

The role of the nurse in preventing of hyperphosphatemia in haemodialysis patients.

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Background

In the process of educating patient suffering from CKD, an important element is nutrition therapy. A correctly balanced diet notably contributes to restriction of possible complications. To enable a patient to take an active part in the treatment process by following proper diet, widely understood health education is necessary



How objectives ?

CKD is associated with the development of many complications. The patients are required to restrictions on taking liquids or they have to avoid consuming vegetables and fruit. But High level of phosphorus is a particular problem

The aim of the research was to evaluate the knowledge presented by the nephrological nurses in applying a diet, restricted to high-phosphate products by patients on hemodialysis



Only 41 % in the respondents' had the opportunity to consult with the dietitian regarding dietetic clues

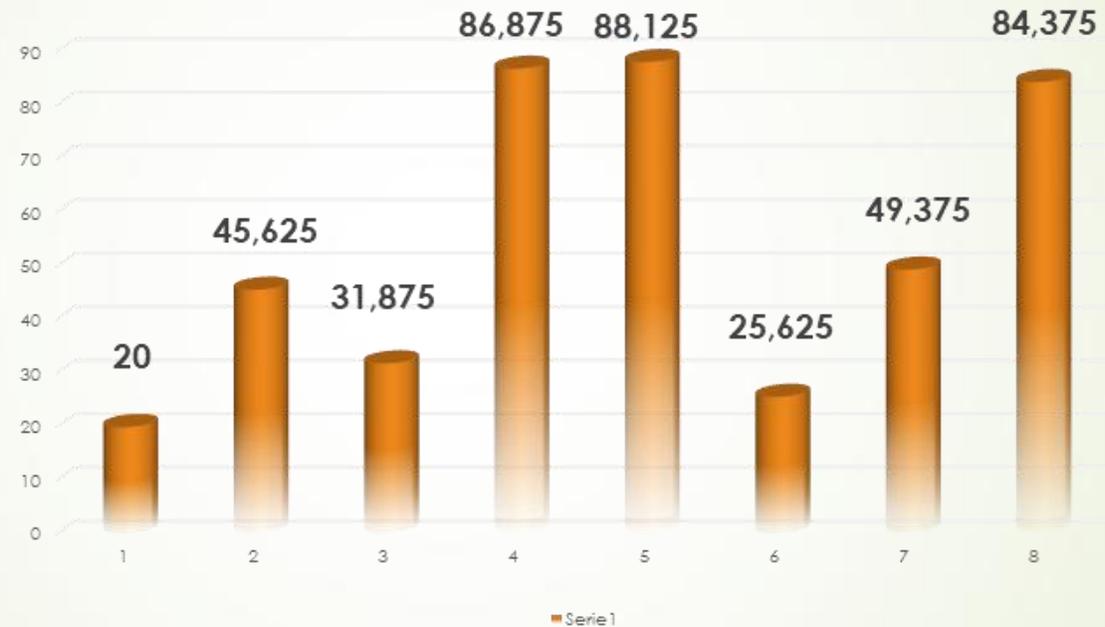
59% of nurses who were admitted to work with the patient with high phosphorus did not have the opportunity to work with a dietitian

Methods

- ▶ 160 respondents attended the study (157 K, 3M)
- ▶ Aged between 23 and 62.
- ▶ Sounding was carried out between November 2015 and February 2016, in the area of Silesian agglomeration.
- ▶ Male and female nurses took part in the study, hired in the wards of nephrology and extracorporeal dialysis.
- ▶ The research method used was a self written diagnostic questionnaire.



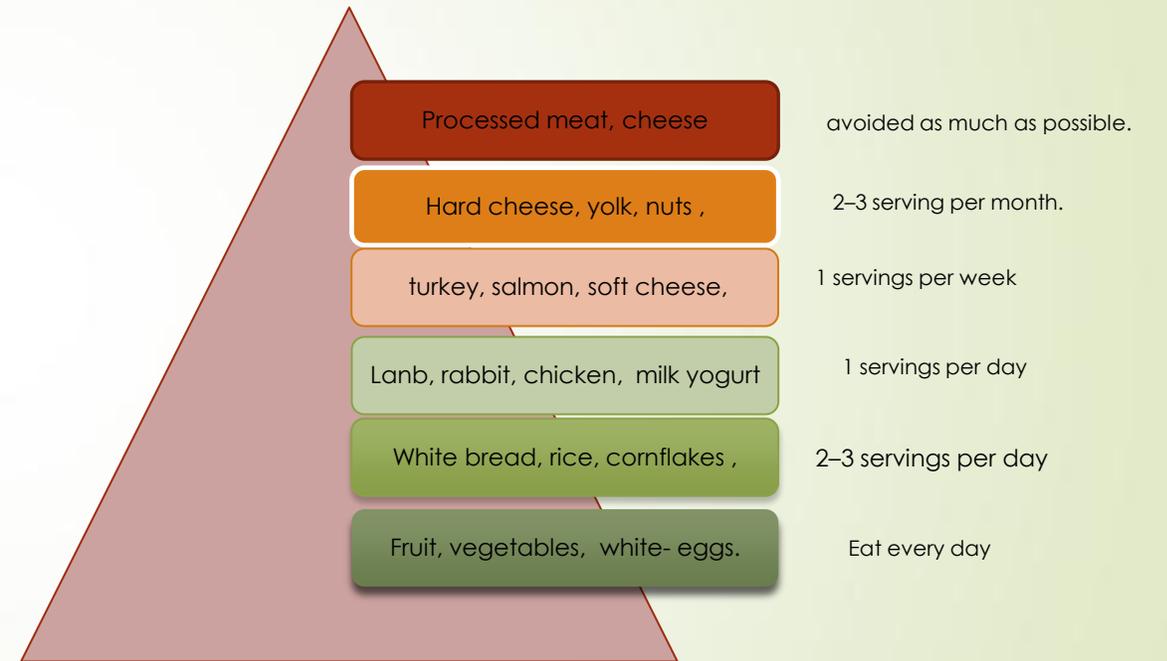
Results



1-choice of meat with low phosphorus pool, **2-** permitted milk products **3-** the consumption of eggs **4-** choice of cheese with low phosphorus pool, **5-** contraindicated drinks **6-** choice of bread, **7** choice of sweets with low phosphorus pool, **8** Preservatives as contraindicated products

Important in education

Eat me
with the first bite
of your meal.



Claudia D'Alessandro, Giordina B Piccoli, and Adamasco Cupisti The "phosphorus pyramid": a visual tool for dietary phosphate management in dialysis and CKD patients BMC Nephrol. 2015; 16: 9

Why important?

Claudia D'Alessandro, Giordina B Piccoli, and Adamasco Cupis The "phosphorus pyramid": a visual tool for dietary phosphate management in dialysis and CKD patients Claudia D'Alessandro, Giordina B Piccoli, and Adamasco Cupis BMC Nephrol. 2015; 16: 9



.. In a recent study, Leon et al. estimated that the extra burden of phosphorus coming from processed food may reach 700–800 mg per day...

...Sullivan et al. showed that 3 months of educational intervention on how to avoid foods with phosphorus-containing additives contributes to an average reduction of 1 mg/dl in serum phosphorus levels.....

Conclusion

- ▶ Participants were aware of necessity of applying the diet with restricted intake of high- phosphate products by patients on haemodialysis.
- ▶ Knowledge regarding dietetic clues, which supposed to restrict quota of assimilated phosphates, occurred to be insufficient and it should be further expanded
- ▶ Presented Phosphorus Pyramid is a visual tool It may be helpful to work with patients





Thank you for your attention

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