

Silver Award Project Utility

Facility: National Renal Alliance-Frontenac Home Dialysis Center
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Project Status: Active

1. Description of Project:

Focus on increasing albumin levels through education and incentives. Educational handouts were given at lab appointments and prizes were given to those who experienced an increase in albumin level or remained in range.

2. Outcomes Measured:

Albumin levels were measured by monthly labs. Education began in february so we examined trend in albumin levels in March and April.

3. Summary of Outcomes/Results:

The percentage of patients meeting albumin goal increased for both PD and HHD programs over the last 2 months (see attached), and we expect albumin levels to continue to increase in May.

4. Impact on Patients:

Patients were able to receive more focused, in depth education at clinic on the importance of monitoring their albumin level and were also given incentives.

5. Lessons Learned:

Staff and patients learned the impact intensive education and monitoring can have on a specific focus area such as albumin.



Albumin Challenge!

February, March, April 2019



- Be sure to get your protein in over the next few months. The health benefits are incentive enough but we are adding prizes for those within range over the next few months!!
- You will be entered into a drawing based on your labs every time they come back with albumin within range
- Enjoy the samples and ask your dietitian if you are wondering what else you can eat to increase your albumin level
- Good luck and happy, healthy eating! ☺



PROTEIN PACKS a POWERFUL PUNCH for YOUR HEALTH

Why do I need PROTEIN?

- Protein is taken from your body every time you come to dialysis or have a treatment at home.
- Protein builds and repairs your body.
- Protein keeps your muscles strong and helps you keep your balance.



- Protein plays a role in fighting off infections.
- Protein helps you fight swelling.
- Protein helps keep your blood pressure from falling at dialysis.
- Protein in your diet helps you make albumin.

What is ALBUMIN?

- Albumin is a major protein found in your blood.
- Albumin is the protein that helps you do some of the things listed above.

What do I want my ALBUMIN level to be?

- A normal range for Albumin is 3.5-5.5 BUT an optimal level would be 4.0 or higher and that is the goal if you are on hemodialysis and 3.7 if you are on peritoneal dialysis.

What will a good ALBUMIN level do for me?

- It will help you have fewer infections.
- It will help you have hospitalizations.
- It will help you have less risk of mortality while on dialysis.
- It will help fight swelling.
- It will help you keep a good blood pressure at dialysis.

How do I get a good ALBUMIN level (more than 3.7-4.0)?

- By eating enough calories to keep you from losing weight.
- By eating enough protein foods
- By eating protein that comes from animals: eggs, beef, pork, fish, shellfish, chicken, turkey and lamb.

How Much PROTEIN Should I Eat Each Day?

- You USUALLY will need to eat about 8-12 ounces (cooked weight) of protein foods each day.



How do I know what 8 - 12 ounces (cooked weight) of PROTEIN will be?

- Think about a deck of playing cards...if you eat that much you will be eating about 3 ounces of protein.



- A chicken breast is 3-4 ounces of protein.
- A chicken drumstick is about 1 ounce protein.
- A chicken thigh is about 2 ounces of protein.
- A chicken wing is about 1 ounce of protein.
- A pork chop is about 3 ounces of protein.
- An egg is 1 ounce of protein.
- A $\frac{1}{4}$ cup egg substitute is about 1 ounce of protein.
- And $\frac{1}{4}$ cup of tuna would also give you 1 ounce of protein.

Why do I need to eat PROTEIN from animal sources?

- These proteins have all of the building blocks of what is known as a high quality protein. By eating animal sources of protein you will keep your self healthy.

What if I do not like to eat PROTEIN from animal foods?

- Tell your dietitian and she (he) can figure out ways to fit in other foods that give you protein.

What if I cannot eat the amount of PROTEIN I need each day?

- If you are not able to eat this much you may try eating or drinking a nutritional supplement. They will provide a powerful punch of protein. And they will have high quality protein in them and will count towards your protein needs.

Please Do Make Sure To Check With Your Dietitian Before Purchasing Any Supplements So They Can Determine The Best Protein Supplement Based On Your Lab Values.

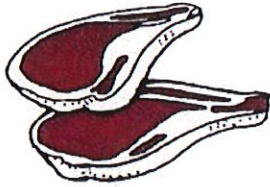
Nutrition Drinks	Protein Powders/Liquids	Nutrition Bars
<p>Standard Drinks</p> <ul style="list-style-type: none"> • Boost High Protein • Boost Plus • Ensure High Protein • Ensure Plus <p>Diabetic Drinks</p> <ul style="list-style-type: none"> • Boost Diabetic • Glucerna <p>Renal Drinks</p> <ul style="list-style-type: none"> • Novasource Renal • Nepro 	<p>With Carbohydrate</p> <ul style="list-style-type: none"> • Prosource • Beneprotein • Pro-Stat 101 • Pro-Stat 150 • Premier Powder • Body Fortress Powder <p>Without Carbohydrate</p> <ul style="list-style-type: none"> • Prosource No Carb • ProCel • Proteinex • Pro-Stat 64 • Liquacel 	<p>Standard Bars</p> <ul style="list-style-type: none"> • Balance Bars • Balance Gold Bars • Zone Perfect Bars • Detour Bars • Atkins Advantage • Special K Protein Meal Bars • South Beach Diet Bars • Power Crunch Bars • Aldi Millville Bars <p>Diabetic Bars</p> <ul style="list-style-type: none"> • Glucerna Bars • Extend Bars



Best Sources of High Quality Protein Foods

Beef

- Hamburger
- Steak
- Roast beef
- Ribs
- Liver
- Tripe



Pork

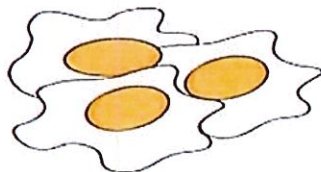
- Pork chop
- Pork steak
- Pork roast
- Pork ribs
- Liver
- Chitlins
- Neck bones

Wild Game

- Rabbit
- Duck
- Pheasant

Eggs

- Hard boiled
- Scrambled
- Fried
- Poached



Chicken

- Breast
- Leg
- Wing
- Liver

Fish

- Catfish
- Buffalo
- Cod
- Whiting
- Tuna
- Salmon
- Sardines
- Shrimp



Turkey

- Breast
- Leg
- Wing
- Neck bones

CLINIC TOTAL CQS SC
Go to CQS

▼ April ▼ 2019 ▼

INDICATORS

Quality

Percentile 100 %

Jan	100	Feb	100	Mar	93.8	Apr	100
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Action Plan

Anemia

72.2% ▼

Percentile 36 %

Nov	69.2	Dec	60	Jan	58.8	Feb	61.1	Mar	68.4	Apr	72.2
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1 CQS Points Action Plan

Albumin

44.4% ▼

Percentile 53 %

Nov	30.8	Dec	46.7	Jan	47.1	Feb	38.9	Mar	36.8	Apr	44.4
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6 CQS Points Action Plan

Bone & Mi

66.7% ▼

Nov	61.5	Dec	73.3
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10 CQS Points

Back Completion

Jan	62.5	Feb	100	Mar	100	Apr	100
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NHSN ARB Rate

0

Q2 2018	0	Q3 2018	0	Q4 2018	0	Q1 2019	0
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NHSN VAI Rate

0

Q2 2018	0	Q3 2018	0	Q4 2018	0	Q1 2019	0
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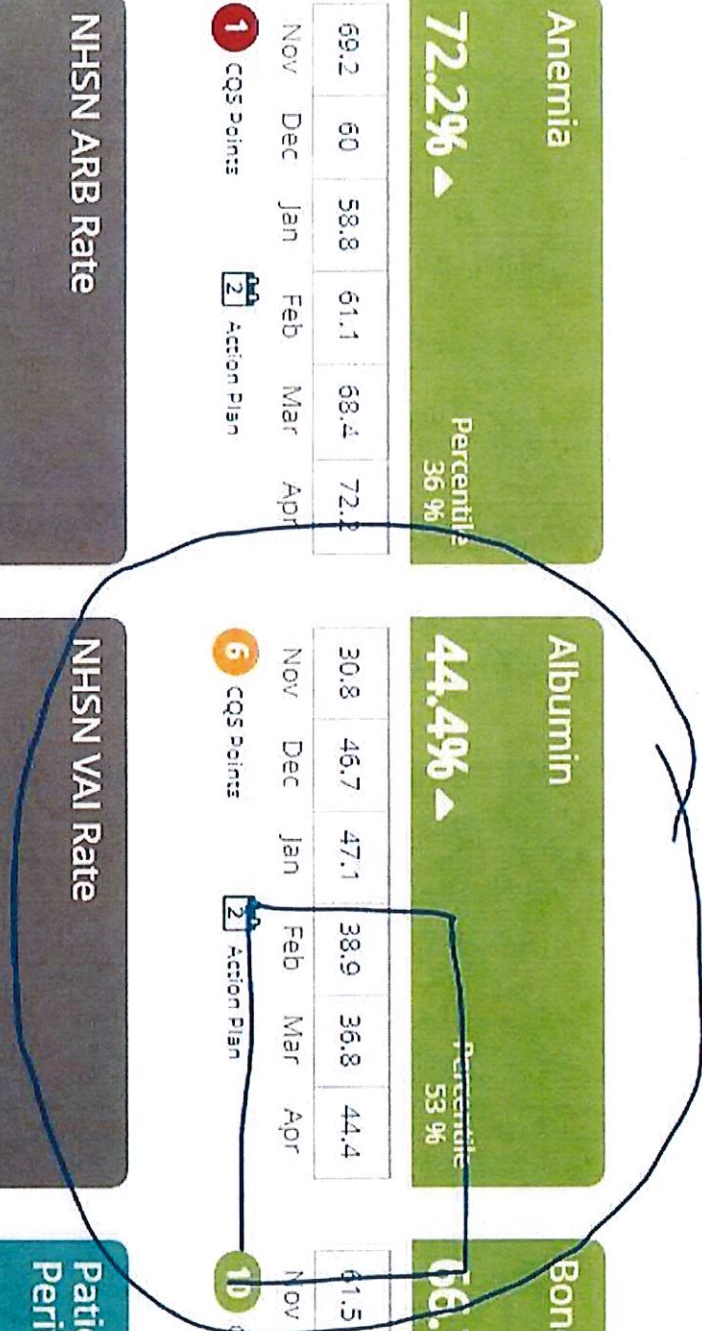
Patient Inf Peritonitis

0.27 ▲▲

Nov	0.34	Dec	0.32
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5 CQS Points

Jan	62.5	Feb	100	Mar	100	Apr	100
Q2 2018	0	Q3 2018	0	Q4 2018	0	Q1 2019	0
Nov	0.34	Dec	0.32				



Standard April 2019

CLINIC TOTAL CQS :
Go to CQS

MARY INDICATORS

Inequacy
100% $\blacktriangleleft\blacktriangleright$
Percentile 100%

Nov	100	100	100	100	100
Dec	Jan	Feb	Mar	Apr	

CQS Points: \square Q1

Anemia
86.7% \blacktriangleleft
Percentile 91%

Nov	46.7	46.7	68.8	73.3	75	86.7
Dec	Jan	Feb	Mar	Apr		

8 CQS Points \square Action Plan

Albumin
66.7% \blacktriangleleft
Percentile 88%

Nov	35.7	40	43.8	60	62.5	66.7
Dec	Jan	Feb	Mar	Apr		

10 CQS Points \square Action Plan

Bone & N
53.3% \blacktriangleleft

Nov	57.1	60
Dec		

4 CQS Points

Diuretic Rate > 90 days
100% $\blacktriangleleft\blacktriangleright$
Percentile 100%

Nov	6.7	6.2	13.3	6.2	0
Dec	Jan	Feb	Mar	Apr	

AV Fistula Primary Rate
93.3% \blacktriangleleft

Nov	60	60	62.5	66.7	87.5	93.3
Dec	Jan	Feb	Mar	Apr		

Footcheck Completion
100% \blacktriangleleft

Nov	100	80	100	100	100	100
Dec	Jan	Feb	Mar	Apr		

NHSN AR
0

Q2 2018

CQS Points

CQS Points

10 CQS Points

2018