

## MoKP Silver Grant Report

DCI Jefferson City East

### "Rock the Crock" Slow Cooker Project

During the month of February, 2019, we provided, with funds from MoKP, slow cookers for all of our hemodialysis patients, along with copies of DCI's "Rock the Crock" cookbook of renal friendly slow cooker recipes. Processed foods tend to be high in phosphorus and sodium, nutrients which dialysis patients need to limit. Patients were encouraged to eat more fresh foods and less processed foods to help control their phosphorus and sodium intake.

Patients were encouraged to utilize the recipes provided to experience how easy it is to cook from scratch using crock pots, and see how tasteful food can be within renal diet restrictions. The dietitian provided samples of 3 different recipes for the hemodialysis patients throughout the month of February. Our patients were very excited about the project and the slow cookers. All recipe reviews were complementary, and several patients reported trying the recipes at home. All patients were given individual goals for phosphorus levels and fluid gain amounts (which would reflect lower fluid gains if sodium intake were lower, as sodium can contribute to fluid retention). If a patient met the monthly goal for phosphorus or weekly goal for fluid gain (average of 3 kg or less for a week), they received a ticket which could be used to purchase a prize from the prize table.

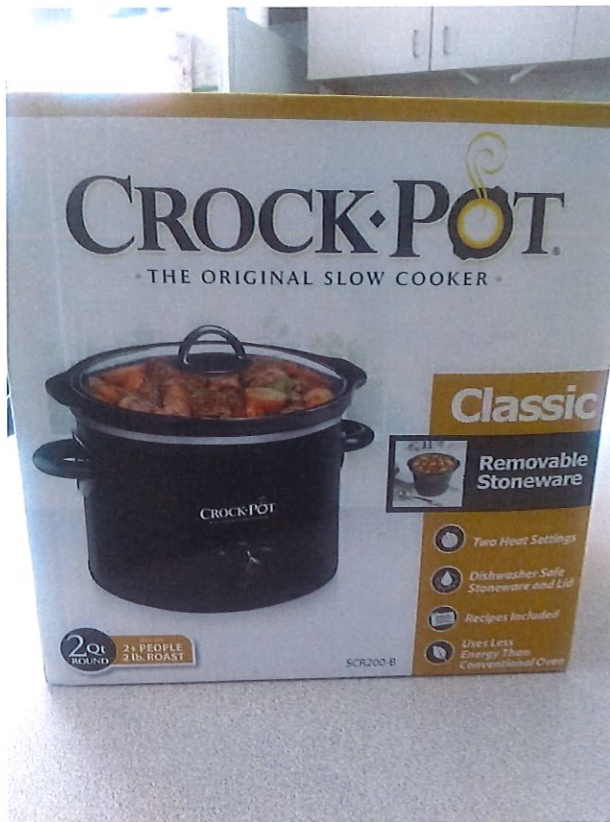
Comparison was made of the percentage of patients having phosphorus levels under 5.5 (goal). From January to February this percentage increased from 55.63 percent to 70.4 percent (an increase of 14.8%). The level in March was 60%, ending in an overall sustained increase of 4.4% meeting goal.

Phosphorus -% under 5.5	January	February	March
In-Center Hemodialysis	55.6	70.4	60

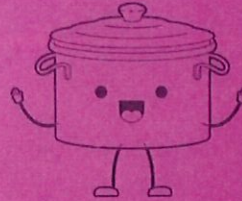
In hemodialysis patients, decreased intake of sodium may correlate with less inter-dialytic weight gain due to less fluid retention and/or less fluid intake due to decreased thirst. The percentage of our hemodialysis patients with inter-dialytic weight gain over 5% decreased from 10.9% in January to 8.2% in February. Unfortunately, we had to cut our project short due to consolidation of two clinics and data is not available for March.

My recommendation for future education would include continuing frequent dietary education interventions, including sampling of recipes when feasible, to help sustain dietary changes.

The staff at DCI would like to express their thanks to MoKP for this opportunity to provide an extra educational opportunity for our patients that has not only given the opportunity to enjoy new, healthy recipes, but also improved their nutritional labs.



Cook your way to Better Health!



Home cooked meals are healthier than restaurant and processed foods. They have less sodium and phosphorus. We are encouraging all of our patients to cook more food at home. We realize that it takes time and energy to cook, but cooking with a slow cooker is an easy, healthy way to make nutritious food. We are providing everyone with a small slow cooker (perfect for 1/2 of a recipe to feed one to two people) and a renal friendly crock pot recipe book to encourage home cooking. We will be tracking markers like fluid gains and phosphorus to see if these levels improve. Prizes will be given to people whose levels improve or meet goal.

Current Phosphorus \_\_\_\_\_ Goal: \_\_\_\_\_  
 Average Fluid Gain \_\_\_\_\_ Goal: \_\_\_\_\_

Flavors are intensified without added salt.

Cook fresh foods with no preservatives.

Slow cooking makes meat more tender.

Start your meal and it will be ready when you get home.

Let's Rock the Crock To prepare healthy meals!

