

Silver Award Project Utility

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Silver Award User: Rochelle Bozarth

Project Status:

1. Description of Project:

Phosphorus Football Challenge to Coincide with the National Football Season and to end Superbowl week. Patients will be encouraged to either get their P04 labs within normal range or pts who are within range will be encouraged to maintain that status.

2. Outcomes Measured:

P04 levels will be drawn a minimum of once per month. If level is above 5.5 will be drawn 2 weeks after initial monthly draw. Normal range is 2.5-5.5. If pt is within that range they will advance 20 yards on the football field. If result is 5.6-6.0 they will advanced 10 yards. All pts whose 1st lab is 5.6 or above will have a 2nd lab draw to see if they can advance on the field for that month. Also if a pt maintains their albumin at 4 or above for 4 of the 6 months they will be given a bonus 10 yards. And any pt who drops their P04 level a full 2 points from one draw to the next will get a bonus 10 yards.

3. Summary of Outcomes/Results:

Overall as a whole the pts were able to reduce the average P04 level for the clinic from 5.9 (above normal) to 5.3 (normal)!! There were 12 pts that reached the end zone and beyond. There were 5 pts that reached the 90 yard line and 10 pts that made it to the 80 yard line. All pts were able to get out of the beginning end zone. We also had 7 pts that had albumin at 4 or above for 4 of the 6 months. And 2 pts that reduced their P04 by 2 whole pts in one month.

4. Impact on Patients:

All pts participated willingly in this activity and had improvement in their overall average P04 levels. Engagement was evidenced by pts inquiring routinely where their "helmet" was on the Football field and if their labs were good. Each month with there Lab handout they were also given additional P04 information; by puzzles, recipes etc. At the end of then challenge we had a Super Bowl Party and were graced by the Chiefs winning the Super Bowl!! All foods served were low in P04 and recipes were included. Also all pts received a prize for participating in the challenge. Prize value was determined by how far they advanced on the football field. \$10.00 prizes for 90 yard to end zone. \$5.00 prizes for 50-80 yards. \$2.00 for 10-40 yard.

5. Lessons Learned:

Repeated positive reinforcement of diet information helped all patients to better understand why P04 control is so important. Pts tend to motivated by visual aides and the prospect of "rewards".

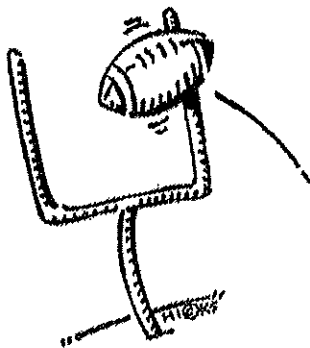
Are YOU Ready

For Some

Football?

Phosphorus Challenge

2019/2020



Football Phosphorus Challenge

All dialysis patients will be anonymously assigned to a numbered helmet that will appear on the football field "game board". With each lab draw you will have the chance to "score" and move your helmet down the field from one end zone to the other side end zone.

Your helmet will move based on the 2 lab draws per month:

**For Phosphorus levels of 2.6 to 5.5 your helmet will be moved 10 yards

**For Phosphorus levels of 5.6 to 6.0 your helmet will be moved 15 yards

**If your phosphorus is HIGH and you are able to drop it 2 points in one month, you will get a "field goal" of 10 extra yards!! This is a one time offer.

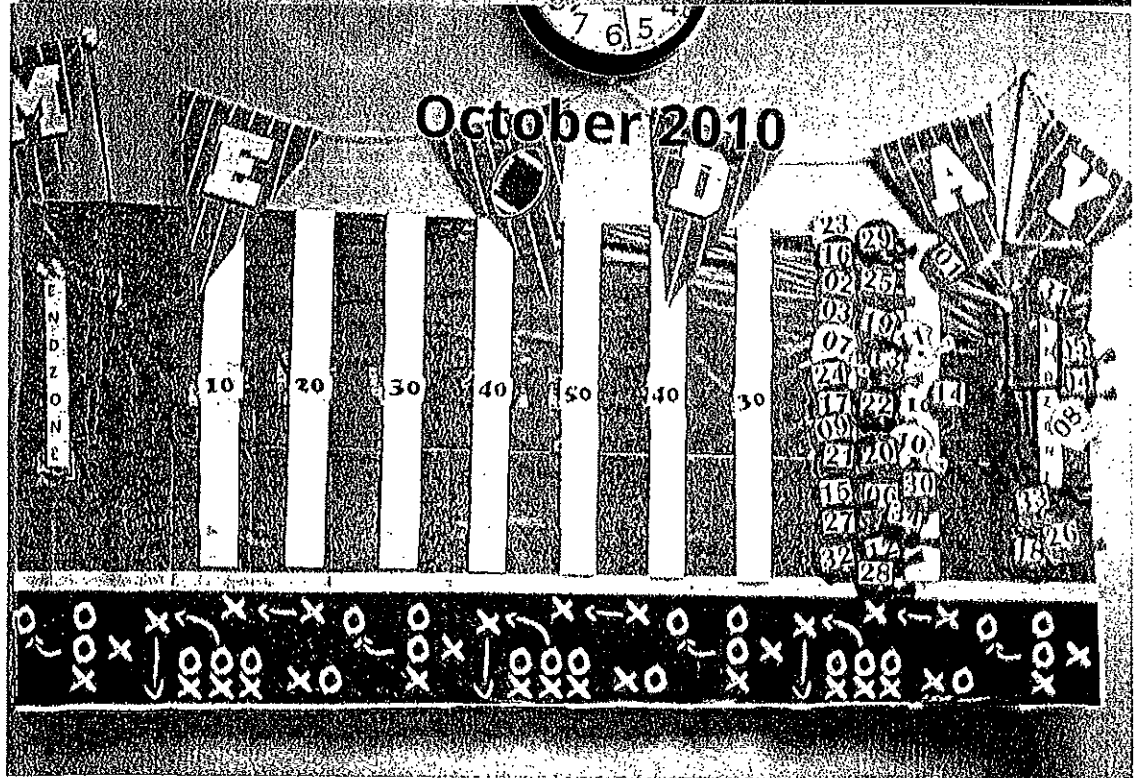
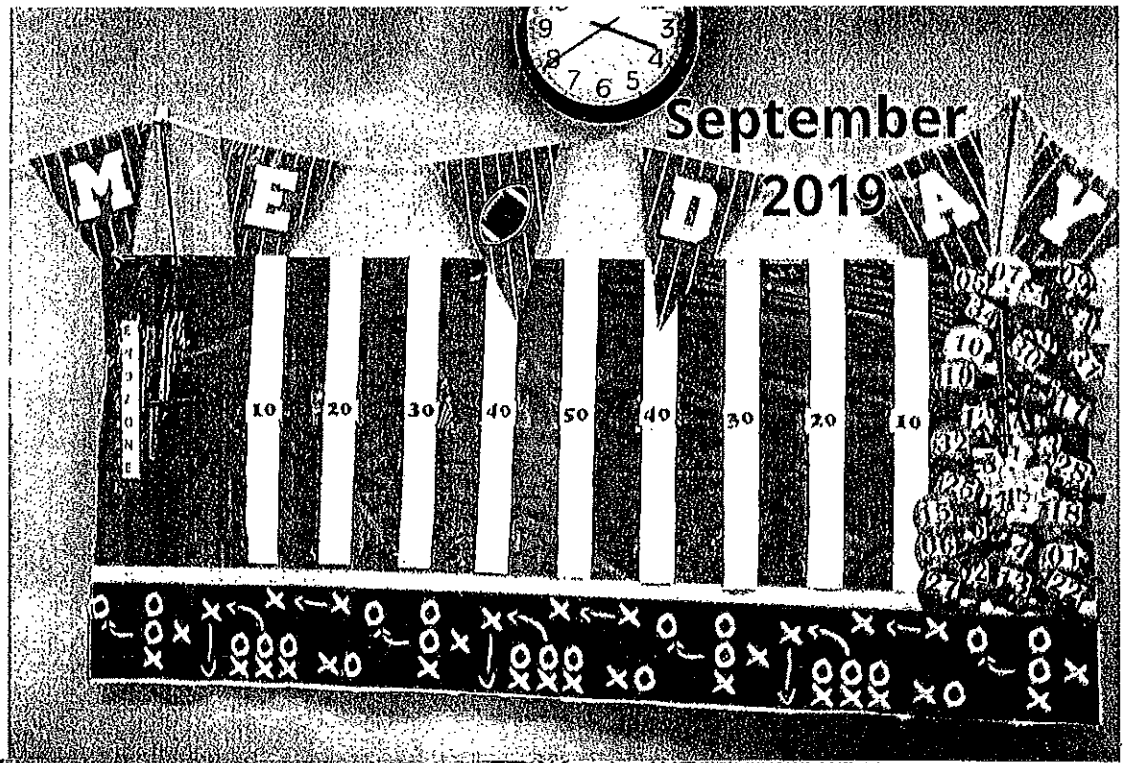
If at the end of the game you have been able to maintain your albumin level at 4 or above for 4 of the 6 months you will be awarded an additional 10 yards!!!

The game will start September 9th and 10th 2019 and end February 3rd and 4th 2020

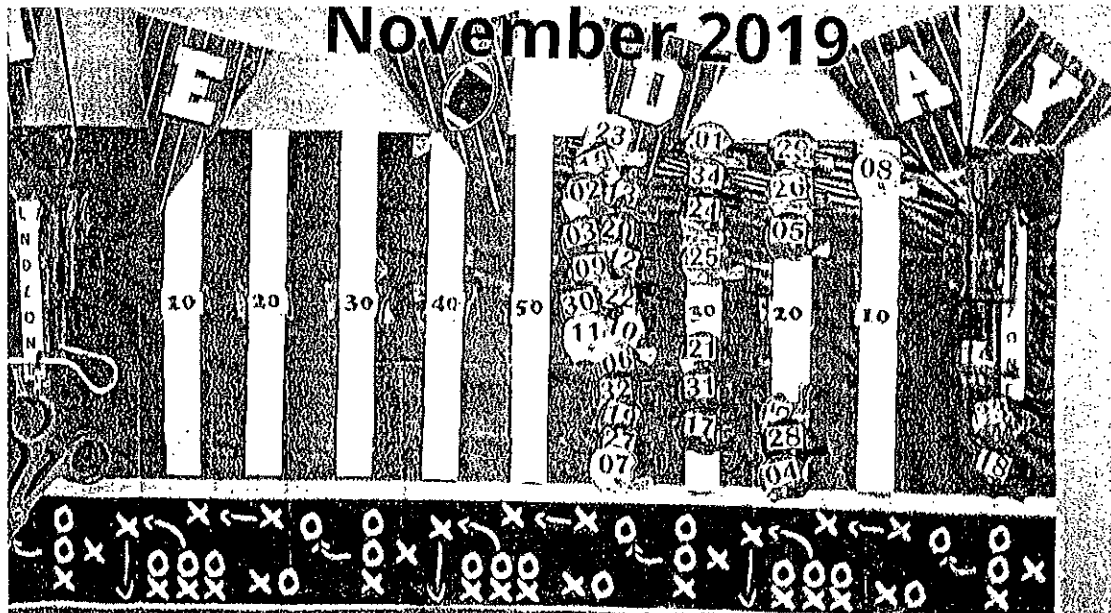
TOP prizes will be awarded to all patients that make it to the other side end zone.

Prizes will be awarded to all patients that make it to at least the 20 yard line.

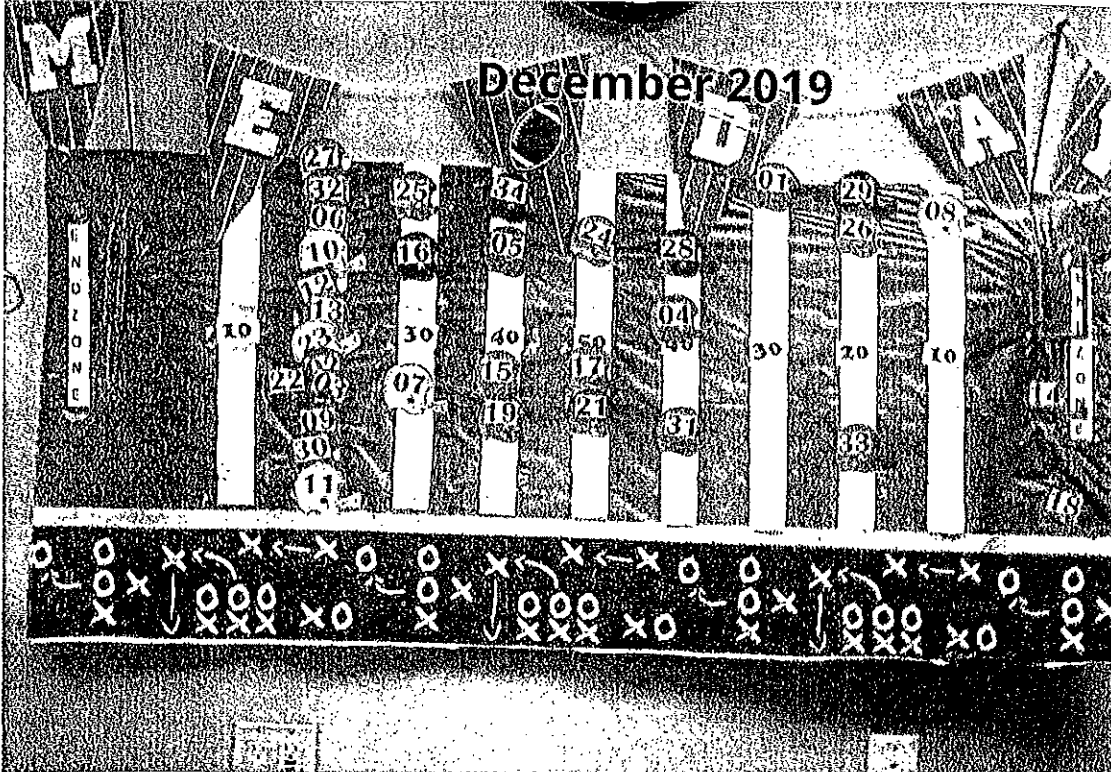
Your football helmet number is _____



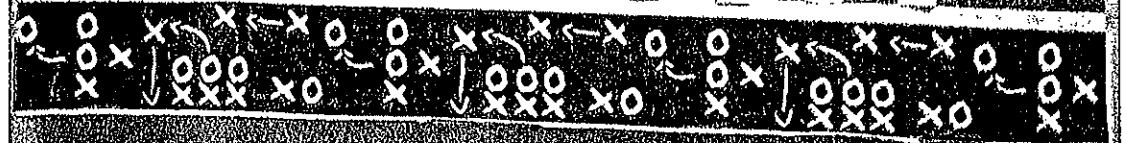
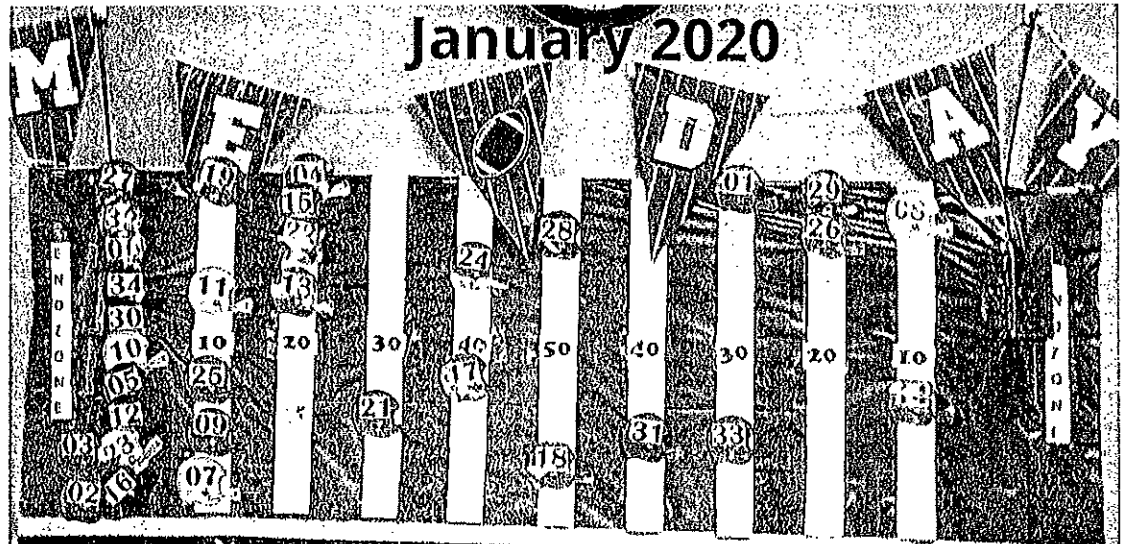
November 2019



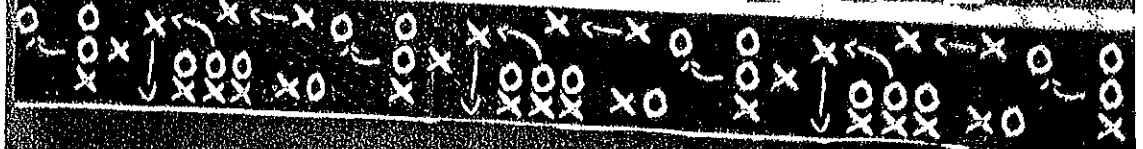
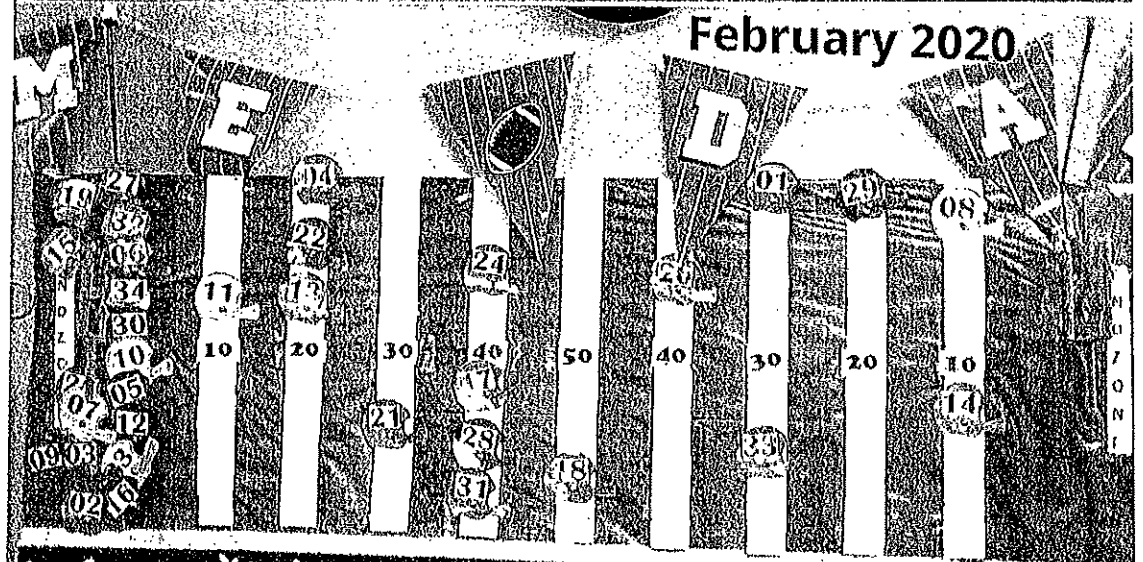
December 2019

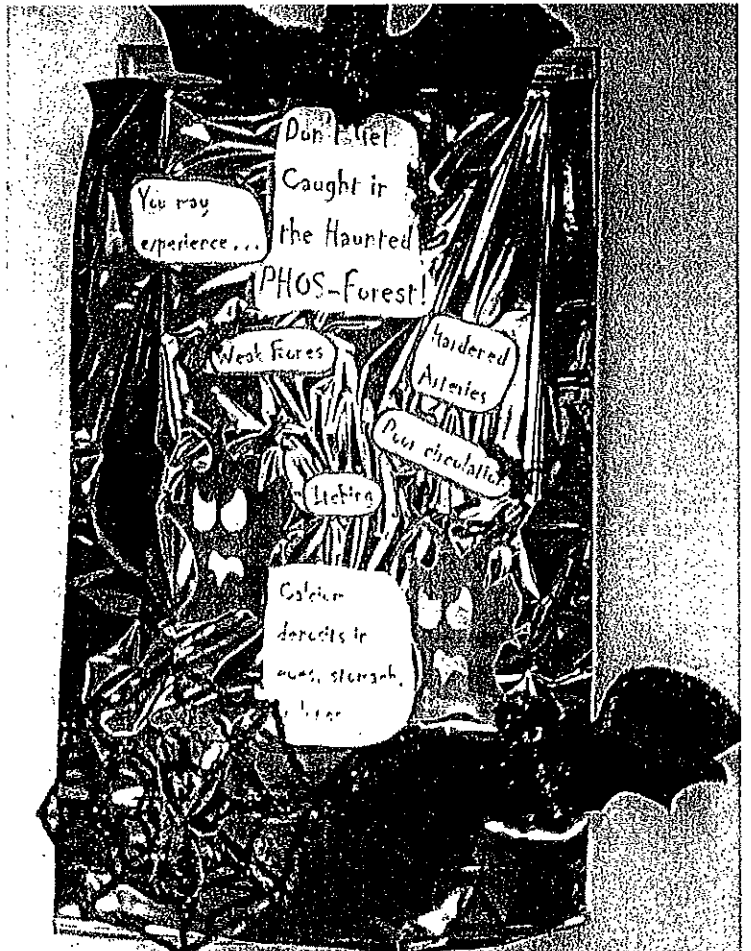


January 2020



February 2020





October

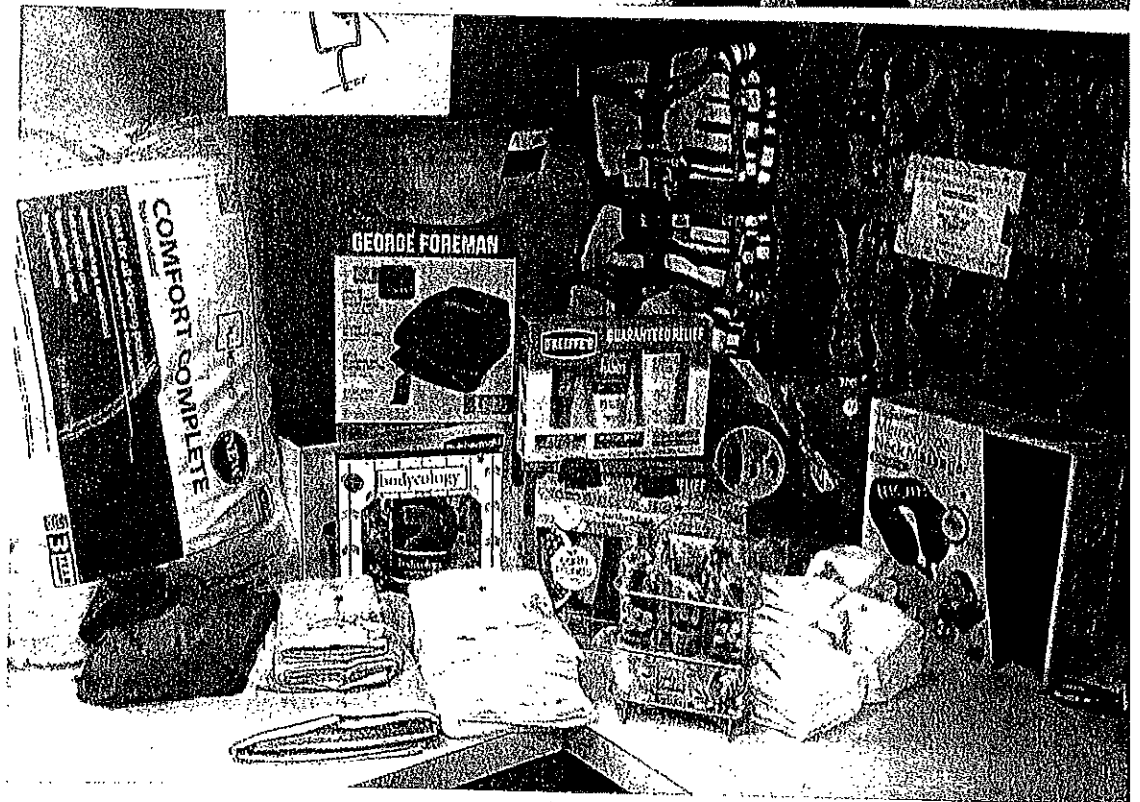
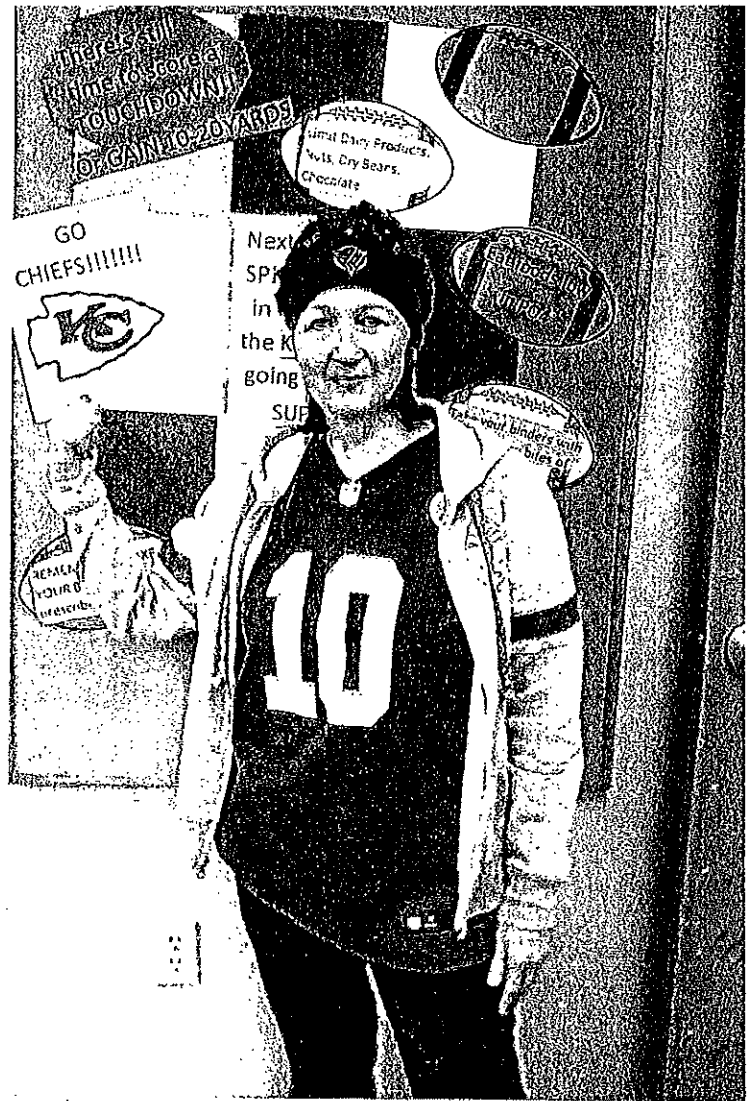
What's On your Plate This

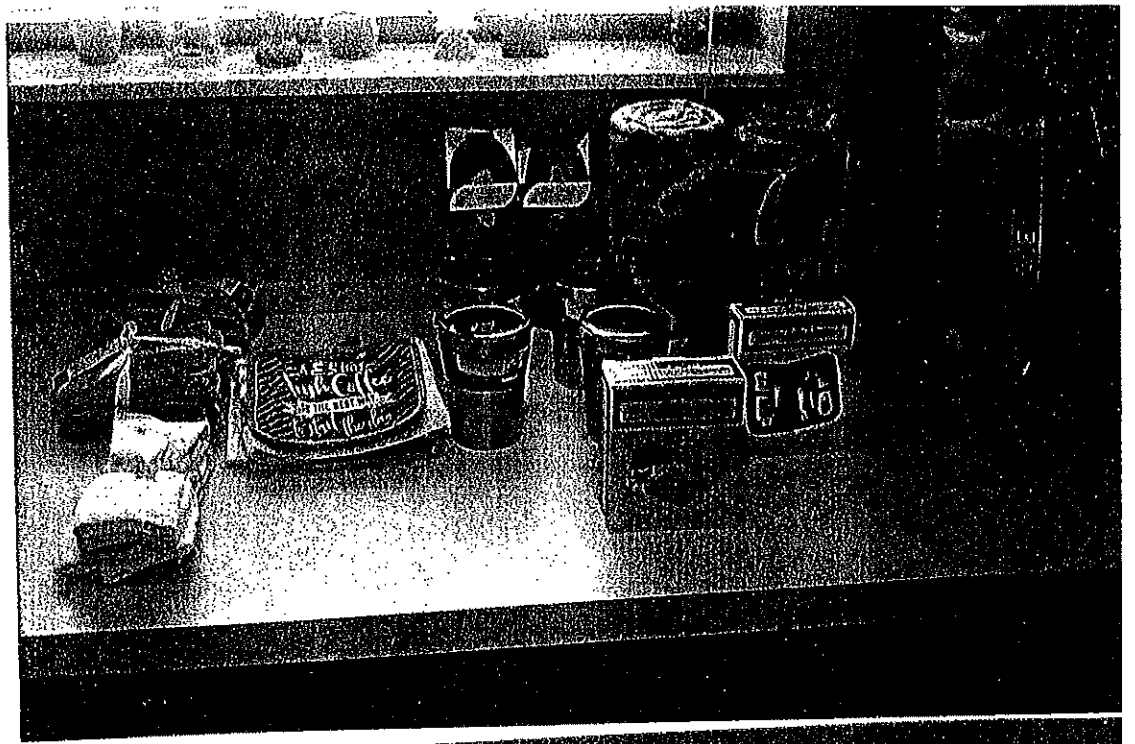
GREAT CHOICES **Holiday Season?** **POOR CHOICES**

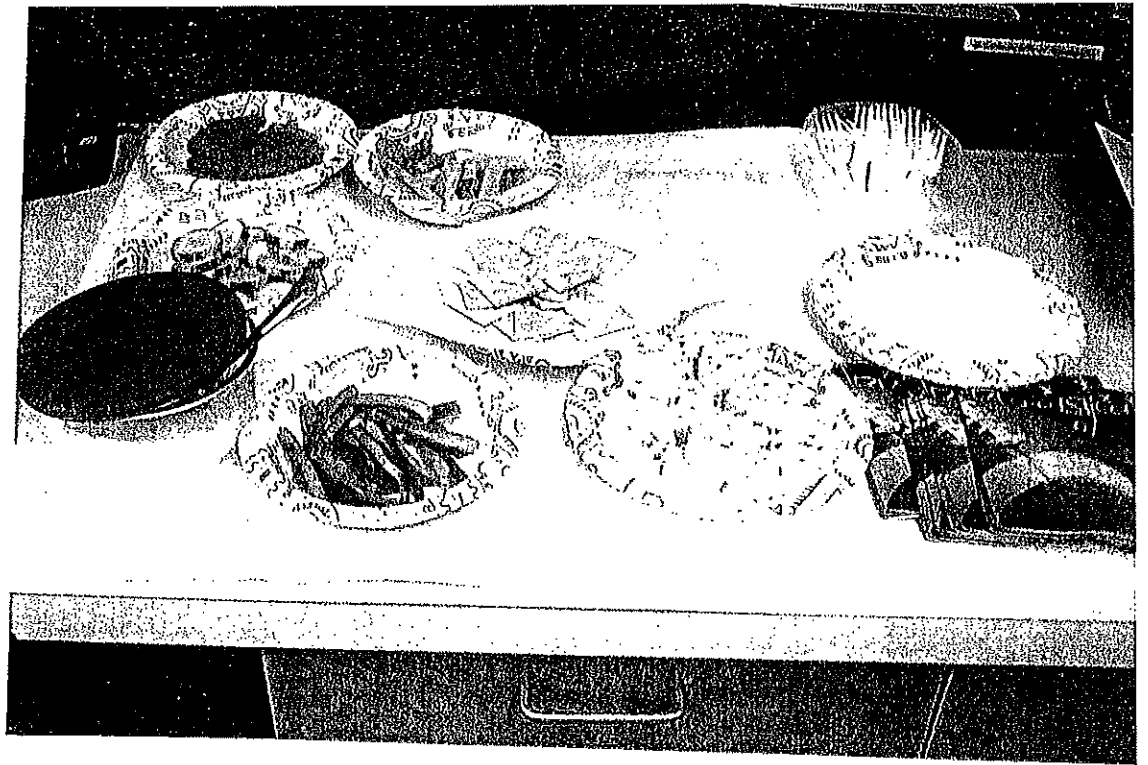
No Die

AND REMEMBER TO TAKE

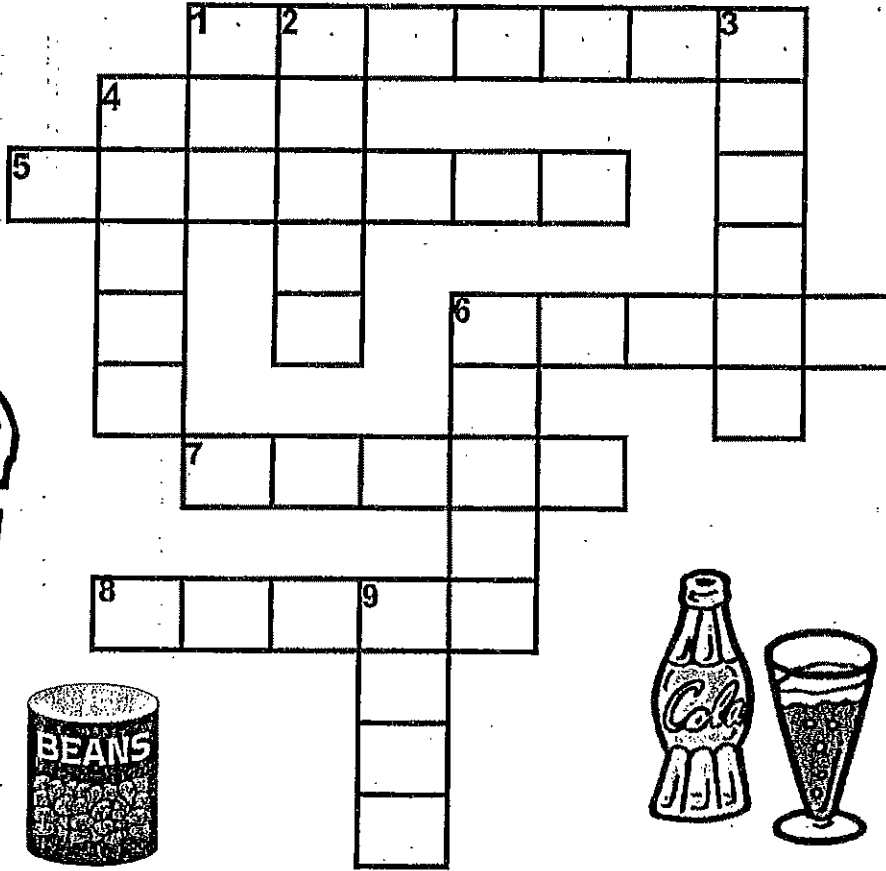
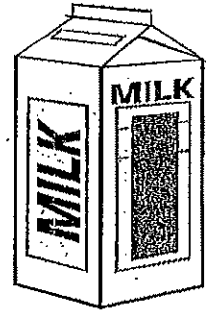
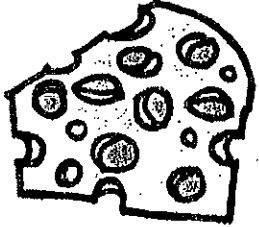
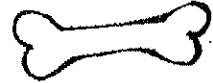
TURKEY
DRESSING
HAM
YAM
MASHED POTATOES
OLIVES
DRINK COLAR
HUNKIN PIE
TOSSED SALAD
CHERRY OIL
COOKED CARROTS
CANNED SAUCE







PUZZLED ABOUT PHOSPHORUS?



Across

Phosphate _____ help keep phosphorus in food from being absorbed into your blood

Excess phosphorus in your blood causes _____ to leave your bones

If the _____ are not eaten, salmon and sardines contain about the same amount of phosphorus as other fish & meats

Dried _____ and peas are high in phosphorus

Take your phosphate binders with all _____

Down

2. When phosphorus levels are too high skin may become _____

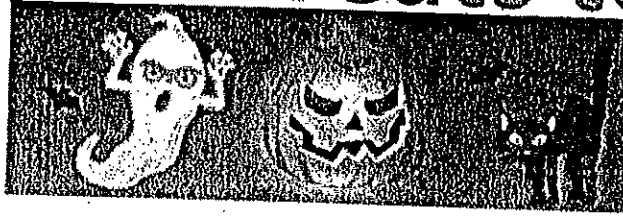
3. A lower phosphorus substitute for ice cream is _____

4. _____ products include milk, cheese, ice cream & yogurt

6. Keeping phosphorus & calcium in balance will help your _____ & heart stay strong & healthy

9. _____ colored sodas are usually higher in phosphorus than light or clear sodas

Halloween Treats to Enjoy



T O V L S V E E R S A C Y E Y
 H N O Z E C B E Z R O E L T J
 I S B V S M D E I I N F T S E
 N U J R C H O R H O N A D E L
 M E J A O Q U N H G P K V N L
 I O F T T F J O D T Z B O A Y
 N R S M S Q T M N R Y W U C B
 T O M J F I V I N W O T C Y E
 S R A E B I M M U G Y P C D A
 B U T T E R S C O T C H S N N
 C D V M E V R J X B Z Z V A S
 C M P P S T A R B U R S T C R
 Q W P Q H W D J X A C P B D C
 P E C E A F O C I E F P R X Z
 P R N G I T F S V Y X V Y O K

BIT O HONEY
 GUMMI BEARS
 PEPPERMINT PATTY
 THIN MINTS

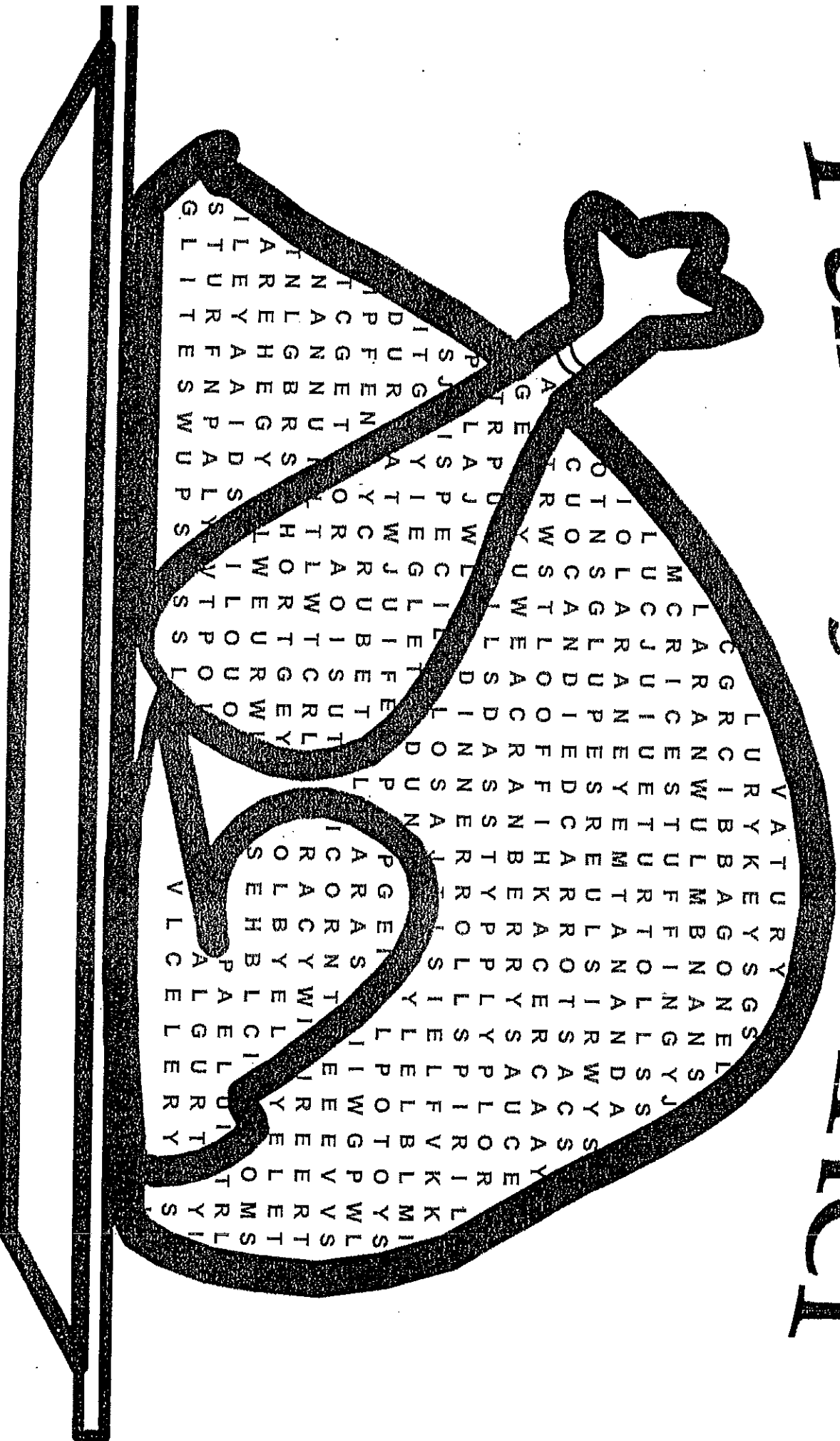
BUTTERSCOTCH
 JELLY BEANS
 RED HOTS

CANDY CANES
 LEMON DROPS
 STARBURST

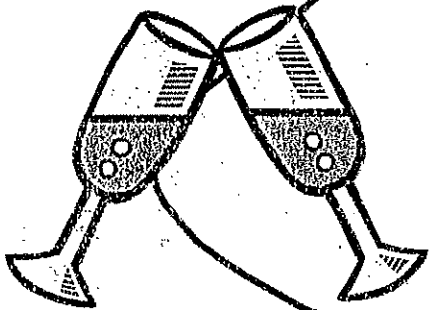
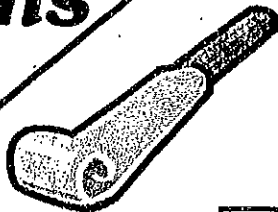
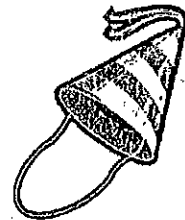
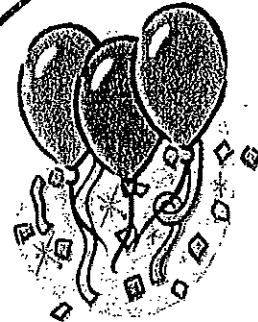
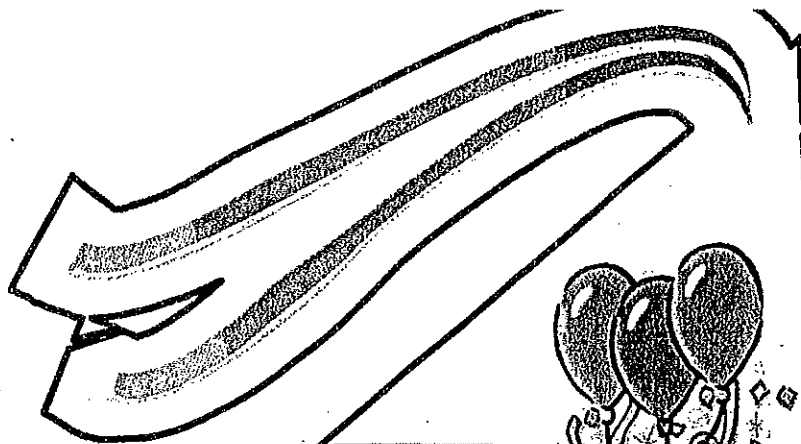


Oct 9-10 2019

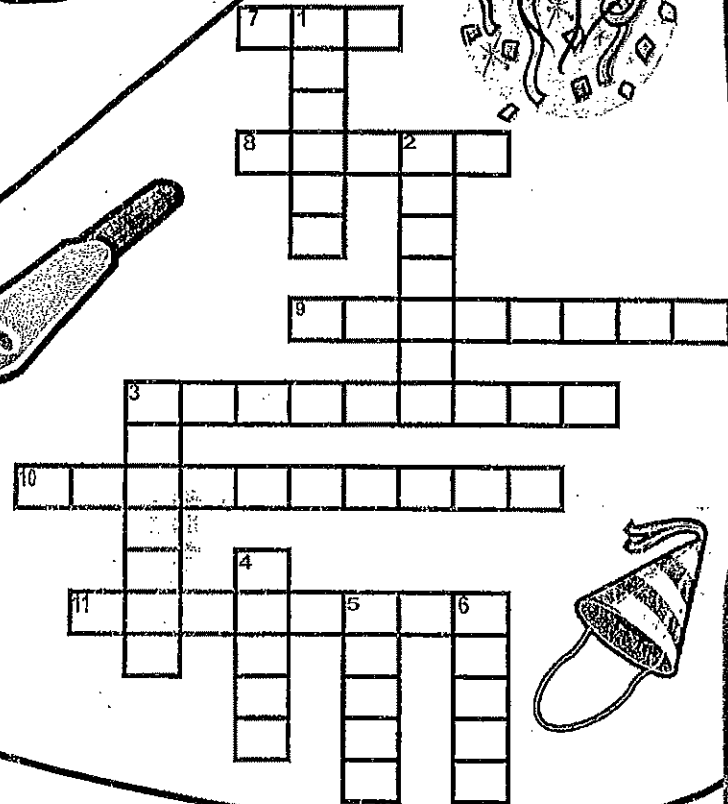
Turkey Dinner



- Turkey
- Rice Stuffing
- Cranberry Sauce
- Celery
- Onions
- Green Beans
- Candied Carrots
- Cabbage
- Cauliflower
- Corn
- Salad
- Dinner Rolls
- Butter
- Grape Juice
- Apple Pie



Healthy New Year Resolutions



For a Happy & Healthy
New Year, I plan to:

Down:

1. Take proper care of my vascular _____
2. Remember to take my phosphate _____ with all meals and snacks
3. Eat enough high _____ foods every day such as fish, poultry, eggs and beef
4. Measure the amount of _____ I drink to prevent excess weight gain
5. If I am diabetic, I plan to limit foods that contain high amounts of _____
6. Avoid very _____ foods so I don't become extra thirsty

Across:

7. Avoid fruits such as banana & cantaloupe because they contain too much _____
8. If I need to lose weight, I plan to limit high calorie foods such as those high in _____
9. Use fresh _____ instead of salt and salty seasonings
10. Include more _____ every day by walking or using light weights
11. Limit dairy foods such as milk and cheese because they are high in _____
12. Attend and stay for all my _____ treatments

Buffalo Chicken Dip

Diet Types:

CKD non-dialysis Portions: 16
Diabetes Serving Size: 1/4 cup
Dialysis

Ingredients

- 4 ounces cream cheese
- 1/2 cup bottled roasted red peppers
- 1 cup reduced-fat sour cream
- 4 teaspoons Tabasco® hot pepper sauce
- 2 cups cooked, shredded chicken

Nutrients per serving

Calories 73
Protein 5 g
Carbohydrates 2 g
Fat 5 g
Cholesterol 25 mg
Sodium 66 mg
Potassium 81 mg
Phosphorus 47 mg
Calcium 31 mg
Fiber 0 g

Low Poy

Preparation

1. Set the cream cheese out to soften.
2. Drain the red peppers and measure 1/2 cup. Puree in a blender or food processor to make red pepper sauce.
3. In a medium bowl mix cream cheese and sour cream together until smooth. Add pureed peppers and 2 teaspoons of Tabasco sauce. Stir until combined.
4. Add the chicken and gently mix. Add additional hot sauce 1/2 teaspoon at a time; taste and continue to add hot sauce to the heat level you desire.
5. Place mixture in a slow cooker for 2 to 3 hours on low heat, or bake in the oven at 350° F for 30 minutes.
6. Serve warm dip with carrots, celery, cucumber, cauliflower for dipping, or make mini roll-ups by wrapping dip inside lettuce or cabbage leaves.

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Quick 'n' Easy Cheese Dip

Diet Types:

CKD non-dialysis Portions: 12
Diabetes Serving Size: 3 tablespoons
Dialysis

Ingredients

- 1-1/2 cups cottage cheese
- 1 cup sour cream
- 3 green onions
- 2 teaspoons Tabasco® hot sauce
- 1 teaspoon dill weed
- 1/2 teaspoon garlic powder
- 1/3 cup crumbled blue cheese

Nutrients per serving

Calories 72
Protein 4
Carbohydrates 2
Fat 5
Cholesterol 16
Sodium 166
Potassium 74
Phosphorus 77
Calcium 63
Fiber 0.1

Preparation

1. Blend cottage cheese, sour cream, green onions, hot sauce and spices in food processor until smooth.
2. Add blue cheese and process for a few seconds.
3. Garnish with chopped green onion, if desired.

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Fiesta Roll-Ups

Diet Types:

CKD non-dialysis **Portions:** 12
Diabetes **Serving Size:** 4 pieces, 1" each
Dialysis

Ingredients

- 4 ounces canned chopped green chillies
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 4 tablespoons green onion
- 8 ounces cream cheese
- 6 flour tortillas, 8" size

Nutrients per serving

Calories 148
Protein 3 g
Carbohydrates 16 g
Fat 8 g
Cholesterol 21 mg
Sodium 260 mg
Potassium 73 mg
Phosphorus 52 mg
Calcium 39 mg
Fiber 0.9 g

Preparation

1. Set cream cheese out to soften. Thinly slice green onion.
2. Combine green chillies, spices and green onions in a bowl.
3. Blend in softened cream cheese.
4. Spread a thin layer of cream cheese mixture on each tortilla, leaving 1/4" edge uncovered.
5. Roll tortillas up like a jelly roll. Use toothpick to secure rolls.
6. Cover and refrigerate for at least one hour.
7. Slice rolls into 1" pieces and serve as a snack or appetizer.

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