

# Silver Award Project Utility

**Facility:** Fresenius Medical Care - Tesson Ferry  
**Silver Award User:** Suzanne Renner

**Project Status:** Active

## 1. Description of Project:

Initiative  
PROTEIN PALS - An education program to increase protein intake while improving albumin lab ranges amongst dialysis patients over a three month period.

## 2. Outcomes Measured:

Date Range  
The education program was conducted during the months of January, February and March 2019.

Number of Patients Involved  
Patient census ranged between 50 and 53 during the three program months.

Clinic Baseline  
Albumin- During the month of December 2018, 23.1% of patients were in Albumin range of => 4.0 The Goal is to increase this percentage to ~~~~~35%.

## 3. Summary of Outcomes/Results:

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 and reinforce protein food sources.

Month 1 - Introduction of the program

- Hung signs around the clinic creating anticipation: "Protein Pals are Coming"
- Wore Protein Pals costumes
- Met with each patient individually to introduce the program
- Gave each pt a Protein Pals magnet to put on their refrigerator to remind them to eat protein at every meal
- Gave each pt an Energy and Protein Boosters for Dialysis Patients education handout and had a corresponding protein education bulletin board in patient area

Month 2 - Reinforcing Protein Intake with a game and challenges.

- Wore Protein Pals costumes
- Played Spin the Protein Wheel game chairside with each patient and gave out various protein rich food prizes to everyone

Month 3 - Reinforcing Protein Intake with a game and challenges.

- Wore Protein Pals costumes
- Played Protein Bingo with each shift and gave protein food prizes to each patient
- SW and RD assisted patients with understanding what and where to purchase protein rich foods and snacks at the local grocery stores
- Lobby bulletin board education promoting Protein intake

Last week of the Month 3 - Awards Party

- Had a Protini Party where the SW and RD had a rolling Protini Bar and offered "Protein mixed drinks" (flavored ProCell mixed with sugar free juice or sugar free white soda) as an example of another way to ingest a protein source
- Honored the two patients with the Most Improved albumin labs over the three month period
- Had a raffle for all the patients who kept their Albumin at goal during all three program months

## 4. Impact on Patients:

## Uploads from this facility

**FileName:**[HANDOUT Energy and Protein Boosters for Dialysis Patients.docx](#)

### Upload Description:

Patient education handout

**Upload Date:**4/16/2019

**FileName:**[3 Protein Spin to Win.jpg](#)

### Upload Description:

Protein Pals and the Protein Spin to Win Wheel

**Upload Date:**4/16/2019

**FileName:**[Certificate for Most Improved Proteins.docx](#)

### Upload Description:

Most Improved certificate

**Upload Date:**4/16/2019

**FileName:**[4 Protini Day.jpg](#)

### Upload Description:

Protein Pals and the Protini Party

**Upload Date:**4/16/2019

#### Results

As a whole, the patients increased their Albumin labs from the baseline of 23.1% in December to 28.8% in January, 35.2% in February and 41.2% in March.

The goal was to increase this range to greater than 35% - MET and Exceeded by 6%!

#### 5. Lessons Learned:

##### Conclusion

The patients really enjoyed the activities and involvement of the SW and RD and many times verbalized their gratitude for the month's activities. During the games many patients reported learning something new.

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.

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## Energy and Protein Boosters for Dialysis Patients

Are you eating enough to have a good nutritional status? Dialysis patients often experience short- or long-term appetite problems that interfere with food intake, causing them to feel tired and sluggish.

Your dietitian may recommend an energy or protein supplement when your protein intake is low. Supplement recommendations are based on your nutritional needs and preferences, and the nutrient composition of the product. Your dietitian may have samples for you to try so you can select the product or flavor you like best. Some supplements are available at your local pharmacy or grocery store, and others are available through mail order. Prices vary so shop around and compare to get the best deal.

Check out some energy and protein supplements available in the charts below. These lists do not include all acceptable products, so ask your dietitian for additional recommendations.

### Liquid Renal Supplements

Liquid supplements made specifically for dialysis patients are high in calories and protein, and low in sodium, potassium and phosphorus. An 8-ounce portion may be used as a meal replacement or as a supplement to the meals you eat. These supplements can also be used for an on-the-go meal on dialysis days or when you're too busy to prepare a meal.

### Protein supplements for the dialysis diet

If you need extra protein without the high calories, there are several protein products available. Single-ounce liquid protein products pack lots of protein in one gulp. Protein powders must be mixed with moist food or liquids. Those made from egg whites or whey protein are usually lower in potassium and phosphorus than soy-based protein powders.

### Bar supplements for dialysis patients

Energy and protein bars are widely available these days, and although most are not specifically made for the kidney diet, many bars are low enough in sodium, potassium and phosphorus to be included. It's important to check the nutrition facts on each bar, because brands have a mix of acceptable bars and those that are not kidney-friendly. Use these guidelines when choosing a protein bar that's good for you, or ask your dietitian for help:

- Protein: 15 g or more
- Potassium: 200 mg or less
- Phosphorus: 150 mg or less
- Sodium: 300 mg or less



### Start feeling a boost today

Supplements including high energy and protein liquids, powders and bars that fit with a dialysis diet are available in a wide assortment of varieties and flavors. When you are not eating enough calories or protein, supplements can help boost energy and provide the nutrients you need. Check with your dietitian to find the right kidney-friendly supplement that best meets your needs.

## Liquid Renal Supplements

### **Re/Gen (4- and 6-ounce cartons)**

Flavor: Regular or sugar-free strawberry or vanilla

Calories: 230-375

Protein: 10-14 g

Sodium: 20-188 mg

Potassium: 23-30 mg

Phosphorus: 45-90 mg

### **Nepro with Carb Steady (8 ounces)**

Flavor: Butter pecan, vanilla or berry

Calories: 425

Protein: 19 g

Sodium: 250 mg

Potassium: 250 mg

Phosphorus: 170 mg

### **Novasource Renal (8 ounces)**

Flavor: Vanilla

Calories: 475

Protein: 21.6 g

Sodium: 225 mg

Potassium: 225 mg

Phosphorus: 195 mg

## Protein supplements

### **EggPro powder (2 tablespoons)**

Flavor: Orange, grape or lemonade

Calories: 70

Protein: 16 g

Sodium: 30 mg

Potassium: 10 mg

Phosphorus: <10 mg

### **LiquiCel, 1 ounce**

Calories: 90

Protein: 16 g

Sodium: 30 mg

Potassium: 10 mg

Phosphorus: 10 mg

### **Pro-Stat, 1 ounce**

Flavor: Grape, tangerine or punch

Calories: 72-81

Protein: 15 g

Sodium: 15 mg

Potassium: 18 mg

Phosphorus: <7 mg

### **Proteinex Liquid**

Calories: 60

Protein: 15-18 g

Sodium: 20 mg

Potassium: 15 mg

Phosphorus: <10 mg

### **Pure Protein Whey Powder (1 scoop, 33 g)**

Flavor: Vanilla or chocolate

Calories: 130

Protein: 23 g

Sodium: 55 mg

Potassium: 160-220 mg

Phosphorus: 108 mg

## Bar supplements for dialysis patients

### **Balance Bars**

Calories: 200

Protein: 15 g

Sodium: 170 mg

Potassium: 150 mg

Phosphorus: <150 mg

### **EAS Myoplex**

Calories: 230-240

Protein: 17-30 g

Sodium: 120-290 mg

Potassium: 120-270 mg

Phosphorus: <70-210 mg

### **PowerBar Protein Plus**

Calories: 270-360

Protein: 20-30 g

Sodium: 180-290 mg

Potassium: 80-200 mg

Phosphorus: <100-160 mg

### **ProMax Protein Bars**

Calories: 270-300

Protein: 20 g

Sodium: 180-240 mg

Potassium: 55-240 mg

Phosphorus: <70-210 mg

### **Pure Protein Bars**

Calories: 180-300

Protein: 19-32 g

Sodium: 210 mg

Potassium: 20-120 mg

Phosphorus: <28-70 mg

### **ZonePerfect Bars**

Calories: 200-210

Protein: 14-15 g

Sodium: 200-290 mg

Potassium: 50-1560 mg

Phosphorus: <105-200 mg

\*Check each bar as some exceed these values and should be avoided.





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YEARS OF SERVICE

Maths  
Jasmine

**Menu**

- Pro-Ten
- LiquiCell Refresher
- LiquiCell Slush



FKC Tesson Ferry Dialysis Center

*Certificate of Excellence*

For

**MOST IMPROVED PROTEIN**

From January through March 2019

Presented to

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By Kari Hartel, RD, LD and Suzanne Renner, MSW, LCSW