

Silver Award Project Utility

Facility: Fresenius Medical Care - Perry County

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Project Status:

1. Description of Project:

There was a total of 23 participants in a Jeopardy game held on Feb. 13th 2019. Each individual was visited individually and asked to participate in the Jeopardy game and answer questions about the renal diet. During the game we used the food models purchased to demonstrate what a 3oz portion of various types of protein sources looked like. We also provided patients with protein snacks of whey protein muffins and whey protein puppy chow along with various protein bars. We also gave patients a protein prize if they participated in the game of items like boiled eggs, tuna salad, protein cookies, etc. Our goal was to demonstrate other sources of protein besides meat to the patients so they could help improve their protein intake & albumin level.

2. Outcomes Measured:

Out of the 23 patients 22 answered their question correctly. Labs had been drawn the previous week so each person knew an area that they needed to work on so they chose questions related to that need. Our emphasis was to improve albumins and we compared albumin numbers from Feb. to March.

3. Summary of Outcomes/Results:

Unfortunately when we did recheck the albumins we did not see an increase. We had two patients drop a point on their albumin. Patients were fascinated with the food models though and felt it was good to see a visual display of how much protein they should be eating.

4. Impact on Patients:

We are hoping that the patients will gradually introduce some of the ideas we presented and that we will have a gradual increase in protein. They really enjoyed the game and the snacks. The recipes were shared with the patients so they hopefully can make the snacks at home. Information on the labels, store purchased and cost of the protein bars was also shared so they can purchase those. It was an enjoyable day and it was refreshing to see everyone smiling and having a good time at dialysis.

5. Lessons Learned:

We originally intended to do a group Jeopardy game but realized it would be easier and more effective to visit each patient individually.

We are sharing our Jeopardy game with other dialysis facilities so they can help educate their patients.

The patients really liked the food models so we will need to keep using those and coming up with creative ways to inspire our patients to increase their protein & follow their dialysis diet.

Uploads from this facility

FileName: Jeopardy_Food Model Report.docx

Upload Description:

Picture of Jeopardy board and food models.

Upload Date: 4/1/2019

Jeopardy/Food Model Report

There was a total of 23 participants in the Jeopardy game on February 13th, 2019. Each individual was visited individually and asked to participate in the Jeopardy game and answer questions about a renal diet. Out of the 23 participants, 22 out of 23, or 96% of them answered a question correctly. Labs were drawn the previous week, so each person knew what areas such as phosphorus/potassium, protein, or fluid they needed to work on. They were asked a question in the category they thought they needed improvement in. By asking questions in those categories, we were able to refresh their memory on foods/drinks to consume more or less of in order to improve their labs.

Also, during the Jeopardy game, we showed the participants what a 3 oz portion of various protein sources such as poultry, beef, and fish look like so they could visualize how much protein they should consume at each meal. We were able to purchase these food models with the grant money provided. Many individuals enjoyed the food models and were surprised at how much meat can make up 3 oz. Many of the dialysis patients made comments such as, "Those look neat. To talk portion sizes is one thing, but to visualize it is so helpful." Many admitted to consuming less than they should in a day, but thought they were consuming 3 oz of protein. It was eye opening and educational based on the responses of the participants.

During the Jeopardy game, we were promoting protein so we made high protein snacks such as whey protein muffins, whey protein puppy chow, and various brands of protein bars and were able to give each participant one of each of the snacks listed above. We wanted to show them there are more ways to consume protein other than meat sources. Not only did we give out those snacks, but we gave out a protein snack such as hard boiled eggs, protein cookies, tuna salad, chicken salad, etc if the dialysis patient participated in the game. Four protein snacks were provided to the participants of the game and they all seemed to enjoy the homemade muffins and puppy chow the most out of the options provided.

Overall, the program was successful in showing the patients how much protein to consume at each meal, different protein options other than meat sources, and helped to refresh some nutrition information in their minds so they are able to make changes to improve their diet. We were hoping to see an increase in their albumin levels at the next lab testing on March 6th but that was not the case. We had two patients drop a point on their albumin. But we are hoping that the patients will gradually introduce some of the ideas we presented and that we will have a gradual increase in protein intake among the patients. This in turn will hopefully lead to healthier patients. We will be able to continue to use the food models we purchased to educate patients and ensure that they are achieving appropriate portions sizes.

The participants enjoyed the game and it was refreshing to see everyone smiling and having a good time at dialysis.

Jeopardy

Random

Who invented the telephone?
a. Alexander Graham Bell
b. Thomas Edison
c. James Madison

Where did the Olympic games originate?
a. Tokyo
b. Greece
c. San Francisco

What country has made use of paper money?
a. USA
b. Germany
c. China

What is the highest mountain in Africa?
a. Mount Everest
b. Mount Kilimanjaro
c. Mount Ararat

What form of currency was named after a coffee plantation?
a. Dollar
b. Pound
c. Euro

Potassium & Phosphorus

True or False: Individuals on dialysis should consume reduced amounts of potassium.

Are meat and dairy products high or low in phosphorus?

Name something commonly given out for Valentine's Day that is high in phosphorus.

Which of the following food items contains the highest amount of potassium?
a. 4 oz orange juice
b. 7 cups black coffee
c. 4 oz 2% milk
d. 1 cup raisin bran

Which shelf stable food is best for a renal patient to include in their diabetic plan?
a. Corned beef soup
b. Baked ham
c. Beef jerky
d. Canned mushrooms

Protein

True or False: Individuals on dialysis should consume diets high in protein.

Why do you need more protein when on dialysis?
a. Protein is stripped from the blood when its cleaned.
b. Fat makes your muscles grow.
c. Because they all you up.

On average how many oz of protein should someone on dialysis try to consume daily?
a. 2 oz
b. 8-10 oz
c. 5-7 oz

Is an average serving size of protein roughly the size of which object?
a. Thumb
b. Spoon
c. Deck of playing cards

Which protein source would be low in both potassium and phosphorus?
a. Fish
b. Chicken
c. French butter
d. A & C
e. A & B

Fluids

Why do you need dialysis treatments for your body?
a. So you do not bleed.
b. To maintain dry weight between treatments.
c. Nephrons of renal kidneys are clogged.

How many oz are in one cup of fluid?
a. 8 oz
b. 8.8 oz
c. 2.4 oz
d. 4.4 oz

Which of the following are considered fluids?
a. Soup
b. Juice
c. Soft drinks
d. None of the above
e. All of the above

True or False: Consuming high sodium fluids can increase your fluid intake and fluid levels between treatments.

How can you avoid fluid overload?
a. Track your fluid intake.
b. Follow your recommended fluid guidelines.
c. Avoid consuming sodium sodium.
d. None of the above.
e. All of the above.

Random

Who was the 16th President of the United States?
a. Abraham Lincoln
b. Woodrow Wilson
c. George Washington

Which famous author was born in Boston?
a. Edgar Allan Poe
b. Mark Twain
c. Herman Melville
d. Nathaniel Hawthorne

Which of the following are not considered fruits?
a. Apple
b. Orange
c. Tomato
d. All of the above

Which of the following is not a vegetable?
a. Carrot
b. Broccoli
c. Potato
d. Spinach

Which of the following is not a fruit?
a. Apple
b. Orange
c. Tomato
d. All of the above

