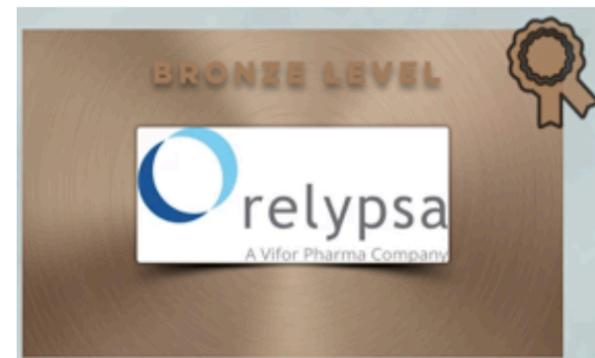
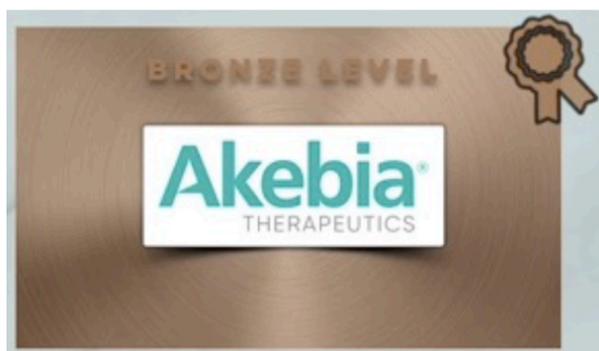


2020 Exhibitors / Sponsors & Poster Sessions

Please visit our Exhibitors and thank them for their participation!



<p>POSTER #1 NWRD Celebrates 40th Anniversary!</p> <p>TITLE: "Honor the past, as we bridge to the future" NWRD Memorabilia Display Table</p> <p>ABSTRACT >></p>	<p>POSTER #2 Puget Sound Kidney Centers PSKC</p> <p>TITLE: Survive and Thrive with Chronic Kidney Disease - An Education and Prevention Program</p> <p>AUTHORS: Kathy Schiro Harvey MS, RDN, CSR, Sara Prato MS, RDN, and Michelle Rowlett MSW, LICSW</p> <p>ABSTRACT >></p>	<p>POSTER #3 B.C. Kidney Care Clinics KCC</p> <p>TITLE: Description of Oral Nutrition Supplement (ONS) Prescriptions in BC Kidney Care Clinics (KCC)</p> <p>AUTHORS: Dani Renouf, MS, RDN, Sophia Zheng, MSc, Adeera Levin, MD, FRCPC, Michelle Wong, MD, MSc, FRCPC</p> <p>ABSTRACT >></p>	<p>POSTER #4 Donate Life Northwest</p> <p>TITLE: Donate Life Northwest - Erase the Wait Program</p> <p>SUBMITTED BY: Aimee Adelman</p> <p>ABSTRACT >></p>	<p>POSTER #5 Pacific Northwest Council on Renal Nutrition PNW-CRN</p> <p>TITLE: Learn more about PNW-CRN!</p> <p>ABSTRACT >></p>
--	--	---	---	---





NWRD Annual Conference

2020



Poster Session:

Honoring the Past, as We Bridge to the Future

NWRD Celebrating 40 Years!

Share your NWRD memorabilia on our table display

March 5+6, 2020

Hotel Murano



The History of NWRD

Katy Wilkens, local historian and current Northwest Renal Dietitians (NWRD) President, recalls NWRD started about 1980 as a "Task Force" after the Network did their first Nutrition Audit.

- Renal RDs from Alaska, Idaho, Montana, Oregon, and Washington collectively took on the task of developing science-based nutrition guidelines for renal patients.
- Eventually, the Task Force morphed into what we know today as NWRD - and the guidelines later became American Dietetic Association's Guidelines for Nutritional Care of Renal Patients.
- Three editions later (and now published by Academy of Nutrition and Dietetics), these national guidelines are still being used by Renal RDs!
- Today, NWRD continues to grow with contributing members - like you!

2020 NWRD Annual Conference Abstract for Poster Presentation

Project Title: Pacific North West Council on Renal Nutrition.

Authors: Jessica Collopy MS, RD, CSR

Pacific North West Council on Renal Nutrition (PNW-CRN) is a multi-state council, including Alaska, Idaho, Montana, Oregon, and Washington. This council is affiliated with National Kidney Foundation.



Our mission is to support National Kidney foundation by improving the lives of patients with chronic kidney disease by providing education and programs for professional members. Our focus is on professional networking, education, and support. We do six webinars a year covering, Gastroparesis in CKD, Constipation in renal dialysis patients, and cardiovascular disease in CKD/ESRD.

Outcomes: Booth will aim to increase awareness of PNW-CRN, benefits of being a member, and how to join PNW-CRN.

2020 NWRD

Poster Presentation 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
Care. Compassion. Community.

Introduction:

Chronic kidney disease (CKD) is a leading cause of death and major public health concern affecting Americans. While CKD is diagnosed earlier, few intensive CKD education programs exist. Our program aims to reduce the progression of CKD and stabilize kidney function by educating and empowering people.

Methods:

Through funding from Verdant Health, PSKC Foundation, and Tulalip Charitable Fund, PSKC created *Survive and Thrive with CKD* in response to local nephrologists who identified a need. When developing our program, we looked to models such as *Stanford's Chronic Disease Self-Management Program* and the *Tulalip Health Centers Diabetes Program*.

Our program is a free, six-week course that promotes kidney health in a fun, interactive setting. To assess learning, we authored pre/post-tests, and participants self-report. In addition, we offer two-hour "Lunch and Learn" programs, offered widely throughout the community.

Results:

502 participants have enrolled in our program. We have maintained 75% attendance for three or more classes. "Lunch and Learn" classes engaged an additional 384 people. 100% of participants would recommend the program.

Data from the first four years shows increased knowledge and self-management. Post-test scores showed a minimum of 87% comprehension. At completion, 96% of participants report reading food labels regularly, 87% understand their lab values extremely to moderately well, 79% feel their kidney disease is extremely to moderately manageable, and 78% are exercising regularly.

Our long-term goal is to educate people on CKD and encourage advance planning for renal replacement therapies. Preliminary data shows positive outcomes for participants who have started dialysis at PSKC. All participants report being prepared. 80% of the five participants had a permanent access. All five discussed transplant referrals, and two are doing home therapy.

Conclusion:

CKD education may be an effective means of delaying the need for renal replacement therapies. To have a larger impact, more prevention education programming needs to be developed and implemented on a national level. The National Kidney Foundation is piloting a version of the Chronic Disease Self-Management Program for people with kidney disease. As experienced CKD educators, we are participating in their advisory group.

2020 NWRD Abstract for Poster Presentation



TITLE

Description of Oral Nutrition Supplement (ONS) Prescriptions in BC Kidney Care Clinics (KCC)



AUTHORS:

Dani Renouf, MS, RDN, Adeera Levin, MD, FRCPC, Michelle Wong, MD, MSc, FRCPC, Sophia Zheng, MSc

INTRODUCTION

ONS is indicated for CKD patients with malnutrition, the burden of which is unknown in Canada. We sought to define the prevalence of ONS use in BC and explore prescription patterns over time.

METHODS

We performed a retrospective study of non-dialysis CKD patients (Jan 2013-Dec 2018) and identified those with >1 ONS prescription(s). Characteristics of ONS and non-ONS users were compared using Wilcoxon signed-rank test. ONS prescription patterns and the proportion of patients on ONS were stratified by health region. To explore ONS use over time, we followed patients who entered KCC between 2013-2015 longitudinally over a 3-year period.

RESULTS

A total of 15859 patients were included. Overall, prevalence of ONS use was 8.8%, with variations between health regions observed (range 2.7-10.5%). ONS users tended to be older, had higher inflammatory markers, and lower eGFR, serum albumin, hemoglobin, bicarbonate, and BMI compared to non-users. Prevalence of diabetes and hypertension were similar in both groups. In the longitudinal analysis (N=7611), 8.3% of patients were prescribed ONS (N=632). A higher % of 1-2 ONS prescriptions/year was observed in year 1 (65.35%), compared to year 2 (34.99%) and year 3 (30.73%). The proportion of patients receiving >3 ONS prescriptions was 34.65% in year 1, 26.95% in year 2, and 37.5% in year 3, indicating a subgroup who rely on ONS regularly.

CONCLUSION

To our knowledge, this is the first Canadian study to describe the prevalence and determinants of ONS use. Our data suggest that ONS use is indicated when prescribed. Although government-funded, ONS use remains <10% with considerable regional variability. Further studies are needed to better understand these factors to improve standardization of care and cost efficiency.

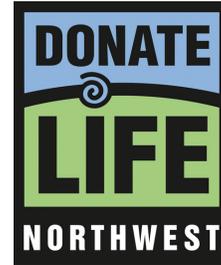
2020 NWRD Annual Conference Abstract for Poster Session

TITLE:

Donate Life Northwest – Erase the Wait

SUBMITTED BY:

Aimee Adelman
Director of Education and Outreach
Donate Life Northwest
donatelifewnw.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!