

Silver Award Project Utility

Facility: National Renal Alliance-Forest Park Dialysis Clinic

Silver Award User: Kari Kee

Project Status: Active

1. Description of Project:

Protein Pals- An educational program to increase protein intake by introducing different and new sources of protein. The program also included educational games discussing albumin .

2. Outcomes Measured:

We looked at improvements in albumin on monthly labs. We also reviewed the participation in protein activities throughout the program.

3. Summary of Outcomes/Results:

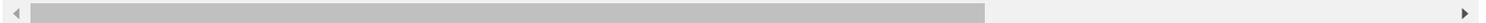
Our goal was to increase the number of patients meeting goal of 4.0/dL by 6.8% (which is 45% of the patients at the clinic). Albumin improved 2.5 % over the course of three months which was slightly below our goal.

4. Impact on Patients:

Many of the patients have now have been purchasing the protein chips and bars which were provided as samples. There was an increase in patients who are able to verbalize good sources of protein after further education. There was an improvement in albumin overall which decreases hospitalizations and expands life expectancy.

5. Lessons Learned:

As stated above, good and new sources of protein were identified. They are now more aware of protein supplements available. They also learned the health impacts of low albumin.



PROTEIN PALS

3 month contest
March-May

Goal of the program is to
increase albumin and provide
more protein options!

Games

Monthly food
prizes



FOR MORE INFO
Ask your Social Worker
or Dietitian

Name: _____

Date: _____

Kidney Friendly Sources of Protein

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

Zone Perfect Protein Bars

Greek yogurt

Liquacel

shrimp

crab

veal

Novasource Renal

fresh pork

venasin

turkey

fish

beef

Protein Powders

egg white

chicken

Nepro

lamb

eggs

B I N G O

Egg Whites?	Repairs Tissues	SupplementDrinks	Builds Muscles	Eat Protein 3 times a day
Protein Bars	Shrimp	Lamb	Beef	Keeps you out of hospital
Pork	Keeps Heart Strong	FREE!	Helps Make Red Blood Cells	Turkey
Fights Infections	Helps Transport Medications	Tuna	Deer	Quaker liquacel
Chicken	Steak	Eggs	Fish	protein powder



PURE PROTEIN
POPPED CRISPS

NON
GMO

12g
PROTEIN

**SOUR CREAM
& ONION**
FLAVORED PROTEIN CRISPS
NET WT. 1.27 oz. (36g)

NEVER
FRIED



PURE PROTEIN
POPPED CRISPS

NON
GMO

12g
PROTEIN

**HICKORY
BARBECUE**
FLAVORED PROTEIN CRISPS
NET WT. 1.27 oz. (36g)

NEVER
FRIED

