

Conference Theme

Global Approach to Renal Care Innovation-
Balancing Compassion and Health Technologies

The role of nurses in the nutritional education of dialysis patients

Luigia Menichelli¹, Rebeca Nicolais¹, **Laura Trombia**², Alessandro Pizzo², Maria Teresa Parisotto³.

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- **Chronic kidney disease (CKD) requires extensive dietary and lifestyle changes.**
- Nutrition plays a vital role in CKD patients under dialysis and a well-balanced diet can make a major difference in the pathogenesis of the disease. Providing effective nutritional counselling in dialysis patients is essential to ensure adherence to the diet and intake of the right dose of calories, proteins, sodium, potassium, calcium, phosphorus, and fluid.
- Several studies on food intake have shown that it is difficult for patients to manage their diet.
- Maximum adherence was observed, if both the diet and the educational efforts were individualised for each patient by the multidisciplinary team and adapted according to changes in lifestyle and clinical picture over time.
- The prohibition of various foods, loss of appetite, psychosocial factors such as loneliness, depression and inability to cook meals may lead to a malnutrition in HD patients, which can affect their survival and quality of life.

Objectives

- To evaluate the effectiveness of an educational programme for patients of a dialysis Unit to improve their knowledge and nutritional habits.

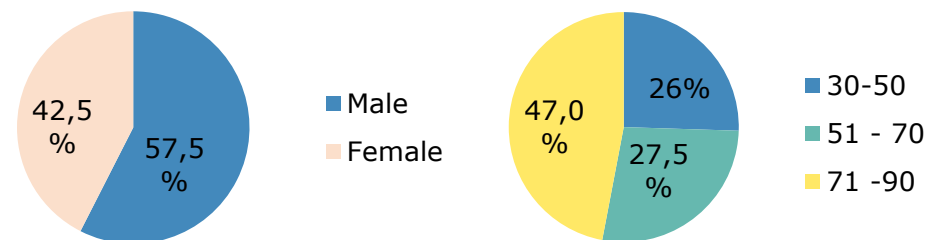


- **The study was performed on 40 dialysis patients at a dialysis centre from June to December 2017.**
- The methodological approach foresaw a training program for nurses, with the aim of improving their training competencies on the fundamental concepts on the management of the nutritional regimen in haemodialysis.
- A generic food guide enriched with recipes and nutritional advices was created by the multidisciplinary team. This food guide was used in patient training to promote patient involvement. In addition, patients were interviewed monthly by the health team, to learn patient feedback and adherence to the nutritional advice provided.
- At the beginning and end of the course, patients were asked to complete a cognitive questionnaire to evaluate the effectiveness of the educational programme.

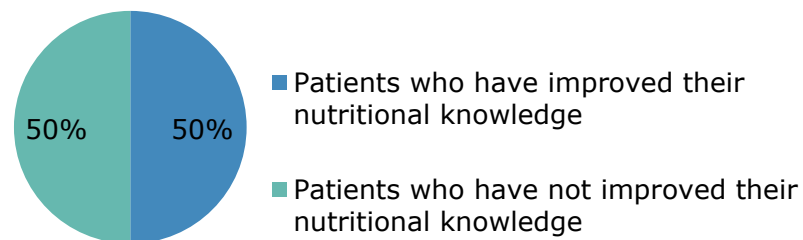
Results

The questionnaire was distributed to 40 patients of a dialysis unit, and the participation rate was 100%.

- 57.5% of patients were male;
- 27.5% with age between 51 and 70 years;
- 47% with age between 71 and 90;
- 10 patients (25%) reported regular physical activity.



In December 2017, six months after the start of the educational project, 20 patients (50%) reported an improved nutritional knowledge and dietary habits.



Conclusions

- **Nutritional status is a strong predictor of patient outcome, including mortality.**
- Diet can be complicated and can cause various problems.
- As this study shows, nurses play a major role in patient education ensuring maximum benefit from today's knowledge on nutrition, prevent complications and ensure timely identification and determination of malnutrition.



**Thank You Very Much
for Your Attention!**

Acknowledgments

Luigia Menichelli

**Referente Centro Dialisi NephroCare
Only Dialysis** - Via Giovanni Cena,
29 A/B/C 00054 Fiumicino (RM)
Italy

All the Staff

**NC Only Dialysis Staff
Fiumicino (RM)
Italy**