

Silver Award Project Utility

Facility: Nevada Dialysis

Silver Award User: Paige Neuenswander

Project Status: Active

1. Description of Project:

Concentrate on increasing the peritoneal dialysis patient albumin levels by providing daily protein supplements(Vida Fuel) for patients at home in addition to monthly education. Patients were given protein drinks to sample while in clinic for lab draw and recipe booklets with high protein drinks/snack/meals to try at home. Monthly education materials was given during Dr visits to improve knowledge of the importance of increasing albumin levels.

2. Outcomes Measured:

A. Education began in February and Albumin levels were measured on monthly. Trends were evaluated from March-May.

B. Patient knowledge of

- 1.Importance higher albumin levels and
2. How to know if their protein intake is adequate

was evaluated by having the patient complete a short quiz after the 2 months of education.

3. Summary of Outcomes/Results:

In February 67% of patients had an albumin level of 3.5 or greater. The goal was for patients to improve their current albumin level and achieve a goal of 3.5 level or 4.0 if albumin level was greater than 3.5 in February. Education began in February and Lab trends were evaluated March through May. Results were mixed with some levels raising and some lowering. Outcomes were not found to be necessarily due to lack of education or lack of patient effort. Results were likely more affected by uncontrolled circumstances such as unplanned surgeries and/or illness. Albumin levels will likely improve in June due to improved circumstances for each individual patient affected by unforeseen issues. The percentage of patients at or above 3.5 remained consistent at 67%.

4. Impact on Patients:

Impact on patients was positive. They enjoyed the protein snacks and supplements provided during clinic appointments and said they would use some of the recipe's provided for high protein drinks/meals at home.

5. Lessons Learned:

Providing daily Protein supplements and adequate education on the importance of increasing albumin levels has shown to be effective in this study evidenced by the patients ability to maintain levels when unforeseen illness occurs and for otherwise healthy patients improving albumin levels.

Albumin Quiz!

Are the following statements true or false?

T or F Protein helps prevent infection and helps wounds heal.

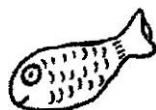
T or F Eating enough protein is important because you lose protein with each exchange.

T or F A cooked hamburger patty, size of a deck of cards is about 3 ounces.

T or F Albumin level in your blood shows if you are eating enough protein.

T or F A good albumin level is at least 3.0.

T or F If your albumin level is low, you should eat more bananas and tomatoes.



Circle all the protein foods:

Potato	Watermelon	Chicken thighs
Roast Beef	Poi	Oatmeal
Ahi (tuna fish)	Egg whites	Butter

Why do I need it ??

Your body needs protein for growth, building muscles and repairing tissue.

After your body uses the protein in the foods you eat, a waste product called urea is left. Since your kidneys are not able to get rid of this urea, you may have too much in your blood. Dialysis and your diet are important to keep the urea level down.

Along with the clearing of urea, your body loses proteins that normally stay in your blood. You will need to eat more protein to replace what is lost. The type of protein you eat is also especially important. You should eat high quality protein at each meal. It comes from animal sources such as eggs, fish, chicken, and meat. Low quality protein needs to be limited in your diet. It comes from plant sources such as vegetables and grains.

How do I know if I am getting enough?

A main indicator is your albumin level. Albumin circulates in your blood and is your body's way of storing protein. A *low albumin is an indication of poor protein status.*

Albumin

Your body's protein storage is measured by the albumin level in your blood. **Blood levels should be 4.0.** *If lower corrective action should be taken* by increasing protein in your diet and/or taking daily protein supplements.

How Much Protein is the right amount?

The exact amount of protein you need depends on your body size, your nutritional status, and your kidney problem. Since **too little protein can lead to malnutrition at any stage of kidney disease,** ask your healthcare professional about meeting with a kidney dietitian to find out the amount and type of protein that is right for you, even in the earliest stages of kidney disease. Your healthcare professional will watch your kidney function for any necessary diet or medicine changes. For those on dialysis, the recommendation is 0.55 grams of dietary protein per pound of body weight.

Tips:

There are two kinds of proteins: "Higher quality" proteins are found in animal products like meat, poultry, fish, and eggs. They are the easiest proteins for your body to use. "Lower quality" proteins are found in vegetables and grains. A well-balanced diet for kidney patients should include both kinds of proteins every day. Your dietitian can help you plan how much protein you need to eat each day.