinations to help patients modify their own recipes to be salt free and flavorful. Since 2008, this cookbook has been revised to add additional content and appeal to a broader audience.

To kick off 2018 on the right foot, NKC developed a 2018 calendar for all patients to take home with them. Each month highlights a recipe and provides fun nutrition facts and suggestions.

Program Goals:

To provide CKD and Dialysis patients the knowledge and tools through a variety of mediums to create healthy, kidney friendly meals at home.

To inspire patients to try new foods and recipes while meeting their nutrition goals.

In the future NKC hopes to expand their recipe collection and continue to create new mediums to share with patients throughout the community.

References:

1. Carrero, J., Burrowes, J., Wanner, C. (2016). A long Road to Travel: Adherence to Dietary Recommendations and Adequate Dietary Phosphorus Control. *Journal of Renal Nutrition*, 26(3), 133-135. DOI: [10.1053/j.jrn.2016.03.004](https://doi.org/10.1053/j.jrn.2016.03.004)
2. Beto, JA., Schury, KA., Bansal, VK. (2016). Strategies to promote adherence to nutritional advice in patients with chronic kidney disease: a narrative review and commentary. *Int J Nephrol Renovasc Dis*, 9, 21-33. Published online 2016 Feb 2. doi: [10.2147/IJNRD.S76831](https://doi.org/10.2147/IJNRD.S76831)
3. Gillis, B. P., L. D., Scherch, L. K., Caggiula, A. W., Chiavacci, A. T., Coyne, T., . . . Nowalk, M. P. (1995). Nutrition intervention program of the Modification of Diet in Renal Disease Study: A self-management approach. *J Am Diet Association*, 95, 1288-1294.

Poster Presentation
2018 NWRD Annual Conference

March 8-9, 2018
The Davenport Grand Hotel
Spokane, WA

Title: Taste Testing Events at Community Dialysis Units

Authors: Michiyo Upton, RD, Jennifer Hrushkin, RD & Winphia Koo, RD

Abstract: Food, not only being important for nutrition and health, is also essential for a sense of comfort and quality of life. Hemodialysis patients need to follow specific diet in order to maintain metabolic stability and adequate nutrition. The many dietary restrictions can make choosing and preparing food a difficult task, and negatively impact the enjoyment for food. In an effort to provide practical ideas for cooking and grocery shopping, the dietitians at Providence Health Care's Community Dialysis Units (CDUs) have done several recipe and product tasting events. Topics have included seasonal food choices, portion control, and easy meal and snack ideas. At the events, the patients have an opportunity to taste various food products and finished recipes and have discussions with the dietitians. These events have all been well received. The increase in nutrition knowledge and skills also promotes motivation to implement the dietary changes and enhances overall patient care.

Michiyo Upton, RD
Renal Dietitian

East Van Community Dialysis Unit
2845 Grandview Hwy, Vancouver V5M 2E1
Main Office: 604-806-8765
Direct Line: 604-682-2344 Ext 64827
Fax: 604-433-4519

North Shore Community Dialysis Unit
144 West 15th Street
North Vancouver, BC V7M 1R5
Phone: (604)984-5050
Fax: (604) 984-5051