

Northwest Renal Dietitians (NWRD)

2018 Annual Conference

Speaker Biography

Beth Shanaman, RD

“Nutrition in End of Life” *(Ethics CPEU)*

Beth Shanaman, RD

Registered Dietitian - Renal Dietitian

Nutrition & Fitness Services

Northwest Kidney Centers

Seattle, WA

BIOGRAPHY:

Ms. Shanaman worked in long-term care and Alzheimer’s memory care for several years before becoming a renal RD at Northwest Kidney Centers. She has been a renal RD for past 18 years and is currently the lead RD for a group of 20 renal dietitians as well as managing her load of over 140 special care patients.

Beth works with clinically compromised patients in one of the only outpatient bedded units in the state. She cares for the most medically ill patients at the Northwest Kidney Centers, working with medical ethicists, chaplain, as well as social workers, nurses, and patients and their families to help sustain them as they reach end of life decisions.

Her focus on patient’s wishes, and helping them to verbalize those wishes, is a skill she helps teach others through interventions, team building, and open dialog. Beth is involved in community outreach, speaking at community health events and professional nutrition and renal conferences.

Ms. Shanaman is a co-editor of the renal chapter for the Nutrition textbook, “Food, Nutrition and Diet Therapy” by Kraus and Mahan which is used by many dietetic programs as the source of clinical information for students. She is the program chairperson for the NKF Council on Renal Nutrition and a recipient of the 2018 CRN Outstanding Service Award.

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March 8-9, 2018