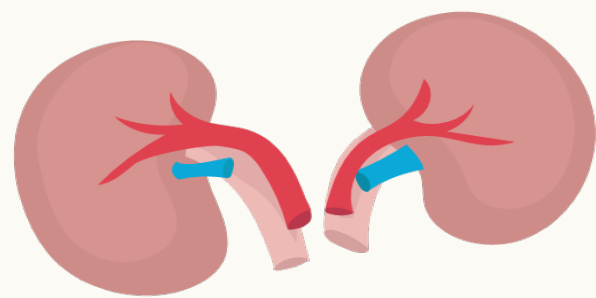


GROUP EDUCATION FOR PATIENTS WITH CHRONIC KIDNEY DISEASE

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Introduction

- Medical nutrition therapy (MNT) can slow the progression of chronic kidney disease (CKD) (1,2). International guidelines recommend all patients with CKD stage 3-5 should have access to MNT provided by a registered dietitian every 3-6 months (3, 4).
- Currently in Beaumont Hospital due to limited dietetic staffing there is no dietetic service to patients with CKD.
- A group education session led by the dietitian for the patients attending the low clearance service was established to provide education on the role of diet in kidney disease.

Objective

- To determine the number of patients attending this service who have not previously seen a dietitian.
- To determine where patients attending this service are accessing information on dietary changes.
- To determine if the patients who attended the group session with the dietitian received useful and practical information from the dietitian and if they would like to attend further individualised dietitian appointments.

Methodology

An anonymous paper survey was provided to participants at the end of the dietitian group session between October and December 2024. The results were entered in to an excel database for collation and analysis.

Results

- Nineteen patients attended the group education session with the dietitian between October and December 2024.
- Of the 17(89%) who had received education previously, 5 (29%) had been educated by a dietitian and 12 (70%) by another healthcare professional. Figure 1
- All patients agreed the group education provided useful information to help them to make changes to their diet and all by one patient felt they gained practical information on how to make changes to their diet.
- 74% of respondents reported that they would like further individualised appointments with the dietitian. Figure 2

Figure 1: Source of previous nutrition education

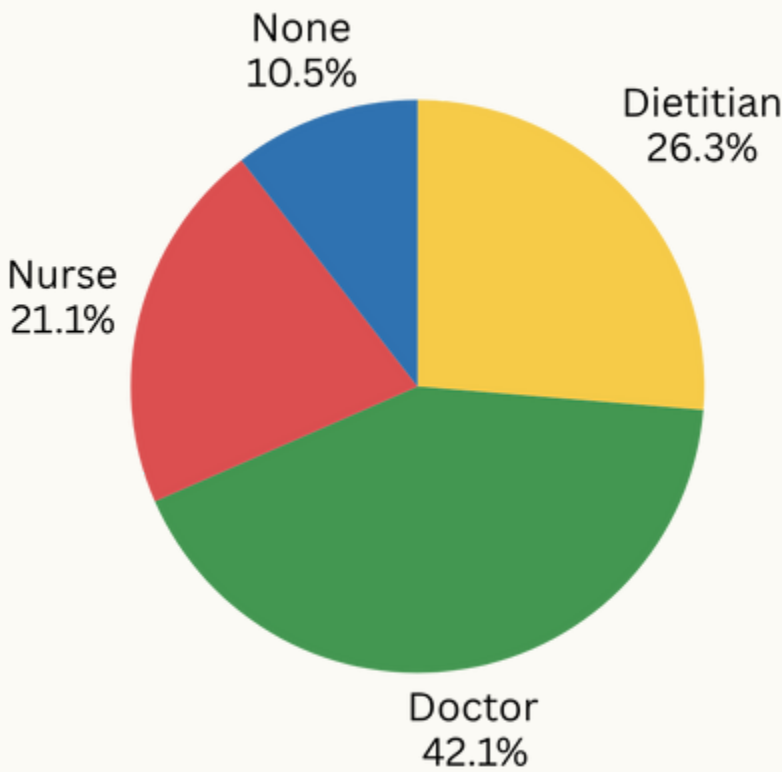
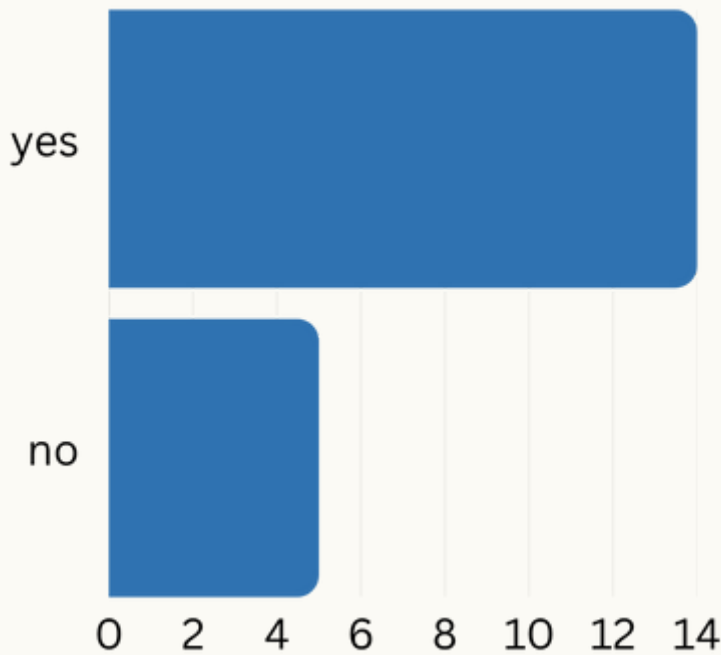


Figure 2: Would you like to attend for an individual appointment?



Conclusion

- This group education session provided a pragmatic and accessible way to deliver MNT. Providing an opportunity to optimise dietetic time and meet patients at a time when they were already attending the hospital.
- While further research is needed on the optimal method to deliver MNT to CKD patients this survey demonstrated that useful and practical information on diet in CKD can be provided in a group setting.
- It highlights the limited access to MNT from a registered dietitian and the high levels of patients receiving education from other health care professionals.

Recommendations

As staffing to the renal dietitians team increases this survey highlights the need to channel resources into the pre dialysis population.

References

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