

Silver Award Project Utility

Facility: JCE Renal Services
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Project Status: Completed Update Status

1. Description of Project:

Our project titled "Eat Mooore Non-Dairy" focused on how dairy products are high in phosphorus and calcium which can build up in the body of patients with kidney failure. Therefore we encourage patients to swap full dairy products for non-dairy products. The handout has images and information about non-dairy milk substitutes, ice creams, cheeses, and creamers. From January through May we gave our hemodialysis patients samples of various non-dairy cheeses, milks, yogurts, and frozen desserts to encourage them to "try before you buy".

2. Outcomes Measured:

We planned to measure phosphorus lab values before and after the education project.

3. Summary of Outcomes/Results:

April QAPI Data:
% of treatments with patients meeting phosphorus goal:

Hemodialysis Unit			
January%	February%	March%	April%
49	53.8	60.4	45.5
PD Units			
January%	February%	March%	April%
37.5	26.7	25	41.7

Our data showed that education on foods to substitute for high phosphorus foods seemed to help improve phosphorus levels over time. This was especially true for the hemo-dialysis unit. The percentage of patients that met phosphorus goal improved from 49% to 60% over three months, but this improvement was not sustained.

4. Impact on Patients:

Our patients were thankful for the samples of non-dairy products and most felt these items would help eat less phosphorus. Most of the positive comments were about the non-dairy milk (chocolate and vanilla almond milk) and ice cream sandwiches (So Delicious brand).

5. Lessons Learned:

We have learned that patients respond well to samples of food products. We have also learned that education on non-dairy products can help improve phosphorus levels in hemodialysis patients.

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