



THE BENEFITS OF IMPLEMENTING THE POSITION OF NUTRITION COORDINATOR AT DIALYSIS CENTRES

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Introduction

- Hyperphosphatemia is one of the major cause of morbidity and mortality in haemodialysis patients.
- The greatest risk involves damage to the bones, vessels and other organs.
- Phosphorus levels in the blood can be influenced by haemodialysis treatment, but for a successful therapy it is very important for the patient to adhere to dietary recommendations and the proper use of phosphate binders.

Reasons for establishing the post of Nurse Coordinator for Nutrition

Haemodialysis involves changes in lifestyle, including dietary restrictions. Well-defined dietary regimes can help to control hypophosphatemia, therefore the education of patients is crucial.

Our main reason for establishing the Nurse Coordinator for Nutrition was:

“Lack of renal nutritional specialists in the Czech Republic“

Daily tasks of the Nurse Coordinator for Nutrition

- Processing the results of periodical blood sampling
- Individual approach to each patient, with tailored education on dietary regimes and use of proper phosphate binders
- Aiming to achieve maximum adherence to dietary measures for as many patients as possible
- Providing leadership and nutrition education to other nurses

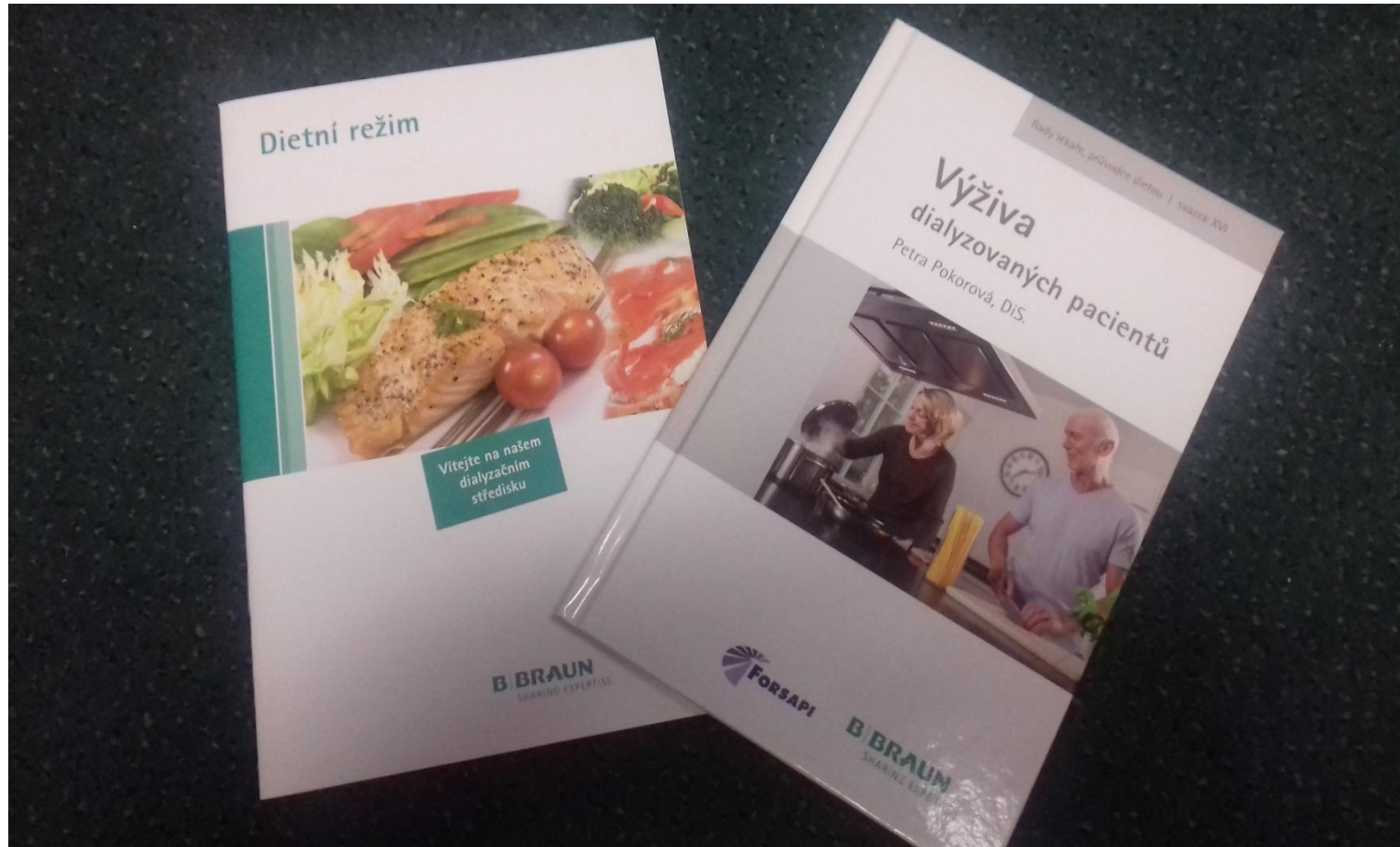
Training for Nurse Coordinator for Nutrition

- Initial training performed by a Nutritional Therapist using the evidenced based method
- Annual Educational Seminars are in place
- Collaboration with the Nutrition Therapist from the hospital where our DC is located
- Extensive portfolio of educational materials is made available

Contents of patient education portfolio

- 90-day education programme
- Periodic sampling
- individual counselling in order to customise dietary regimes
- Education
 - renal diet
 - monitoring of dietary phosphorus intake
 - proper phosphate binder use
- Education on dietary regimes not only for patient,s but also for their family members
- Organisation of “Open Days”

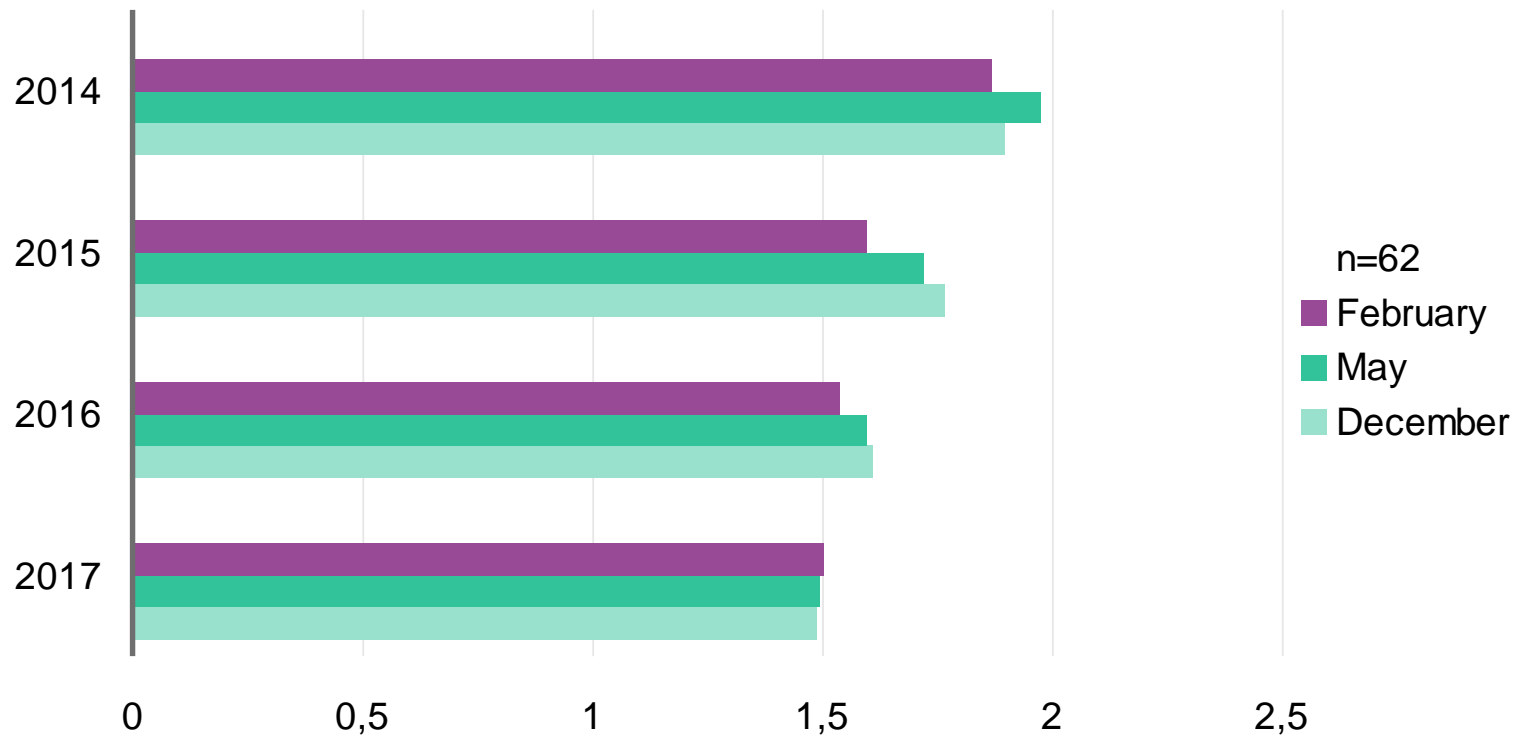
Educational materials



Organisation of Open Days



Serum phosphorus levels in our dialysis patients



Our experience

Introducing the post of Nurse Coordinator for Nutrition when a renal nutritional therapist is not available is an approach that works.

The cost of training the nurse is negligible compared to the benefits for the patient.

Most patients appreciate co-operation with the Nurse Coordinator for Nutrition.

The best evidence is the increase in the number of patients with standard phosphorus levels in the blood.

An appropriate choice of goals, methods and pathways plays a major role in the ultimate success.



TRY IT!
GOOD LUCK