Exploring Nutrition Support Practices in Haemodialysis Units
A Guide to Implementing Best Practice

Presented by
Martin Meier & Liana Poulia
A joint project between EDTNA/ERCA and B. Braun
MARTIN MEIER

- Nursing degree in Germany, nine years practice as nurse in Renal Care Centers
- Degree in Medical Engineering, University of Applied Sciences
- Eight years B.Braun product manager for dialysis machines
- Global provider operations manager since 2014 for B.Braun renal care centers
Malnutrition is a burden in dialysis patients, affecting more than 30% of dialysis patients.*

Studies show that providing nutrition therapy to CKD patients can improve the nutrition status of treated patients and the quality of life.*
JOINT PROJECT WITH EDTNA/ERCA NUTRITION

1. Questionnaire

2. Educational Tool (App)

3. Abstracts / Publications

EDTNA/ERCA - NUTRITION SURVEY

EDTNA/ERCA \ International Conference September 15th – 18th, 2018, Genoa, Italy www.edtnaerca.org

47th EDTNA/ERCA International Conference September 15th – 18th, 2018, Genoa, Italy www.edtnaerca.org
**TIMELINE**

**PHASE 1**
- Start up of the development and design of the Survey

**2017**
- Q1
- Q2
- Q3
- Q4

**PHASE 2**
- The result of the Survey was the platform of the development and design of the Application
- Consolidation of data
- Result presented in Krakow

**2018**
- Q1
- Q2
- Q3
- Q4

**PHASE 3 2019**
- Development of the Content & Design of the Application
- Abstract & Posters – ESPEN & EDTNA/ERCA
- The complete Report & Results was published
- The launch of the Application at the 47th EDTNA/ERCA Conference, Prague
How can we improve skills, in order to combine the right assessment with the right nutritional care, based on patients individual needs?
CONCLUSION

- Provision of nutrition support seems to be a common practice in haemodialysis units.
- To facilitate its efficient provision, there is a need for continuous education among health professionals dealing with haemodialysis patients.
- This will be the main step towards the elimination of the barriers of providing nutritional support in this sensitive population.
Dr Kalliopi-Anna Poulia, EDTNA/ERCA Greece

Liana is a Clinical Dietitian-Nutritionist in the General Hospital of Athens “Laiko” since 2003, with a special interest in

- Nutrition in renal disease
- Nutrition in geriatrics
- Cancer and neuro-endocrine tumors
- Malnutrition and artificial nutrition, both enteral and parenteral

In 2004 she joined the European Dialysis and Transplantation Association for Nurses - EDTNA/ERCA as a Member of the Nutrition Interest Group

Since 2010 she is the Nutrition Consultant of the EDTNA/ERCA. She has taken part in several projects and she is the editor or the booklet “Nutritional Care in Renal Disease”
OBJECTIVES

Dietary intervention is of high importance for patients with Chronic Kidney Disease
- For disease outcome
- For prevention and treatment of malnutrition

Aim
- To reach all renal healthcare professionals caring for CKD patients.
- Offer them the chance to learn from experts about Malnutrition
- Increase the awareness of the way to estimate nutritional status and provide nutritional support
THE APPLICATION

Two entry points – pathways
- Healthcare Professional
- Patient

...to support the successful implementation of Nutritional Support

THE OBJECTIVES OF THIS TOOL ARE:

- To increase health care professionals’ awareness about malnutrition
- Provide information on the benefits of Nutritional support
- To provide an educational tool which can support the provision of nutritional support
- To implement this knowledge into practice and to improve the patient quality of life
- To encourage the Patient to take an informative and active part on his treatment
CONCLUSION

 Provision of nutrition support seems to be a common practice in haemodialysis units.

 To facilitate its efficient provision, there is a need for continuous education among health professionals dealing with haemodialysis patients.

 This will be the main step towards the elimination of the barriers of providing nutritional support in this sensitive population.
THANK YOU VERY MUCH FOR YOUR ATTENTION!
PATIENT STORY I

“Now I’m dancing Zumba!”

It’s sometimes difficult for kidney patients who are suffering from a lack of energy and nutrients to find the right treatment.

Francisca from Manila had already been suffering from diabetes for more than thirty years when she was diagnosed with kidney failure.

She was already very weak physically, but IDPN therapy helped her not only to cope with dialysis but also to gain a fresh zest for life, a better appetite, and greater physical strength. Francisca is 57.
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PATIENT TESTIMONIALS

“To be honest, I was initially a little disappointed in my progress, but my doctor said I would see improvement after around three months, and I did.”

Previously unable to walk without assistance, the patient soon got back on his feet and back to work in June 2016.

“Although I have to take care not to tax my body too much, my life has gone back to normal and I am able to do all the things I needed to do at work.”

male patient, 44 years
PATIENT TESTIMONIALS

“We patients get to talk sometimes, and I often talk about the positive effects I’ve had. I want more patients to get the same benefits as I did.”

“His appetite has come back as well, and he continues to see improvement in his condition, despite being unable to follow dietary restrictions due to poverty.”

male patient, 73 years old
CONCLUSION

Provision of nutrition support seems to be a common practice in haemodialysis units, BUT:

To facilitate its efficient provision there is a need for continuous education among health professionals dealing with haemodialysis patients.

This will be the main step towards the elimination of the barriers of providing nutritional support in this sensitive population.

An effective nutritional assessment is possible with low effort and cost, but with great impact on patients quality of life.
REFERENCES

*Malnutrition is a burden in dialysis patients, affecting more than 30% of dialysis patients.
Gracia-Iguacel C1, González-Parra E, Pérez-Gómez MV, Mahillo I, Egido J, Ortiz A, Carrero JJ.

**Studies show that providing nutrition therapy to CKD patients can improve the nutrition status of treated patients and the quality of life.

Nutrition status
The effects of resistance exercise and oral nutritional supplementation during hemodialysis on indicators of nutritional status and quality of life. Martin-Alemañy G1, Valdez-Ortiz R1, Olera-Soto G1, Gomez-Guerrero I1, Aguire-Esquivel G1, Cantu-Quintanilla G2, Lopez-Alvarenga JC1, Miranda-Alatriste P3, Espinosa-Cuevas A4.

Quality of Life
Effects of peridialytic oral supplements on nutritional status and quality of life in chronic hemodialysis patients.
Scott MK1, Shah NA, Vilay AM, Thomas J 3rd, Kraus MA, Mueller BA.
Influence of Nutritional Education on Hemodialysis Patients’ Knowledge and Quality of Life
Hossein Ebrahimi1, Mahdi Sadeghi2, Farzaneh Amanpour3, Ali Dadgari2
3. Embase search result
W 03 Round Table Discussion – B. Braun
Exploring Nutrition Support Practices in Haemodialysis Units
Chair: Kalliopi-Anna Poulia (Greece)
Sunday, September 16 at 14.00 – 15.30
Welcome!
THANK YOU VERY MUCH FOR YOUR ATTENTION!