

NSW Health

Nutrition Education Materials in CKD: Are we meeting Patient needs?

A QI Project

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GOAL: To gain a deeper understanding of the dietary and nutritional education needs of patients with CKD

Objectives:

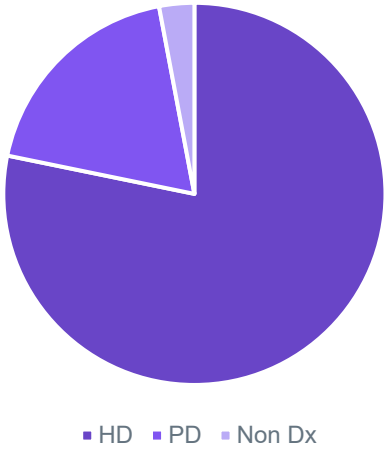
1. To understand where and how patients with CKD are currently receiving information on diet and nutrition
2. To understand the dietary and nutritional content that patients with CKD would like to receive and in what format they prefer to receive it

1. Literature review

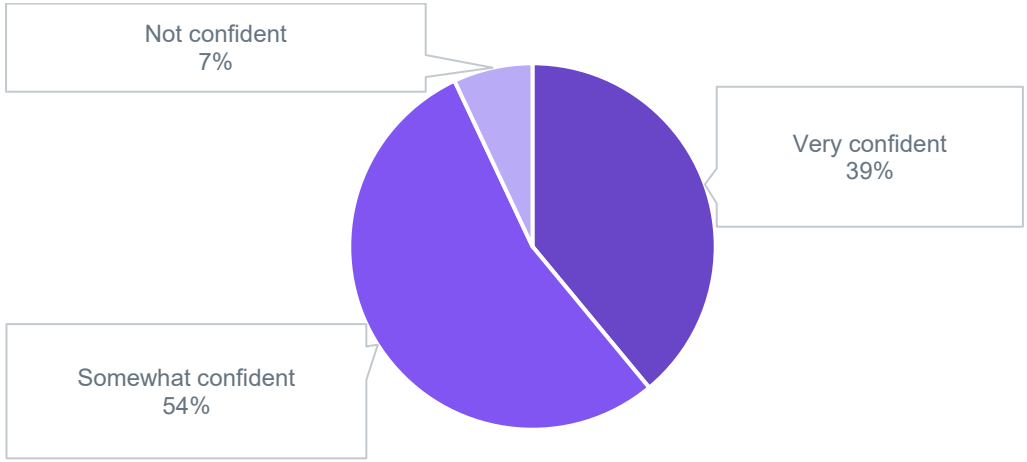
- 32 Articles included (Search via Pub Med)
- Main Themes
  - Barriers to effective education
  - Realistic and individualised recommendations
  - Health literacy and self efficacy
  - Culturally competent resources

2. Survey

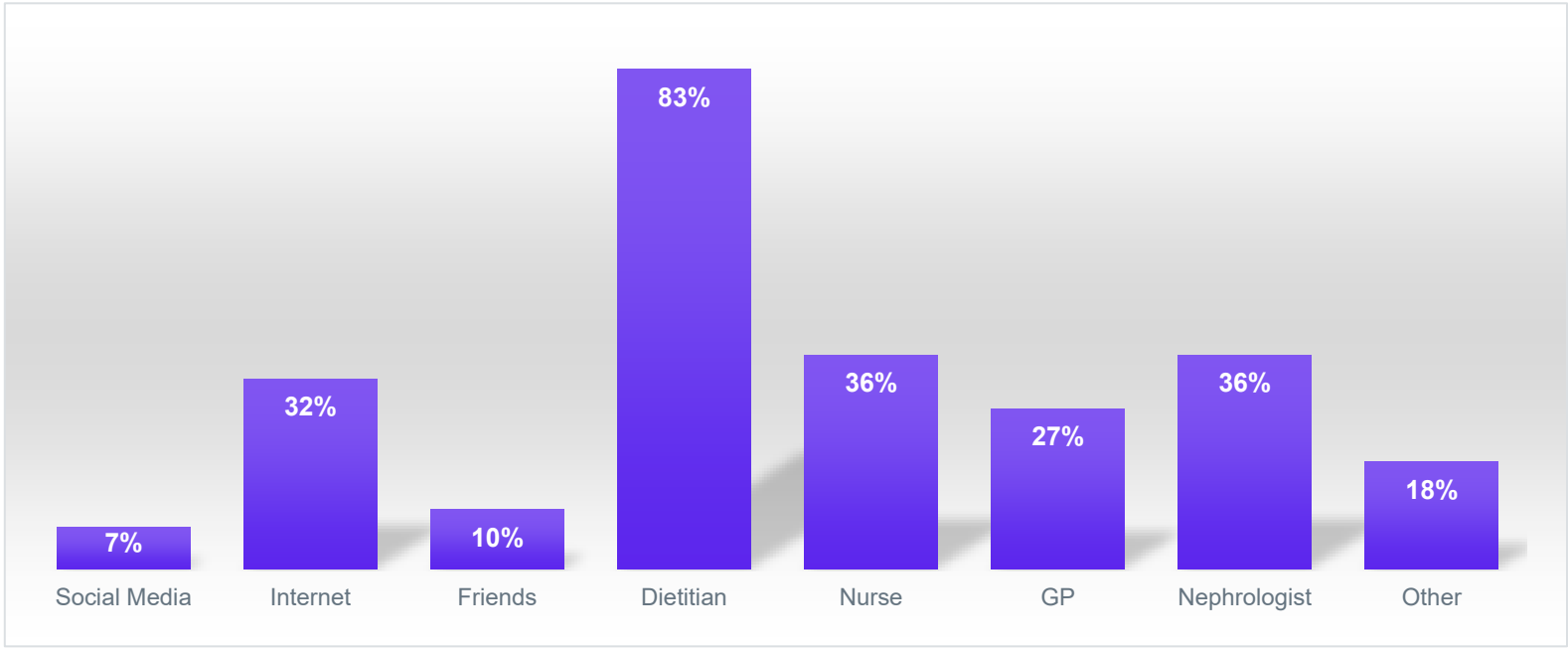
- ***Surveyed patients across HNELHD and MNCLHD with stage 3-5D CKD***
- ***101 responses received (78% HD)***



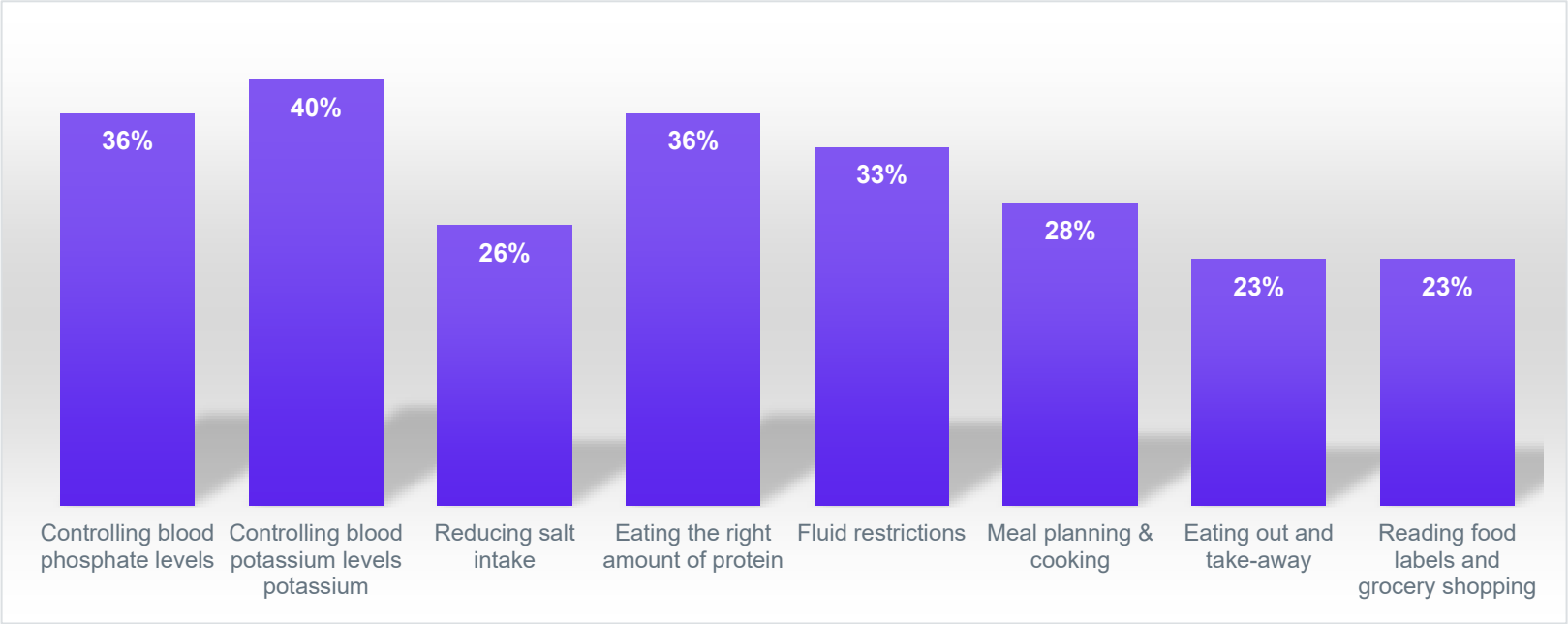
How confident are you in understanding your diet for CKD?



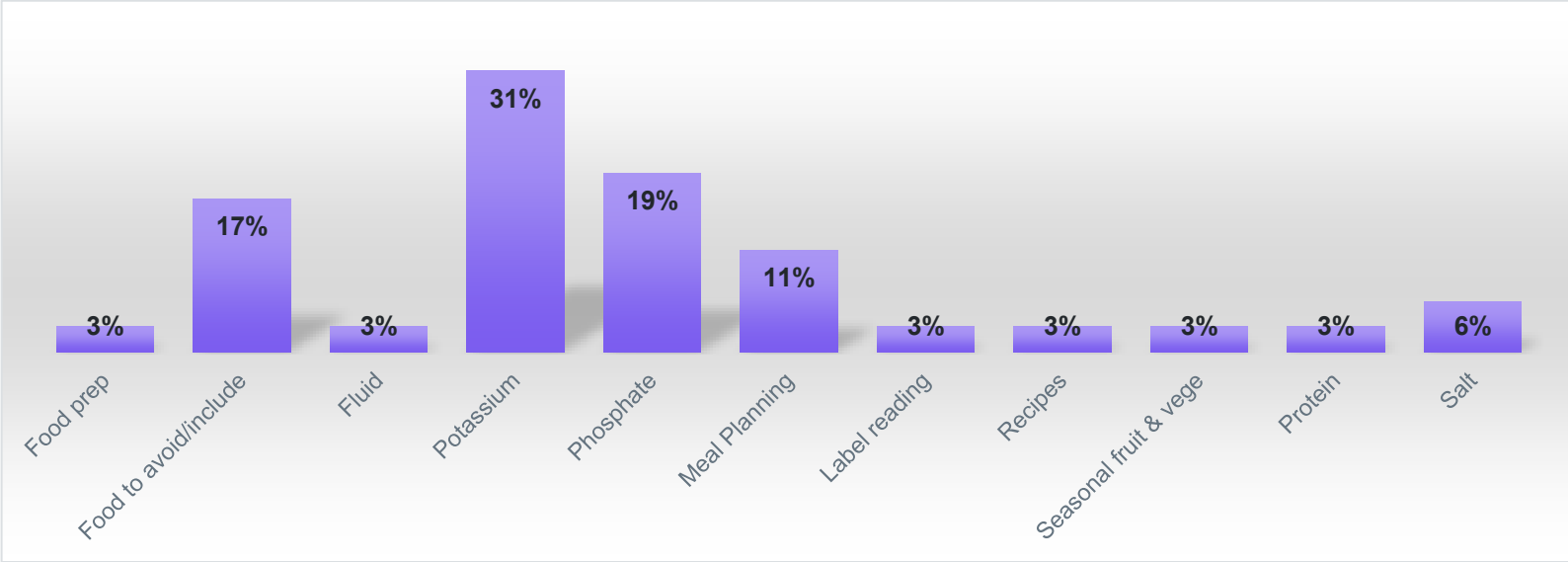
Where do you find information?



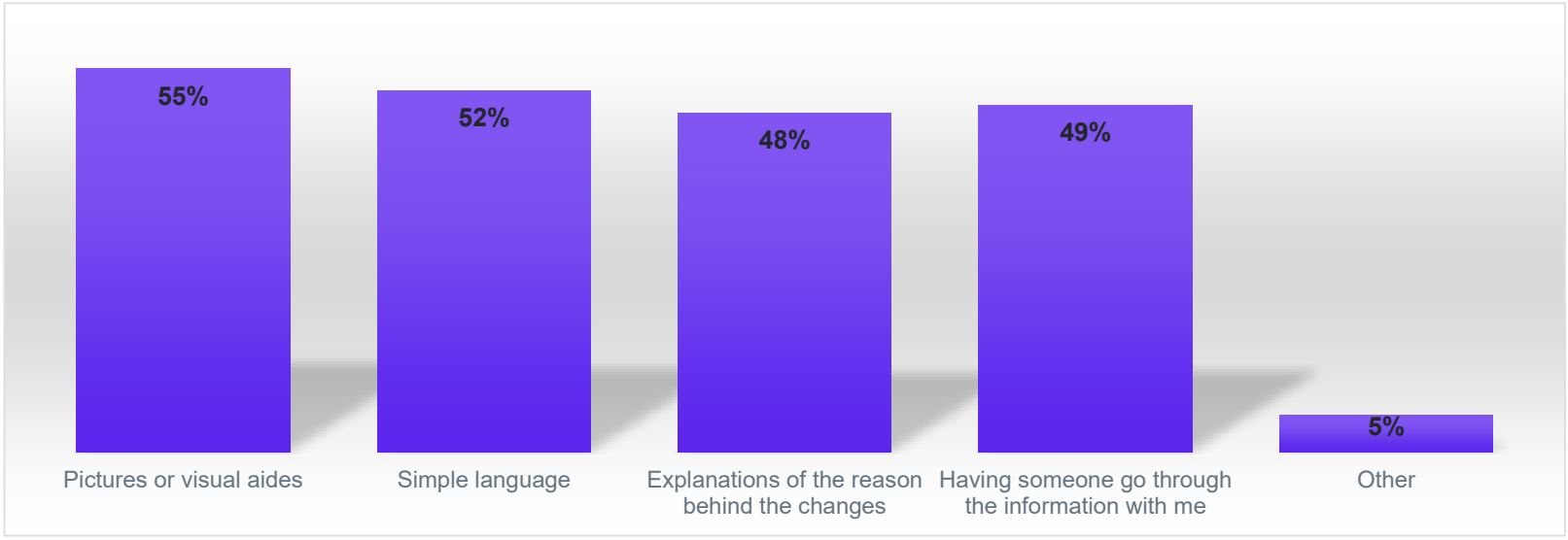
What nutrition topics do you find most challenging?



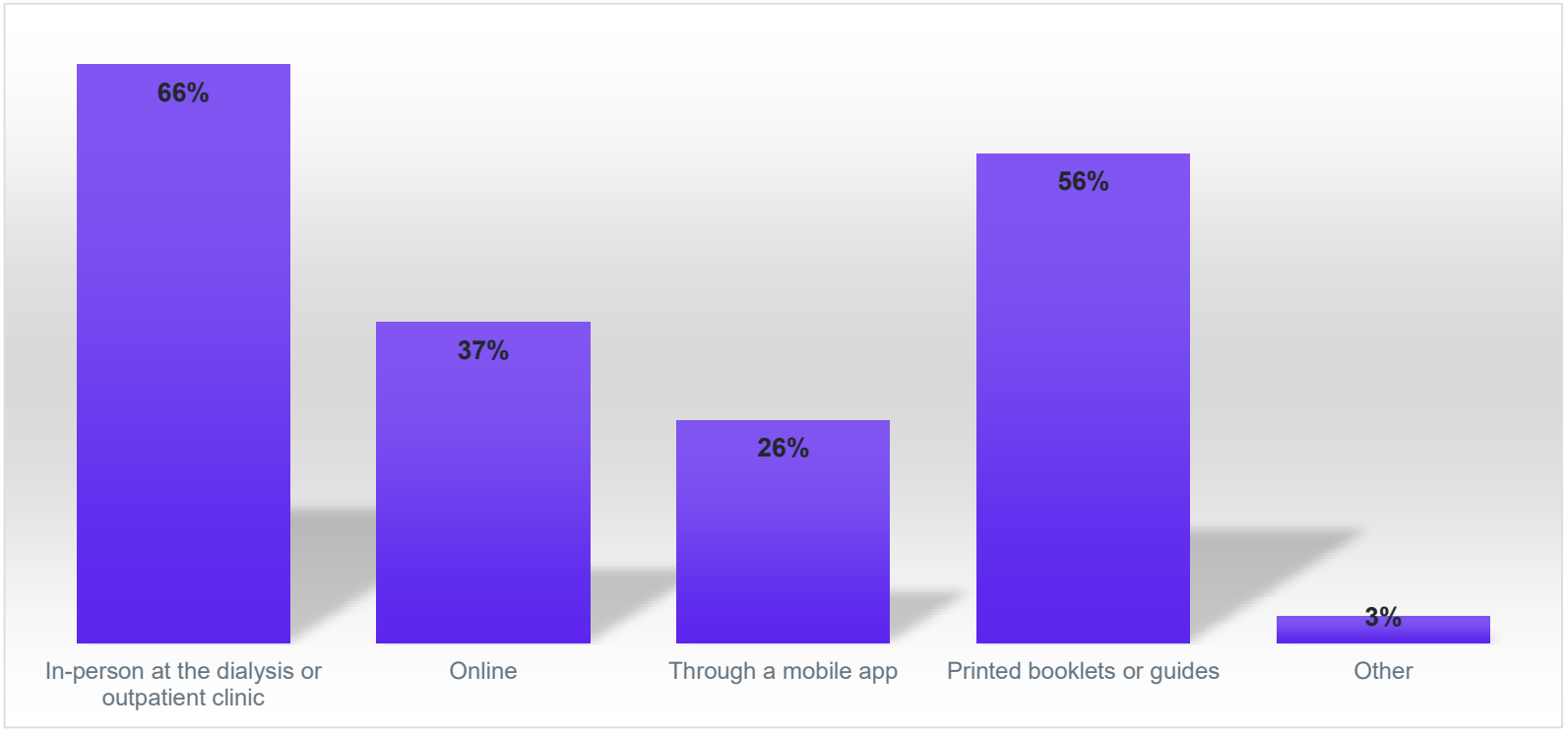
What information have you found most useful?



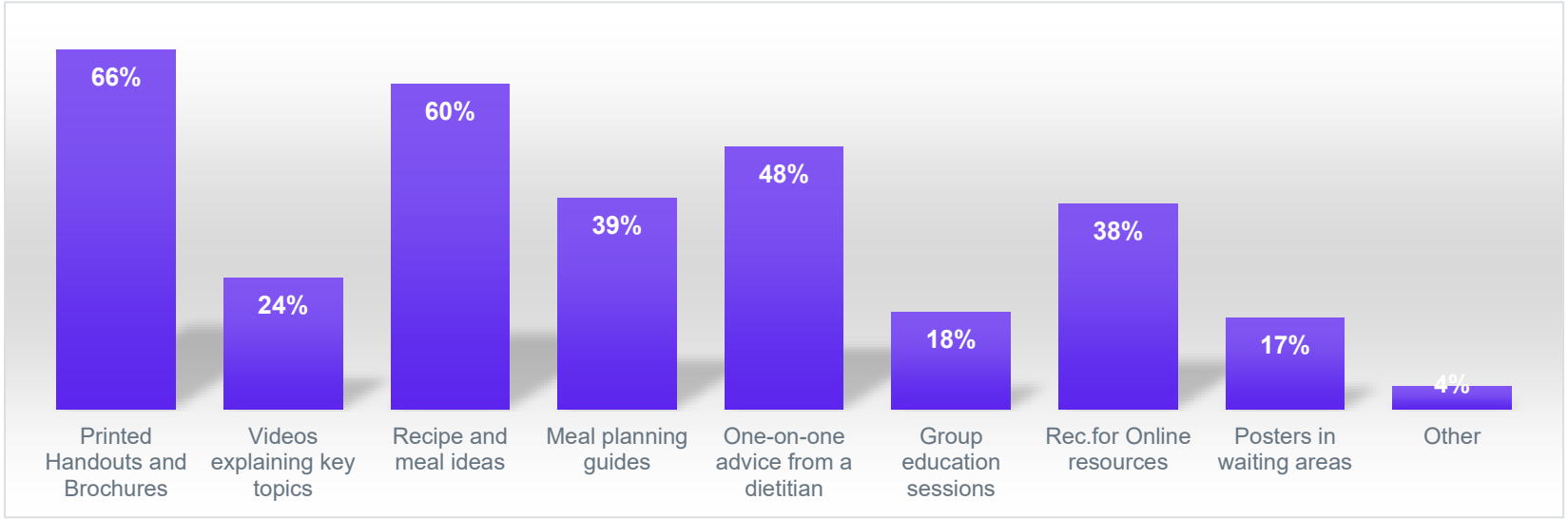
What do you find helpful to understand nutrition information?



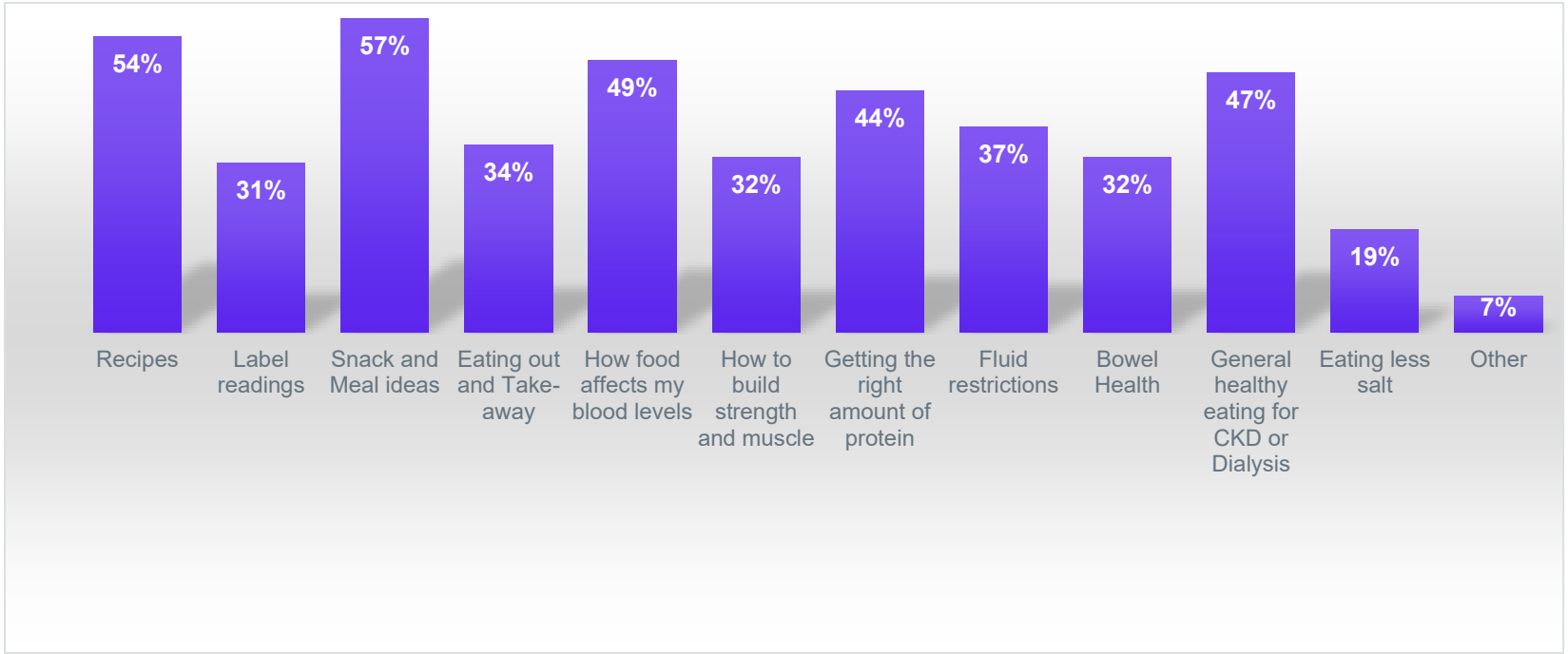
How would you prefer to access nutrition information?



What type of resources would you find helpful?



What topics would you want covered in nutrition resources?



Learnings

- Patients still want one on one education and written handouts.
- Patients are wanting online, app-based resources and need guidance in finding appropriate sources.
- Patients want practical advice on foods they can buy, and recipes they can cook, not just on nutrients.



Putting it in action



- Updated resources on potassium, phosphate, fluid and salt, and created new to include:
  - Protein
  - Label reading
  - Meal and snack ideas
  - Choosing frozen meals (adapted from WNSWLHD resource).
- Sourced online resources on websites and general healthy eating guides (QLD Health NEMO).
- Started recipe and product of the month to highlight easy/practical and cheap meals and products patients can use.

Thank you

- Laura Wilmott, Dietitian, HNELHD
- Rachel Leonard, Dietitian, HNELHD
- Julianne Oxley, Dietitian, MNCLHD
- Leesa Roache, Dietitian, MNCLHD
- Melinda Stokes, Dietitian, HNELHD
- Julie McFarlane, Dietitian, HNELHD
- Sally Lavery, Dietitian, HNELHD

Questions

