

# Silver Award Project Utility

**Facility:** Fresenius Medical Care - O'Fallon

**Silver Award User:** Suzanne Renner

**Project Status:**

## 1. Description of Project:

BINDER BUDDIES - An education program to increase binder adherence while increasing phosphorus and bone lab ranges amongst dialysis patients.

### Date Range

The education program was conducted during the months of August, September and October 2018.

### Number of Patients Involved

Patient census ranged between 22 and 23 during the three program months.

## 2. Outcomes Measured:

### Clinic Baseline

Phosphorus - During the month of July 2018, 50% of patients were in Phosphorus range of <5.5. The Goal is to increase this percentage to 60%.

Bone Lab - During the month of July 2018, 25% of patients were in the Bone Lab range (POyl <5.5, IPTH .50-600, calcium <100). The Goal is to increase this percentage to 45%.

## 3. Summary of Outcomes/Results:

## Uploads from this facility

**FileName:**[Binder Buddies Are Coming!.docx](#)

### Upload Description:

Binder Buddies are Coming!

**Upload Date:**11/19/2018

**FileName:**[PHOSPHORUS Education timeline.docx](#)

### Upload Description:

PHOSPHORUS Education timeline.docx

**Upload Date:**11/19/2018

**FileName:**[Phosphorous Pre Post Test.docx](#)

### Upload Description:

Phosphorous Pre Post Test.docx

**Upload Date:**11/19/2018

**FileName:**[UPDATED Jeopardy board.jpg](#)

### Upload Description:

Jeopardy board.jpg

**Upload Date:**11/19/2018

**FileName:**[Education handout.jpg](#)

#### The Program

Social Worker and Dietitian worked as a team to present the program to each patient and wore specially designed costumes to create a sense of fun.

##### Month 1 - Introduction of the program

- Hung signs around the clinic creating anticipation: "Binder Buddies are Coming"
- Wore Binder Buddies costumes
- Met with each patient individually to introduce the program
- Gave each pt a Binder Buddies magnet to put on their refrigerator to remind them to take their binders with meals and snacks
- Gave each pt a pretest with 7 questions testing their knowledge of phosphorus and their own personal binder
- Gave each pt a Focus on Phosphorous education handout and had corresponding binder education bulletin board in lobby

##### Month 2 - Reinforcing Binder Adherence with a game and challenges.

- Wore Binder Buddies costumes
- Played Phosphorus Jeopardy chairside with each patient and gave out simple prizes
- Gave each pt an FKC education handout Three D's to Improve Phosphorous and had corresponding education bulletin board in lobby

##### Month 3 - Reinforcing Binder Adherence with a game and challenges.

- Wore Binder Buddies costumes
- Played Phosphorus Bingo with each shift and gave out prizes
- SW and RD assisted patients with problems in binder medication coverage
- Lobby bulletin board education The Dangers of High Phosphorous with Frank the Phosphorous Skelton

##### Last week of the Month 3 - Awards Party

- Had a Phosphorus Party with small protein sandwiches, slaw, deviled egg and cookie, with binders
- Honored the two patients with the most improved phosphorous labs over the three month period
- Had a raffle for all the patients who were in goal for all three months
- Asked each patient post test questions to see of their answers improved

#### 4. Impact on Patients:

##### Results

As a whole, the patients increased their Phosphorous range from the baseline of 50% in July to 52.3% in August, 61.9% in September and 65.2% in October.

The goal was to increase this range to greater than 60% - MET!

The Bone Lab range went from the baseline of 25% in July to 32% in August, 52% in September and stayed consistent at 52% in October.

The goal was to increase this range to greater than 45% - MET!

Pre-test Questions - 69.6% correct

Post-test Questions - 79.8% correct - INCREASE IN KNOWLEDGE!

#### 5. Lessons Learned:

##### Conclusion

The Social Worker and Dietitian working together to bring education to the patients in a fun way proves to be an effective mode of motivation for dialysis patients who have to attend in-center treatments thrice weekly, at least in this case.

#### Upload Description:

Education handout.jpg

Upload Date:11/19/2018

FileName:Phosporous Pre Post Test.docx

#### Upload Description:

Phosporous Pre Post Test.docx

Upload Date:11/19/2018

FileName:Binder Buddies - back of shirt.jpg

#### Upload Description:

Binder Buddies - back of shirt.jpg

Upload Date:11/19/2018

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#### Upload Description:

party costumes

Upload Date:11/19/2018

FileName:Phosorous Project Outcomes.jpg

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Phosorous Project Outcomes.jpg

Upload Date:11/19/2018

FileName:Binder Buddies fridge magnets.doc

**Upload Description:**

Binder Buddies fridge magnets

**Upload Date:**11/19/2018

**FileName:**Focus on Phosphorus Handout.doc

**Upload Description:**

Focus on Phosphorus Handout.docx

**Upload Date:**11/19/2018

**FileName:**Binder buddies - front and Bingo.j

**Upload Description:**

Binder buddies - front and Bingo.jpg

**Upload Date:**11/19/2018

**FileName:**Month 2 Jeopardy game, handout, candy.jpg

**Upload Description:**

Month 2 Jeopardy game, handout, candy.jpg

**Upload Date:**11/19/2018

**FileName:**Frank Phosphorus.jpg

**Upload Description:**

Frank Phosphorus Bulletin board.jpg

**Upload Date:**11/19/2018

**FileName:**Party board.jpg

**Upload Description:**

Party board.jpg

**Upload Date:**11/19/2018

**FileName:**pt\_party\_meal.jpg

**Upload Description:**

party food

**Upload Date:**11/19/2018

**FileName:**Certificate for Most Improved Phosphrous.docx

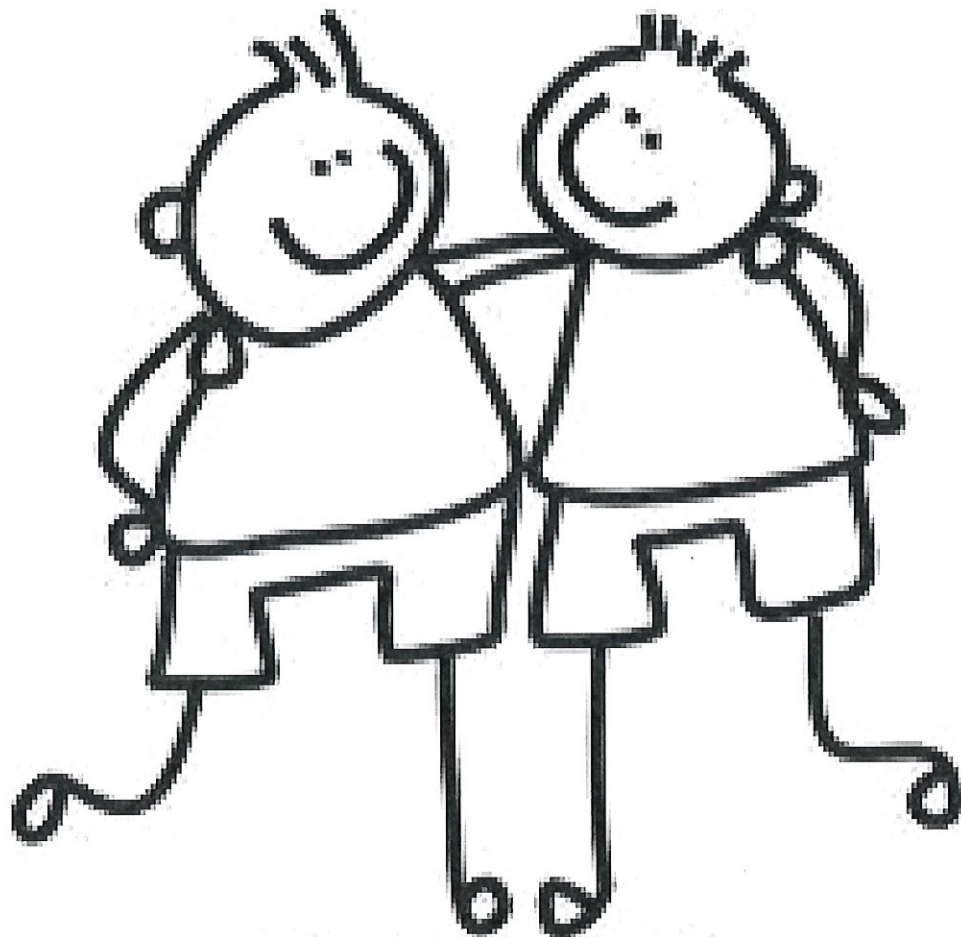
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Certificate for Most Improved Phosphrous.doc

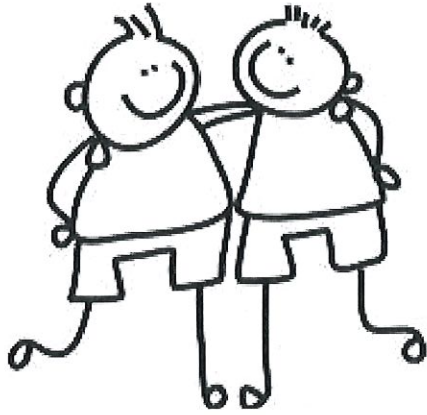
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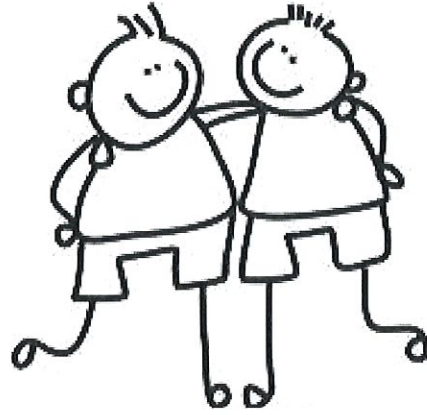
# **BINDER BUDDIES**



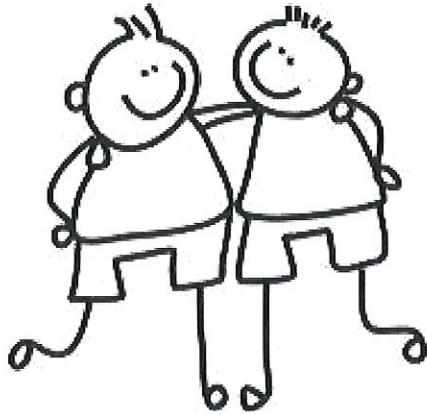
**ARE COMING!**



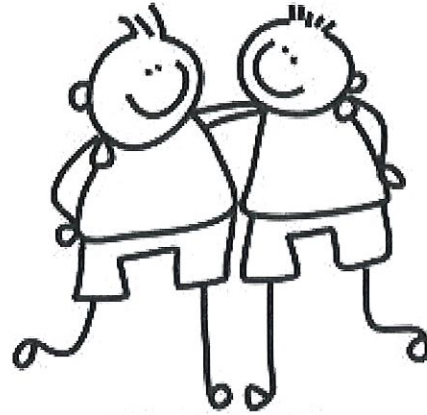
**BINDER BUDDIES**



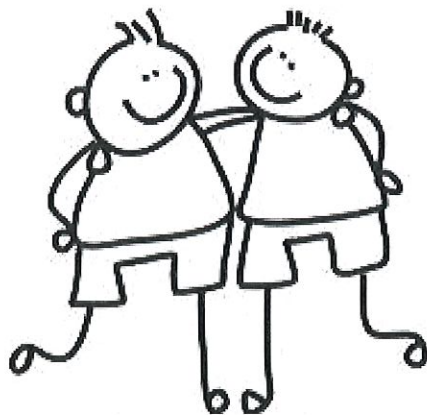
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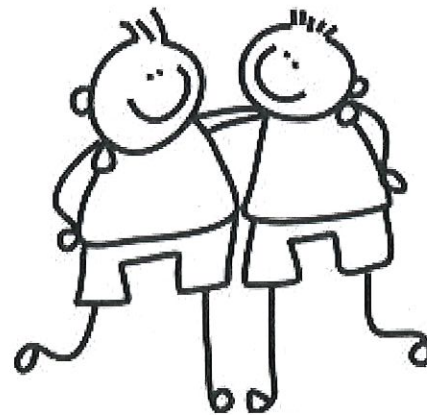
**BINDER BUDDIES**



**BINDER BUDDIES**



**BINDER BUDDIES**



**BINDER BUDDIES**

# PHOSPHORUS Education

## \*Binder Buddies Campaign\*

\*RD and SW dress as Binder Buddies during the education days

1<sup>st</sup> Month (Wed August 8<sup>th</sup>) – give out Binder Buddies magnets, Phosphorus education handout & introduce the contest to the patients

2<sup>nd</sup> Month (Monday September 10<sup>th</sup>) – Binder Buddies; *Phosphorus Jeopardy* game with prizes

3<sup>rd</sup> Month (Monday October 8<sup>th</sup>) – Binder Buddies; *Phosphorus Bingo* game with prizes

End of Month 3 (Wednesday October 31<sup>st</sup>) – Phosphorus Party – mini sandwiches and side with binders

1. Honoring Most Improved Phosphorus Labs during the 3 month education period
2. Raffle for all who have been within goal for all 3 months

# BINDER EDUCATION PRE/POST TEST

Name:

## Pre Test

1. What is the name of the binder you take?
2. When do you take it?
3. How much does it cost?
4. What happens when phosphorus levels are too high?
5. Name 4 foods that contain phosphorus
  - 1.
  - 2.
  - 3.
  - 4.
6. Which phosphorus foods do you like to indulge in?
7. Which phosphorus foods do you stay away from ?

## Post Test

8. What is the name of the binder you take?
9. When do you take it?
10. How much does it cost?
11. What happens when phosphorus levels are too high?
12. Name 4 foods that contain phosphorus
  - 1.
  - 2.
  - 3.
  - 4.
13. Which phosphorus foods do you like to indulge in?
14. Which phosphorus foods do you stay away from ?





# The Phosphorus Guide

## Setting you up for success

Phosphorus is a mineral found in many foods. Your body needs phosphorus to stay healthy, but too much of it can be harmful. When you have chronic kidney disease and are on dialysis, phosphorus can build up in your body. It's important to stay on top of your phosphorus levels.

**Follow the 3 "Ds"** > Together they can help you reach your phosphorus goal

### Dialysis

During dialysis, your blood is filtered outside your body through a dialyzer, or "artificial kidney," to remove excess fluid and waste, including some phosphorus.

**Keep your dialysis appointments as scheduled and stay for the whole time.**



### Drug therapy

Phosphate binders attach to the phosphate in the food you've eaten and help keep it from being absorbed into your bloodstream.

**Remember to take your phosphate binders as prescribed.**

### Diet

Food choices affect phosphorus levels. Eat fresh, unprocessed foods, such as fruits, vegetables, and lean meats.

**Read ingredient labels and choose foods without added phosphates (words with "phos" in them).**

*Speak with your doctor and care team about your phosphorus goal.*

# JEOPARDY

BINDERS

100

200

FOOD

100

300

400

500

Basic  
Facts

100

200

400

Dangers of  
High  
Phosphorus

100

300

400

500



## FOCUSING ON PHOSPHORUS Binder Buddies Campaign

During August, September and October what we will be looking for is Patient Phosphorus to be within Goal Range.

In October we will be:

1. Honoring Most Improved Phosphorus Labs during the 3 month education period
2. Having a raffle for all who have been within goal for all 3 months

### Clinic Baseline in July 2018

% of Pts in Phosphorus Range – 50%  
GOAL to increase to greater than 60%

% of Pts in Bone Lab Range – 25%  
GOAL to increase to greater than 45%

### AUGUST

Phosphorus Range – 52.3%



Bone Lab Range –

32%

### SEPTEMBER

Phosphorus Range – 61.9%



Bone Lab Range –

52%



### OCTOBER

Phosphorus Range – 65.2%



Bone Lab Range –

52%

# Focus on Phosphorus

**Goal: Less than 5.5**

## **High Phosphorus is a silent disease and can lead to:**

Brittle, weak bones that will break

Red, blood shot eyes

Itching, sores that do not heal

Painful Joints

Stiff arteries and veins leading to poor blood flow resulting in amputations

Heart Attack or Stroke

Calcification

## **What can I do to keep my phosphorus in good control?**

Make healthy food choices to avoid foods high in Phosphorus

Read food labels to avoid hidden phosphorus additives

Cook natural, fresh foods not processed foods

Avoid Fast Foods

Take binders every time you eat (meals and snacks)

Refill binders before they run out

Carry binders with you when eating out

Have family remind me to take my binders

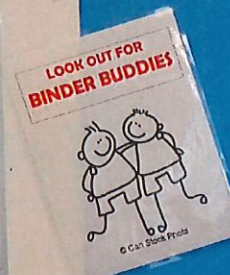
Keep binders visible: on table, counter, by TV, etc.

Come to all treatments and stay the full prescribed time

# PHOSPHORUS



# FOCUS ON PHOSPHORUS



**LOOK OUT FOR BINDER BUDDIES**

© Can Stock Photos

**PHOSPHORUS Education "Binder Buddies Campaign"**

See below for dates of Binder Buddies magnets, Phosphorus education handout & worksheet distributed to the public.

**Monday September 10<sup>th</sup>** - Binder Buddies Phosphorus jeopardy game with prizes

**Monday October 8<sup>th</sup>** - Binder Buddies Phosphorus jeopardy game with prizes

**Wednesday October 31<sup>st</sup>** - Phosphorus Party - Mini conferences and talks with binders & magnets. Mini Phosphorus Phosphorus talks during the 3 event education period. 2 talks for all who have been within 100 ft of 3 events.

**FOCUSING ON PHOSPHORUS Binder Buddies Campaign**

Bring a 4" x 6" binder and binder magnet and will bring to the Phosphorus Party. The binder magnet will be given to you.

**What to do when:**

1. Bring your binder and binder magnet to the Phosphorus Party.
2. Bring your binder to the Phosphorus Party.
3. Bring your binder to the Phosphorus Party.

**Cost: Free!**

**PHOSPHORUS Party - 2012**

**SEPTEMBER**

**OCTOBER**

## JEOPARDY

Binders	FOOD	Basic Facts	Dangers of High Phosphorus
When do you take Binders?	Name a high phosphorus beverage	What is the acceptable range for Phosphorus?	A high phosphorus can lead to _____ skin.
True or False. Keep Binders in your bathroom medicine cabinet.	Lunches types are low in phosphorus	200	A high phosphorus does not have any affect on your Heart, Teeth
What do Binders do?	Most Fast Food are high or low in Phosphorus	Phosphorus is a mineral found in _____	Red blood-stained eyes can be a sign of high Phosphorus?
400	Phosphorus is listed on all food labels	400	High Phosphorus can lead to poor health, hospitalizations & even death?
500	Which cheese is higher in Phosphorus - American or Colby	500	Oxidation occurs in phosphorus leads to _____

Phosphorus Party 2012



500 400 300 200 100





# Meet Frank Phosphorus

in bad Shape because his Phosphorus is too High !

Large, overactive Parathyroid Glands

Red Eyes

Bone and Joint Pain

Calcification around the Lungs

Calcification around the heart

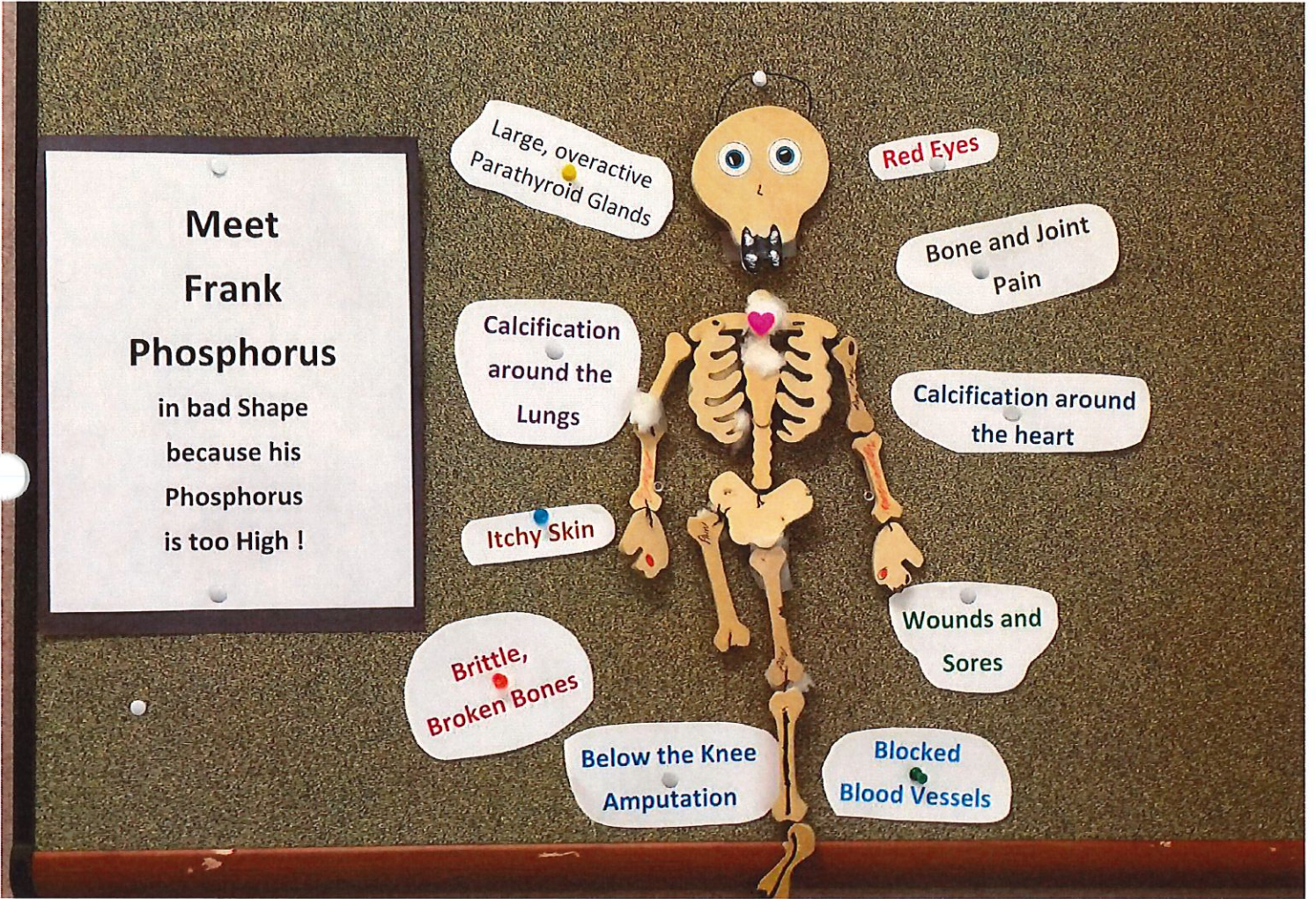
Itchy Skin

Wounds and Sores

Brittle, Broken Bones

Below the Knee Amputation

Blocked Blood Vessels



**PHOSPHORUS Education**  
\*Binder Buddies Campaign\*

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Binder Buddies Campaign

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**AUGUST**  
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**SEPTEMBER**  
Phosphorus Range – 61.3% Bone Lab Range – 52%

**OCTOBER**  
Phosphorus Range – \_\_\_\_\_ Bone Lab Range – \_\_\_\_\_

**BINDER BUDDIES**  
**PHOSPHORUS EDUCATION**  
**REWARD PARTY**  
**WEDNESDAY – OCTOBER 31**  
**HALLOWEEN!!!**



**WEAR A COSTUME**

**FOOD & FUN**

**BINDER BUDDIES**  
**PHOSPHORUS EDUCATION**  
**REWARD PARTY**  
**WEDNESDAY – OCTOBER 31**

**MENU**

- Dollar Roll Sandwiches
- Roast Beef or Chicken Salad
- Slaw
- Deviled Egg
- Cookie

**HALLOWEEN**





FKC O'Fallon Dialysis Center

*Certificate of Excellence*

For

**MOST IMPROVED PHOSPHORUS**

From August through October 2019

Presented to

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By Mimi Korth, RD, LD and Suzanne Renner, MSW, LCSW