

Silver Award Project Utility

Facility: DVA--Florissant Dialysis #3279
Silver Award User: Keaton Coleman

Project Status: Active ▼ Update Status

1. Description of Project:

Description of the project:
The purpose of the project was to improve patient understanding of phosphorus management through an interactive educational experience designed to increase patient engagement and promote behavior change. Traditional phosphorus education can be challenging for patients due to the complexity of dietary restrictions, hidden phosphorus additives, and phosphorus binder regimens. Using the Hartman Education Award funding, an interactive phosphorus/renal diet themed game of family feud was developed and implemented via a lobby day at the clinic. Patients participated in the game focused on identifying high and low phosphorus foods, recognizing hidden phosphorus, understanding the importance of binder adherence, and making informed dietary choices. To reinforce the educational concepts, patients were provided with a bag of renal friendly snack samples that demonstrated practical alternatives to high phosphorus foods. The combination of game-based learning and experiential food education create4d a patient centered learning environment that encouraged participation and discussion. The intervention was conducted January 28th and 29th 2026.

2. Outcomes Measured:

Outcomes measured:
The primary outcome of the intervention was phosphorus levels before and after the implementation of the educational intervention. Baseline phosphorus values from December 2025 were compared with follow-up phosphorus values obtained during March 2026 labs.
Additional outcomes included:

- ☑ Patient participation and engagement during the educational activity
- ☑ Increased discussion regarding phosphorus management and binder adherence
- ☑ Patient feedback regarding the usefulness of the education intervention

3. Summary of Outcomes/Results:

Summary of outcomes and results:
Following the implementation of the educational intervention, phosphorus trends were received among the patients. Comparison of December 2025 phosphorus levels to March 2026 phosphorus levels demonstrated improvement in many patients. Several patients experienced meaningful reductions on phosphorus levels including reductions from values exceeding 10 mg/dL to substantially lower levels during the post-intervention review period. Additional patients achieved phosphorus levels within or closer to the recommended target ranges. Patients actively participated in educational discussions regarding dietary phosphorus sources found in processed foods, medications adherence, and practical strategies for phosphorus management. The game format encouraged participation from patients who may not typically engage in traditional educational activities. While individual patient outcomes varied, overall lab trends and patient engagement suggested increased awareness of phosphorus management strategies and reinforce key educational concepts related to end stage renal

4. Impact on Patients:

Impact on Patients:
This project provided patients with a unique and engaging approach to phosphorus education. The interactive nature of the activity encouraged participation, fostered discussion among patients and staff, and promoted learning in a supportive environment. Patients demonstrated enthusiasm for the game-based format and frequently shared personal experiences related to phosphorus management and dietary challenges. The inclusion of renal-friendly snack options helped patients connect educational concepts to real world-food choices and increased awareness of practical alternatives that support phosphorus management. By combining education with hands-on participation, this project helped transform a traditionally difficult topic into and accessible and meaningful learning experience. The intervention also supported the IDT care goals by linking patient education with measurable clinical outcomes.

5. Lessons Learned:

Lessons learned:

Patients responded positively to interactive education compared with traditional handout-based teaching methods. The use of games, discussion, and food demonstrations increased engagement and improved opportunities for patient participation. The project highlighted the value of experiential learning in the dialysis setting and demonstrated that patients are often more receptive to education when it is presented in an interactive and enjoyable format.

Future educational initiatives may benefit from:

- ☐ Repeating the activity on a quarterly basis
- ☐ Expanding game-based education to additional topics such as potassium management, fluid adherence, and phosphorus binder compliance
- ☐ Incorporating formal pre and post education knowledge assessments
- ☐ Tracking phosphorus trends over a longer period to evaluate sustainability of outcomes.

Overall, the project demonstrated that creative, patient-centered educational interventions can increase engagement, support self-management behaviors, and contribute to improved awareness of phosphorus control among dialysis patients.

Closing:

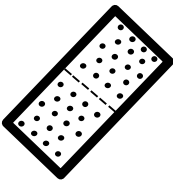
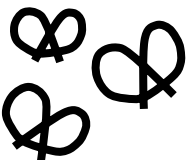
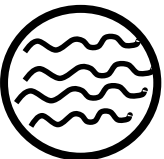
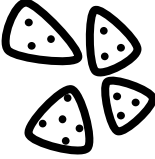
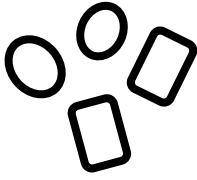
The Hartman Education Award provided an opportunity to implement an innovative, educational intervention that combined patient engagement, practical learning, and measurable clinical outcomes. The project successfully promoted phosphorus awareness while creating a positive and interactive learning experience for dialysis patients.

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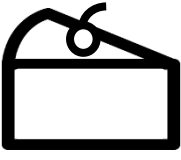
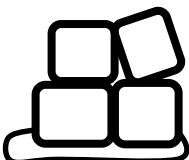


Phosphorus: Low and High Snacks

Low Phosphorus Snacks to Enjoy

					
Clear Sodas (Lemon-Lime, Ginger Ale)	Fruit-Flavored Candies	Fruit Pies (Apple, Berry, Cherry)	Greek Yogurt (½ c)	Graham Crackers	Pretzels (Low Salt or Unsalted)
					
Popsicles	Popcorn (Unflavored)	Rice Cakes	Tortilla Chips (Low Salt or Unsalted)	Trail Mix (Unsalted, 1 oz)	Vanilla Wafers or Shortbreads

High Phosphorus Snacks to Limit/Avoid

					
Cakes (Cheesecake or Chocolate)	Caramels	Cheese (More than 1 oz)	Cheese- Flavored Chips or Snack Foods	Chocolate	Dark Sodas (Colas)
					
Fast Food	Hot Cocoa	Ice Cream (More than ½ c)	Pastries with Nuts, Cheese or Chocolate	Pizza	Processed Meats

"This document is for informational purposes only and is not a substitute for medical advice or treatment. Consult your physician regarding your specific diagnosis, treatment, diet and health questions."

References:

<https://fdc.nal.usda.gov/>

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How to Find Hidden Phosphorus

Phosphorus can be hidden as additives in foods and beverages where you may not expect it. Phosphorus from additives are more easily absorbed than the phosphorus from natural food sources and tend to raise phosphorus level in the blood.

Steps to Avoid Phosphorus Additives:

1. Locate the ingredients list on the package.
2. Review the ingredients for phosphate additives.
3. Try choosing foods that do not have additives.



Examples of Phosphate Additives:

- Phosphoric Acid
- Pyrophosphates
- Hexametaphosphate
- Monocalcium Phosphate
- Sodium Polyphosphate
- Sodium Triphosphate



Find the “PHOS”

Can you find the phosphate additives in this ingredients list?

(Hint: There are two.)

Answer:

1. Sodium Acid Pyrophosphate
2. Monocalcium Phosphate

INGREDIENTS: SUGAR, RICE FLOUR, CORNSTARCH, SOY FLOUR, BAKING POWDER (CONTAINS SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, AND MONOCALCIUM PHOSPHATE) GLUTEN-FREE NATURAL FLAVOR, SALT, XANTHAN GUM & GUAR GUM

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