

Silver Award Project Utility

Facility: Fresenius Medical Care - Creve Coeur Home

Silver Award User: Kari Kee

Project Status: Active

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1. Description of Project:

Our Home Dialysis Protein Education Project focused on helping home dialysis patients understand the importance of adequate protein intake to replace the protein lost during dialysis. During monthly clinic visits, patients received engaging educational materials-such as brochures, word searches, and other handouts-to support learning. We offered samples of various protein supplements to help patients explore new protein options that fit their needs

2. Outcomes Measured:

Trends of albumin were reviewed monthly in QAI meetings for HHD and PD patients. Reasons for increases and decreases were reviewed along with causational effects.

3. Summary of Outcomes/Results:

The Home Hemodialysis (HHD) nutrition contest saw dynamic shifts in patient albumin levels over its three-month run, opening with a strong 60% adherence rate in February and peaking beautifully at 80% in March as engagement grew. However, April brought a sharp decline down to 50%. Clinical review indicates that this drop was not primarily due to a loss of dietary effort, but also could be contributed to infections and catheters. The nutrition contest revealed steady progress among Peritoneal Dialysis (PD) patients, with the percentage of patients meeting target albumin levels rising from a baseline of 35% in February to 47% in March. This positive momentum held firm through April, with the adherence rate maintaining its peak at 47%. This consistent baseline over the final two months demonstrates that despite the unique clearances and protein-loss challenges inherent to peritoneal dialysis, patients successfully sustained the dietary changes and nutritional habits they built during the height of the challenge.

4. Impact on Patients:

By the end of the project, participants demonstrated a stronger understanding of albumin, improved ability to read nutrition labels, and greater confidence in identifying a wider range of protein sources.

5. Lessons Learned:

A stronger understanding of albumin, improved ability to read nutrition labels, and greater confidence in identifying a wider range of protein source from different stores. The sources included all the samples from the project along with costs and where they could be purchased.

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BOOST YOUR ALBUMIN CONTEST

PROTEIN PALS



How to Join

1. Let your dialysis team know you want to participate
2. Your team will track your albumin each month
3. Work with your dietitian to find ways to increase protein foods
4. Stay consistent from February through April for a chance to win!



Missouri Kidney
Program
University of Missouri

Protein Power Foods

- Fish (tuna, salmon, tilapia)
- Chicken
- Turkey
- Eggs or Egg Whites
- Protein Bars (with low phosphorus)
- Dialysis-safe Protein Shakes
- Plant Based Protein (Edamame, Chickpeas, Quinoa)



Stay Strong & Consistent!

- Eat a protein food at every meal
- Bring your food journal or share your meal plan with your dietitian
- Avoid skipping treatments or medications
- Stay motivated!

BOOST YOUR ALBUMIN!

WITH YOUR PROTEIN PALS!



AS WE FOCUS ON BREAKFAST SUPPLEMENTS THIS MONTH

PROTEIN-ENRICHED OATMEAL

Low sugar option with protein powder.



EGGS



Eggs and Egg Whites



GREEK YOGURT

Low-phosphorus yogurt mixed with chia seeds or protein powder.



PROTEIN SUPPLEMENTS

Legendary Poptarts, Premier Protein Cereal, Kodiak Oatmeal

CONSULT YOUR HEATHCARE TEAM FOR PERSONALIZED ADVICE

SNACKING YOUR WAY TO HIGHER ALBUMIN: EASY, RENAL-FRIENDLY CHOICES



BOOST YOUR ALBUMIN!

A healthy level helps fight infection and stay strong.
These are **SNACKS, NOT MEAL REPLACEMENTS**.
Eat them between your kidney-friendly meals.



TOP RULE: READ THE LABEL!

AVOID "PHOS" ADDITIVES!

Look for words like:

- Dicalcium Phosphate
- Disodium Phosphate
- Phosphoric Acid

High protein, Low Phosphorus.

PROTEIN POWDERS: EASY MIX-IN



- Ideal: Whey Protein Isolate or Egg White Protein.
- Unflavored or Vanilla.
- MIX with a small amount of water or a low-phos non-dairy liquid.

PROTEIN BARS: GRAB & GO



- LOOK FOR: 10-25g Protein, <50mg Phosphorus and Potassium
- Check the sugar content: Aim for under 10g per serving.

PROTEIN CHIPS: CRUNCHY OPTION



- LOOK FOR: Soy or Milk Protein Isolate based.
- CHECK SODIUM: Choose <200mg sodium per serving.

PLANT-POWERED PROTEIN FOR YOUR KIDNEY HEALTH

Tasty Ways to Boost Your Nutrition!

1. CHICKPEAS (Garbanzo Beans)



High in FIBER!
Drain & rinse to reduce
sodium & potassium.
Idea: Snack on rinsed
chickpeas with spices.



2. EDAMAME (Soybeans)



COMPLETE PROTEIN for your muscles.
Lower potassium by enjoying a
1/2 CUP SERVING.

Idea: Add to stir-fries or enjoy steamed.



3. QUINOA

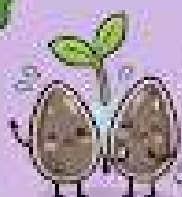


More protein and fiber than pasta.
LOWER phosphorus for whole grain choice.
BOIL in water & drain to lower potassium.

Idea: Use as a base for colorful 'power bowls'.



4. CHIA SEEDS



OMEGA-3 fatty acids for heart health.
A little goes a long way:
USE ONLY 1 TBSP!

Idea: Stir into oatmeal or rice milk pudding.



PRO-TIPS & REMINDERS



Rinse Canned
Beans!



Check
Labels!



Control
Portions!



**DIALYSIS FRIENDLY
PROTEINS!**

ALWAYS CONSULT YOUR
RENAL DIETITIAN!

