

Silver Award Project Utility

Facility: National Renal Alliance-Farmington Dialysis Clinic

Silver Award User: Stephanie Cook

Project Status: Active

1. Description of Project:

Digital Blood pressure cuffs for ICHD to use at home to complete BP logs for IDT to use in addition to IHD BP records to adjust BP medications. Pt's will be entered into a raffle for the cuff by utilizing the FMC fluid dashboard to identify pt's with 3+ BP medications, high systolic BP pre tx >160 or post tx >140, hospitalization in the past 30 days, or January 2024 albumin 3.7-3.9. Education materials to include: low sodium recipes for herb seasonings, and sauces, FMC fluid dashboard patient report which includes BP logs, tx adherence, and diet/fluid education. Every pt who participates in clinic activity/education will be provided with a thirst kit. Albumin trends and fluid dashboard trends will be provided as outcome tracking,

2. Outcomes Measured:

Albumin levels
Pre/post tx BP trends
3+ BP medication trends
Overall fluid dashboard

3. Summary of Outcomes/Results:

Although there has been some varied fluctuation of the outcome data reviewed, we have seen an overall downward trend in all of our measured outcome areas. Through the data review with this project, we have been able to identify 11 patients that are able to benefit from a home BP monitor. All patients in the clinic received a thirst kit with education materials and recipes that are renal friendly.

4. Impact on Patients:

Patients have voiced satisfaction with the thirst kits and several were excited to try out the low sodium spice recipes. We have also been more successful in getting BP logs returned.

5. Lessons Learned:

We have learned that when patients are provided with the right tools to monitor their health, they are more engaged and more likely to be compliant as well as advocate for themselves which in turn, gives them better quality of life.

