

Silver Award Project Utility

Facility: Fresenius Medical Care--St. Charles

Silver Award User: Mimi Korth

Project Status: Active

1. Description of Project:

Goal: Improve albumin metric to $\geq 40\%$. Baseline at 29.5%.
Education provided:
-Review of protein needs using FMC albumin handout and "Are you eating enough protein" Handout. Motivational interviewing used.
-Played Protein Jeopardy Game
-Protein Sampling Day in the lobby- made protein smoothies, protini's, sampled and gave protein bars appropriate for people on Dialysis. Patients were given handout "Acceptable Protein Bars for people on Dialysis" and recipes for making protein supplements.
-Lobby display of appropriate meals with emphasis on protein portion for meals and snacks. Gave away hard boiled eggs. High protein menus also given.
-2 Bulletin boards with emphasis on protein.
-RDs discussed albumin result each month with additional follow up.

2. Outcomes Measured:

Outcome measured was monthly albumin levels.
Also, looked at enPCR levels to note rise in protein intake as albumin is not the best measure to reflect protein intake. Albumin is affected by other non nutritional issues but is the marker used by all dialysis providers.

3. Summary of Outcomes/Results:

Baseline Albumin was 28% of patients meeting 4.0 target.
November: Noted rise to 39.5 %
No activities in December due to holiday and other FMC promotions.
January: Noted rise to 40.5%
February: Noted albumin at 40%
March: Noted continued rise to 46% of patients meeting 4.0 albumin target.
Overall Results: Met target and sustained target for the past three months.

4. Impact on Patients:

Patient responded to education with increased questions and interest during the three month education.
Protein Jeopardy game was fun for all (patients and staff), generated questions and was educational.
Protein Samples were enjoyed by patients, many have said they are making some of the smoothies at home. Many patients are buying protein bars they know they like because they sampled them in the unit.
Many patients thought visually seeing samples of appropriate meals were not only helpful in planning meals but noting size of protein to eat at each meal.

5. Lessons Learned:

Education over a three month span was helpful as not to overload with too much information at one time. Non threatening education that was made fun
using games and activities- not just lecturing- was beneficial.
Once change would be in doing another Protein Lobby Day- only do one supplement at a time-either protini's or smoothies. There were too many choices and information might have been overwhelmin.

Uploads from this facility

FileName:[image2019-03-28-092613.pdf](#)

Upload Description:

Attaching handouts:
'Are you eating enough protein'
'Protein Bar Handout'
'Protein Smoothie Handout'
'High Protein Menus Handout'
Picture of Protein Jeopardy Board, Lobby Days and Receipts.

Upload Date:3/28/2019

FileName:[image2019-03-28-100745.pdf](#)

Upload Description:

Attaching handouts:
'Are you eating enough protein'
'Protein Bar Handout'
'Protein Smoothie Handout'
'High Protein Menus Handout'
Picture of Protein Jeopardy Board, Lobby Days and Receipts.

Upload Date:3/28/2019

FileName:[Updated Protein Bar Handout Black White.docx](#)

Upload Description:

Attaching handouts:
'Are you eating enough protein'
'Protein Bar Handout'
'Protein Smoothie Handout'
'High Protein Menus Handout'
Picture of Protein Jeopardy Board, Lobby Days and Receipts.

Upload Date:3/28/2019

FileName:[Bulletin Board.docx](#)

Upload Description:

Attaching handouts:
'Are you eating enough protein'
'Protein Bar Handout'
'Protein Smoothie Handout'
'High Protein Menus Handout'
Picture of Protein Jeopardy Board, Lobby Days and Receipts.

Upload Date:3/28/2019

FileName:[Protein Lobby Day.docx](#)

PROTEIN BARS: A Guide for People on Dialysis

Good Protein Bars for people on Dialysis

Choose from these protein bars to increase your protein intake (and albumin) and still keep your sodium, phosphorus, and potassium renal labs in check!

BRAND	PROTEIN/BAR
• Atkins High Protein*	16g protein
• Atkins Regular*	10g protein
• Balance Protein Bars *	15g protein
• PowerBar Protein Plus	20g protein
• Quest Bar	20g protein
• Zone Perfect Bar	14g protein
• Pure Protein Bar	14g protein
• Premier Protein Bar	30g protein

*Good choice for diabetics, lower in carbohydrates ($\leq 6\%$)

Protein bars are a convenient, tasty way to increase your daily protein intake. Use this guide to find one that works for you!

Can your protein bar pass the test?

- Calories >150
- Protein >10 g
- Sodium <200 mg
- Potassium <250 mg
- Phosphorus <15 %



Available at Stores Near You!

Walmart	Costco	Target	Walgreens
Atkins	Pure Protein	Atkins	Atkins
Balance	Zone Perfect	Balance	PowerBar
Quest		PowerBar	Pure Protein
Pure Protein		Pure Protein	Quest
Zone Perfect		Zone Perfect	Zone Perfect
Premier Protein		Quest	



ARE YOU EATING ENOUGH PROTEIN

FACT

Protein is lost with each treatment.



FACT

Eating a high protein food before and after



Dialysis,

will

replace protein lost during treatment.



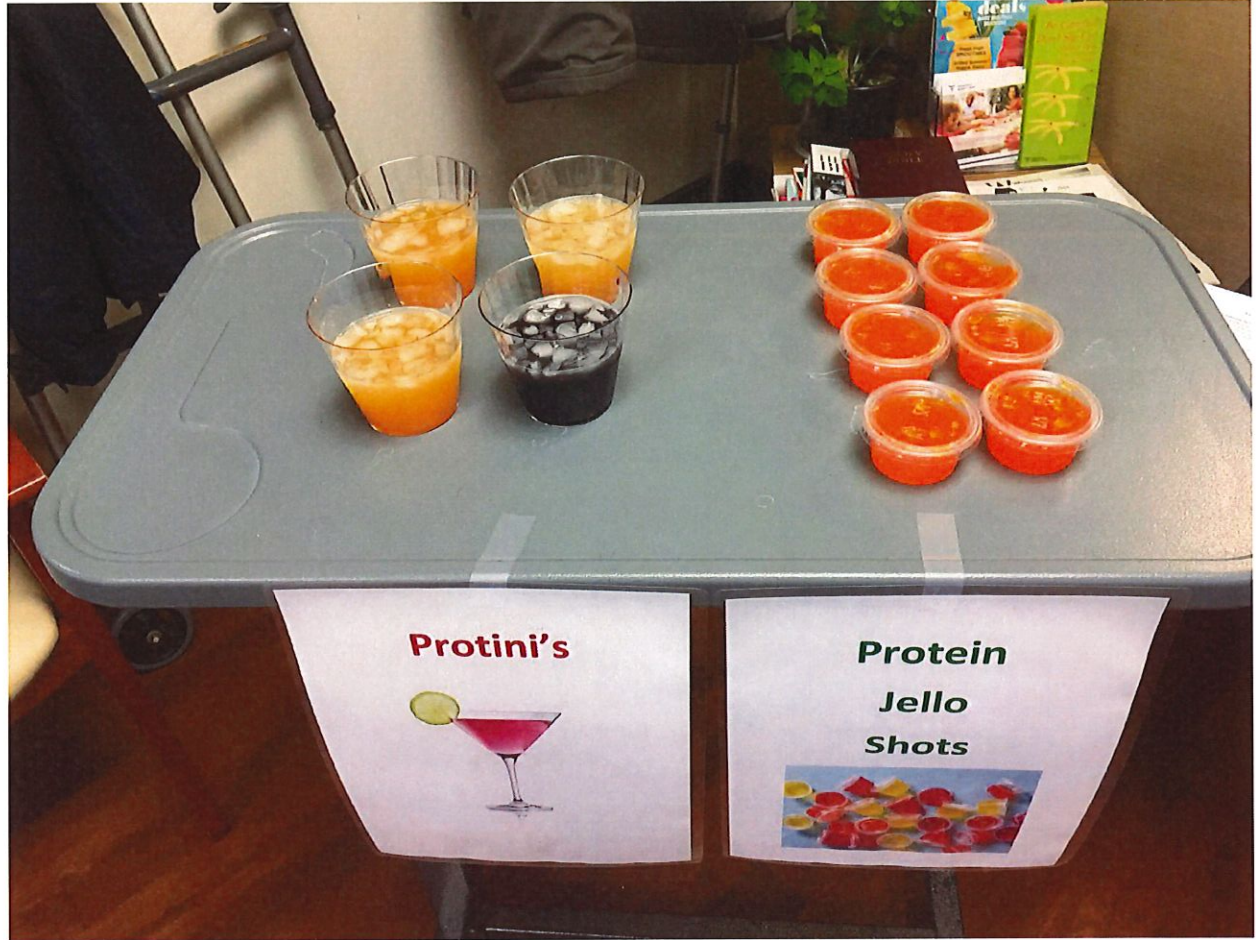
FACT

Keeping your Albumin at 4.0 or higher, will keep you healthier & stronger



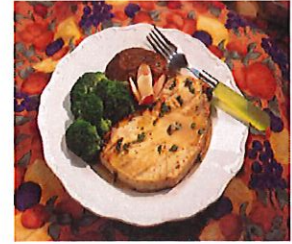
Keynote





Are you Eating enough Protein ?

Eat Protein at 3 meals every day to keep Albumin at 4.0 !



FACT: Protein is lost with every treatment.

FACT: Keeping your albumin at 4.0 or higher will keep you healthier, stronger and live longer.

FACT: Eat Protein before and after dialysis to replace protein lost during the treatment

Good Choices for Breakfast:

Eggs: Scrambled, poached, over easy, omelet.

Home made sausage: ground pork and seasonings, pork cutlet, beef steak

Egg/Sausage sandwich (home made) on bagel or English muffin

French Toast, Cottage cheese and fruit,

High Protein Cereal or Protein Cereal Bar.

Good Choices for Lunch:

Chicken Salad, Tuna Salad or Egg Salad

Cottage Cheese and Fruit

Roast Beef or Turkey Sandwiches

Chef Salad with meat and hard boiled eggs

Soup made with beef, chicken or pork

Good Choices for Dinner:

Baked Chicken or Chicken Casseroles, Turkey, Cornish Hen

Roast beef, Meatloaf, Cube Steak, Steak, Ground Beef

Fish, Seafood, Tuna, Shrimp, Salmon

Fresh Pork, Pork Chops, Pork Roast, Pork Steak

Beef Stew, Deviled Eggs, Meat Casseroles

The image shows a laboratory assay plate with four columns of wells. The columns are labeled as follows:

- Column 1: **Albumin**
- Column 2: **Protein**
- Column 3: **Protein**
- Column 4: **Standard Solution of Protein**

Each column contains five wells with the following numerical values:

Well	Albumin	Protein	Protein	Standard Solution of Protein
1	100	100	100	100
2	200	200	200	200
3	300	300	300	300
4	400	400	400	400
5	500	500	500	500

High Protein Menu

Breakfast

Egg Omelet (2 eggs)
Toast, salt free margarine or butter
4 oz. Cranberry Juice

Mid Morning Snack

Protein Bar

Lunch

Grilled Hamburger- 3 – 4 ounces Lean Beef
Hamburger Bun
Lettuce leaf, onion, mustard, ketchup (1 T.)
Coleslaw
Lemonade

Afternoon Snack

Greek Yogurt

Dinner

Oven Fried Chicken (3 -4 ounces)
Corn on the Cob
Macaroni Salad
Strawberries on Angel Food Cake/Cool Whip
Ice Tea

Take your Phosphate Binders at each meal and snack

High - Protein Menu

Breakfast

2 slices French Toast (made with 2 eggs, 2 ounces milk)
Salt free margarine or butter
Syrup (regular or sugar free)
Coffee or Tea

Snack

High Protein Smoothie

Lunch

Chicken or Tuna Salad Sandwich
(3 ounces Tuna or Chicken chopped onion, celery, mayonnaise)
2 slices Bread
Marinated Cucumber Salad
Apple
Lemonade

Afternoon Snack

Peanut Butter and Crackers

Dinner

Baked Pork Chop (3 -4 ounces)
Rice
Green Beans
Lettuce Salad, Salt free Dressing
Bread or Roll- unsalted margarine or butter
Ice Tea

Take your Phosphate Binder at each meal and snack

Smoothie Recipes:

High Protein Smoothie:

- ½ cup sherbet
- ¼ cup Cool Whip
- ¼ cup –regular or diet white soda
- 1 scoop protein powder

Blend and enjoy. Can add strawberries or fruit of choice with different varieties of sherbet

Peaches and Cream Smoothie:

- ½ cup frozen peaches
- 1 scoop protein powder
- ½ cup Rice Dream Milk
- Handful of ice

Blend on low until fully blended

Orange Creamsicle Smoothie

- ½ cup orange sherbet
- ½ cup mandarin oranges, drained
- 2 ounces of orange soda- regular or diet
- 1 scoop protein powder

Place ingredients in blender, blend on medium and hit pulse several times until orange sections are no longer solid and ingredients are blended.

Pineapple Smoothie

- ½ cup lemon sherbet
- ½ cup crushed pineapple, drained
- 2 ounces lemon lime soda= regular or sugar free

1 scoop protein powder

Place ingredients in blender, serve immediately

Protein Powders

Protein Powders can be found at most grocery and drug stores, Wal-Mart, Target, GNC or health food stores.

Look for one of these (or for 100% whey protein powder)

1. Designer Whey Protein
2. EAS Whey Protein
3. Just Whey Protein
4. Body Fortress Whey Protein
5. Beneprotein Powder

Your Dietitian can give you ordering information on other protein powders ordered directly from companies that do not stock in grocery stores.

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Where can I add protein powder?

- Scrambled eggs
- soups or stews
- Cooked vegetables(sprinkle on while hot) -gravy
- Casseroles
- hot cereal
- Applesauce
- yogurt
- Cottage cheese
- mayonnaise
- Cream cheese
- salad dressing
- Batters- pancakes, muffin, etc.

Try this recipe for Frozen 'ice cream' Treat:

- 30 graham crackers
- 1 Large can crushed pineapple, drained (reserve ½ cup juice)
- 1 box Jell-O- regular or sugar free
- 10 scoops of protein powder

8 oz. tub of Cool whip

- 1. Line a 13 X 9 baking pan with plastic wrap, allowing to hang at least 10 inches on both sides.**
- 2. Arrange graham crackers on the bottom of pan.**
- 3. In a large mixing bowl, mix crushed pineapple and protein powder.**
- 4. Fold in whipped topping (lightly) and set aside.**
- 5. In a small sauce pan, bring the ½ cup pineapple juice to a boil-then add Jell-O and mix until dissolved.**
- 6. Add Jell-O to pineapple/cool whip mix.**
- 7. Pour over graham crackers in pan. Top with another layer of graham crackers.**
- 8. Cover with plastic wrap. Cover again with foil and freeze.**
- 9. Cut into squares. If all squares are not eaten, place squares in a small plastic baggie and freeze until ready to eat.**

High Protein Rice Krispie Treats

7 T. margarine or butter
40 Large Marshmallows
¾ cup Protein Powder
6 cups Rice Krispies

Melt butter or margarine in a large pot, add marshmallows.
Stir until marshmallows are completely melted.
Gradually add protein powder and stir until smooth.
Add cereal until coated
Pour into a greased 13 X 9 pan, press down.
Cool and cut into bars.

Protein Bars

When looking for a protein bar-

At Least 12- 15 grams of Protein
Less than 200 mg of Potassium
Less than 200 mg of Phosphorus

Here are some suggestions:

Balance Bars

Zone Perfect Bars

Glucerna Bars (for those with diabetes)

Pure Protein Bars

Special K – High Protein Bars

Premier Bars

Carb Well Nutrition Bars (low carbohydrate)

Atkins Bar

Twisted Pretzel Bar

South Beach High Protein Cereal Bars

EAS Carb Control Bar (low carbohydrate)

High Protein Snacks

Hard boiled Eggs

Deviled Eggs

Egg Salad

Meatloaf sandwich

High Protein Smoothie

Pork Chop Sandwich

Salmon Patty

Cream Cheese rolled up in Roast Beef or Turkey slices (low sodium)

Cream Cheese Dip (protein powder added) with low sodium Crackers or tortilla chips

Tuna Salad on Crackers

Chicken Salad on Crackers

Left over Chicken Leg/Wings

Roast Beef Sandwich

Protein Bar

Egg Sandwich

Cottage cheese/fruit





TOUCH OR EAT
THANK YOU ☺

Use and Enjoy Protein Plus
Protein Plus is a complete protein source that is easy to digest and absorb. It is a great addition to your diet and can help you build muscle and increase energy. It is also a good source of fiber and other nutrients. For more information, visit our website at www.proteinplus.com.

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BREAKFAST

LUNCH

DINNER

SNACKS