

Silver Award Project Utility

Facility: Fresenius Medical Care - Creve Coeur Home

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Project Status: Active

1. Description of Project:

The BMM nutrition education program will take place over 4 months at the Creve Coeur Home Dialysis Clinic with the support of the interdisciplinary team (RD, MSW, RN, MD). Patients that agree to participate will be asked to complete a pre-test, complete a 3-day food diary and participate in 3 nutrition education sessions (max 15 minutes during clinic visit or via phone call). IDT will track BMM labs to monitor improvement and patients will be entered into raffles each month for their participation. At the end of the program, patients will be asked to complete a post-test to assess their overall knowledge related to BMM. Findings will be compiled in a report and shared with Missouri Kidney Program.

Month 1 (February):

- Patient consent to participate
- BMM nutrition education program packet (Funders logo on front page with title of program, explanation of program and description of prizes, food diary log sheet, educational handout on binder adherence and phosphorus)
- IDT will meet with each patient and provide a program overview. If patient agrees to participate, patient will receive the program packet with instructions to complete a 3-day food diary and bring it to their next in-person appointment
- Education session 1:
 - o Patient consent for program
 - o Review BMM nutrition education program packet
 - o Discuss binder adherence (completed by RD or RN)
- Patient will receive 1 entry into the 1st raffle for each of the following: agreed to participate in program, completes 3-day food diary, and completes the pre-test. Each entry increases their chance of winning the raffle.

Month 2 (March):

- Raffle #1 will be drawn at the beginning of the month after all patients receive the chance to participate.
- Education Session 2:
 - o Reinforce binder adherence
 - o Discuss foods/beverages that may contain phosphorus, handout will be provided (completed by RD)
- Patient will receive entry into 2nd raffle for completing/achieving the following: completing education session 2 and/or phosphorus within goal for the month

Month 3 (April):

- Raffle #2 will be drawn at the beginning of the month or after all patients have received a chance to be entered into the drawing.
- Education Session 3:
 - o Reinforce binder adherence and phosphorus nutrition education
 - o Discuss calcitriol/sensipar adherence (completed by RD)
- Patient will receive entry into 3rd raffle for completing/achieving the following: completing education session 3, phosphorus within goal for the month, and/or completing the post-test.

Month 4 (May):

- Raffle #3 will be drawn at the beginning of the month after all patients have received a chance to be entered into the drawing.
- Raffle #4 (will be drawn end of May after all labs have returned)
- o Final raffle for the patients that met all 3 BMM labs (Ca, Phosphorus, iPTH) for the month
- IDT will finalize report and collect feedback from staff and participants. Report and information collected will be shared with Missouri Kidney Program.

Raffle prizes may include:

- MD/RN approved lotion for feet, high protein snacks that are low phosphorus, SF candies (for dry mouth), word search/sudoku/game book, 16 or 32 oz water bottle (tracking fluid), back scratcher, chap stick, insulated bag, heated blanket, etc.

Raffle amounts:

- Raffle #1: 2, \$50 baskets
- Raffle #2: 2, \$50 baskets
- Raffle #3: 2, \$50 baskets
- Raffle #4: 2, \$50 baskets
- Participation protein snack: \$100

2. Outcomes Measured:

Number of participants: 32 patients (9 HHD and 23 PD)

Outcomes measures:

- PD patients: December 2023- 69.6% in goal for Phosphorus, 82.6% in goal for iPTH and 0% with hypercalcemia.
- HHD patients: December 2023- 88.9% in goal for Phosphorus, 100% in goal for iPTH and 11.1% with hypercalcemia.
- Pre-test correct answers: 85%

3. Summary of Outcomes/Results:

- o PD patients: Phosphorus 47.6%, iPTH 85.7%, hypercalcemia 4.8%
 - No improvement in phosphorus or hypercalcemia. Percent of patients meeting iPTH goal improved by 3.7%.
 - o HHD patients: Phosphorus 77.8%, iPTH 55.6%, 0% hypercalcemia
 - No improvement in phosphorus or iPTH. Improvement in calcium, no patients with hypercalcemia.
 - Post-test correct answers: 98%
- Correct answers on the pre/post-test improved by 13%.

4. Impact on Patients:

Overall the patients at our clinic thoroughly enjoyed the BMM program and opportunity to win the raffle. Rather than doing a goody bag at the end of the program we did a protein supplement lobby day and the patients enjoyed sampling the different products. The patients that participated in the nutrition education were very engaged and either learned something new or enjoyed showing off their knowledge of the renal diet and binder compliance.

5. Lessons Learned:

- Delegating more tasks to the rest of the IDT. This project involved a lot more patient facing time than projected so delegating the nutrition education and pre-post test to other staff at the clinic would of been beneficial.
- Patients really enjoyed the raffle bags and the items we chose to include in them.
- More signage and reminders to patients about the program and the goal of the program.

[Return to Main Menu](#) [Return to Uploads](#)



Bone and Mineral Metabolism Education Program

Participate each month to improve your Calcium, Phosphorus and iPTH! We will focus on phosphate binders, renal diet, and treatment compliance. Each month that you participate, your name will be entered into a raffle for fun prizes.

- ❖ Improve your bone and mineral labs
- ❖ Decrease your risk of heart disease and stroke
 - ❖ Remove more toxins from your blood
 - ❖ Be entered to win fun prizes each month!



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Missouri Kidney Program
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Bone and Mineral Metabolism Education Program – Fresenius University City Dialysis Clinic

Pre-test

Name: _____

1. Which phosphorus level is within the goal range?
 - a. 2.8
 - b. 4.3
 - c. 5.6
 - d. 6.5
2. Which of the following is associated with a high phosphorus?
 - a. Itching
 - b. Heart disease and stroke
 - c. Calciphylaxis (open wound)
 - d. All of the above
3. How can I lower my phosphorus?
 - a. Skip dialysis treatment
 - b. Eat more fast food
 - c. Eat fresh foods and read labels
 - d. Drink dark sodas
4. When should I take my phosphate binders?
 - a. When I wake up
 - b. At bedtime
 - c. Never
 - d. With meals and snacks
5. Who can I talk to if I want to change my binder?
 - a. The nurse
 - b. The dietitian
 - c. The doctor
 - d. All of the above
6. What is the name of my phosphate binder?



Personal Food Diary

Name: _____ Date: _____

Time	Food/Beverage	Amount	Feelings	Hunger

Tips From Your Dietitian

Protein intake: Good Need More

Calories: Just Right Need More Need Fewer

Tips: _____

Take Your Phosphate Binders as Prescribed: Breakfast__ Lunch __ Dinner__ Snacks__

Type: _____ **Amount:** _____