



Better healthcare,
realized.

Welcome to the IPRO ESRD Network Program

Patient Webinar: *COVID-19: Renal Diet Adjustments*

The webinar will begin promptly at
1:00PM. Thank you for your participation!



End-Stage Renal Disease
Network Program

Patient Webinar Series: *COVID-19: Renal Diet Adjustments*

April 27, 2020



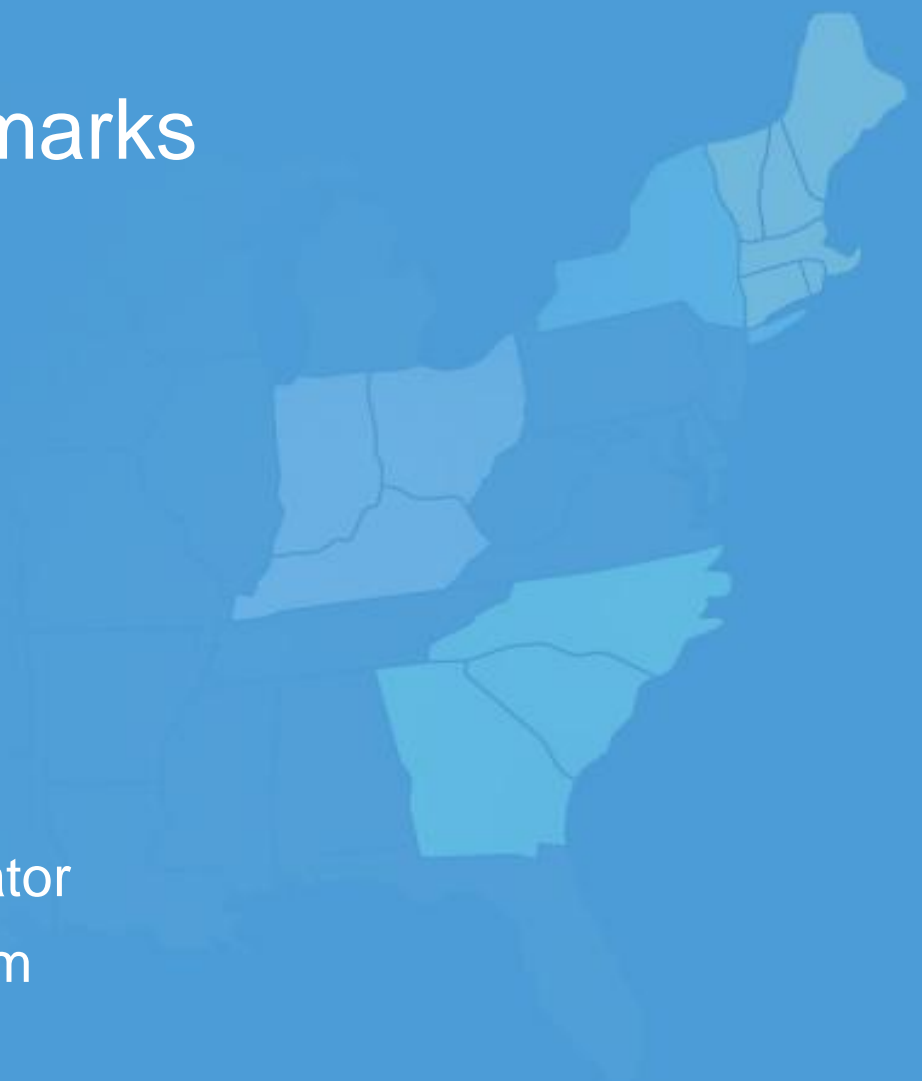
Welcome/Opening Remarks



Danielle Andrews

Community Outreach Coordinator

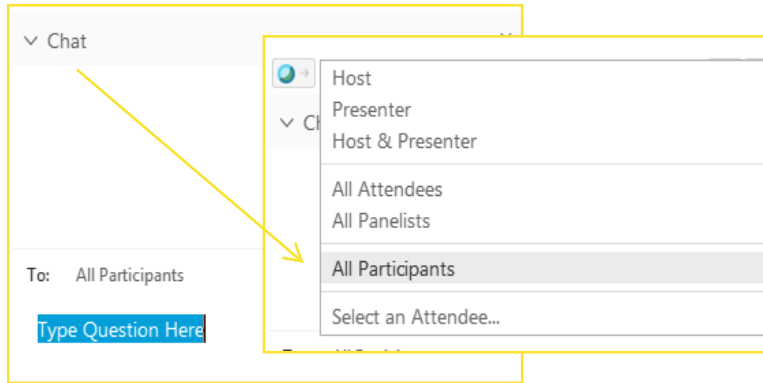
IPRO ESRD Network Program



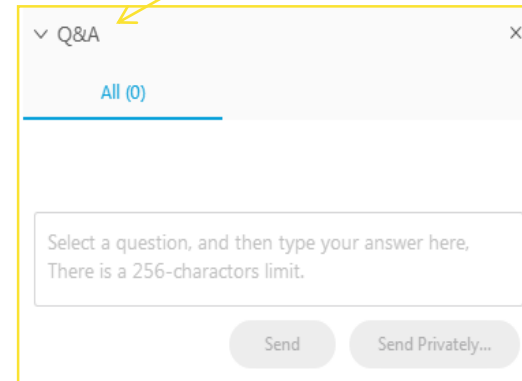
Housekeeping Reminders

- This WebEx will be recorded and slides will be made available on the Network's Website.
- All lines have been muted to eliminate background noise.

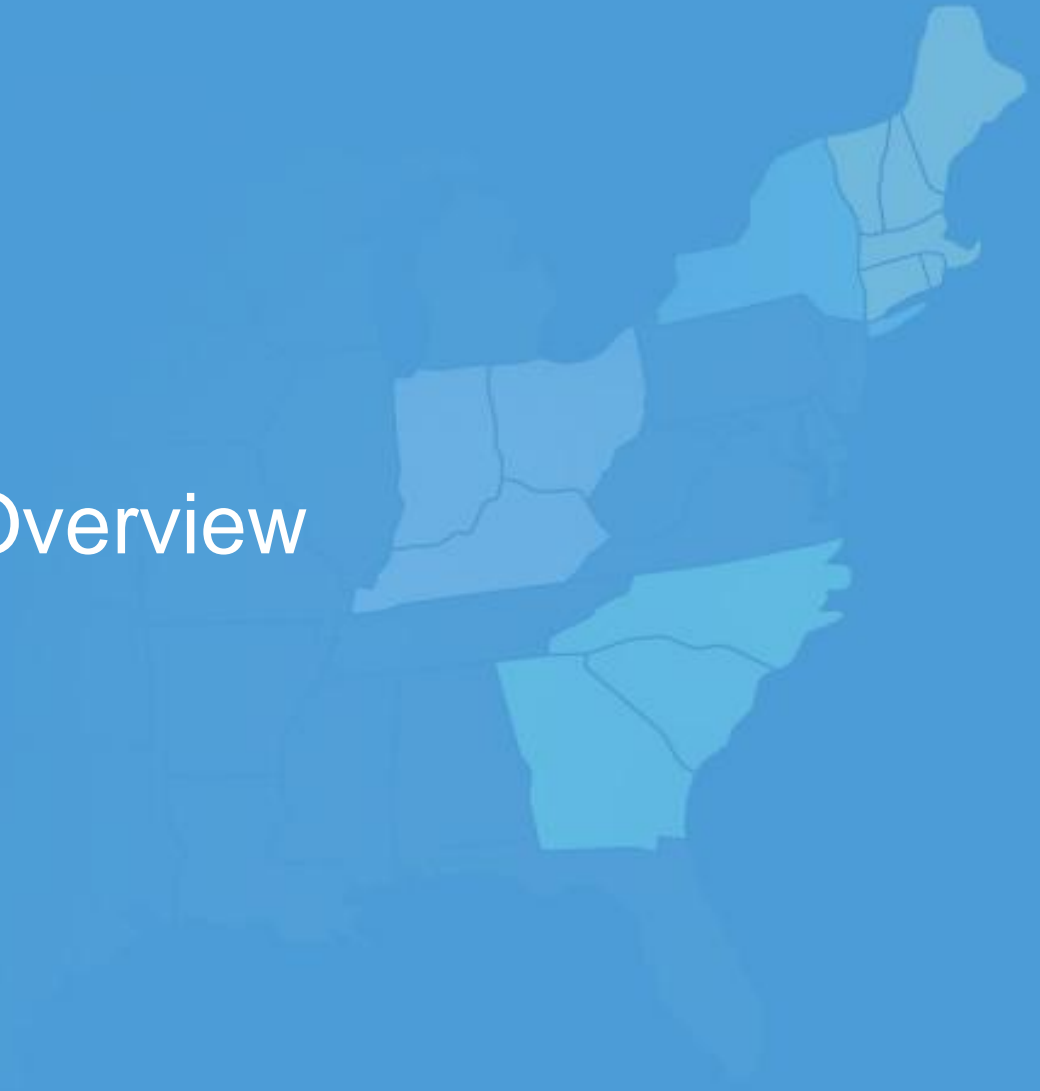
To ask a private question use the Chat section in the bottom right corner of your screen sending to All Panelists



To ask a question for the answer to be shared with all Attendees or Privately, use the Q&A section in the bottom right corner of your screen

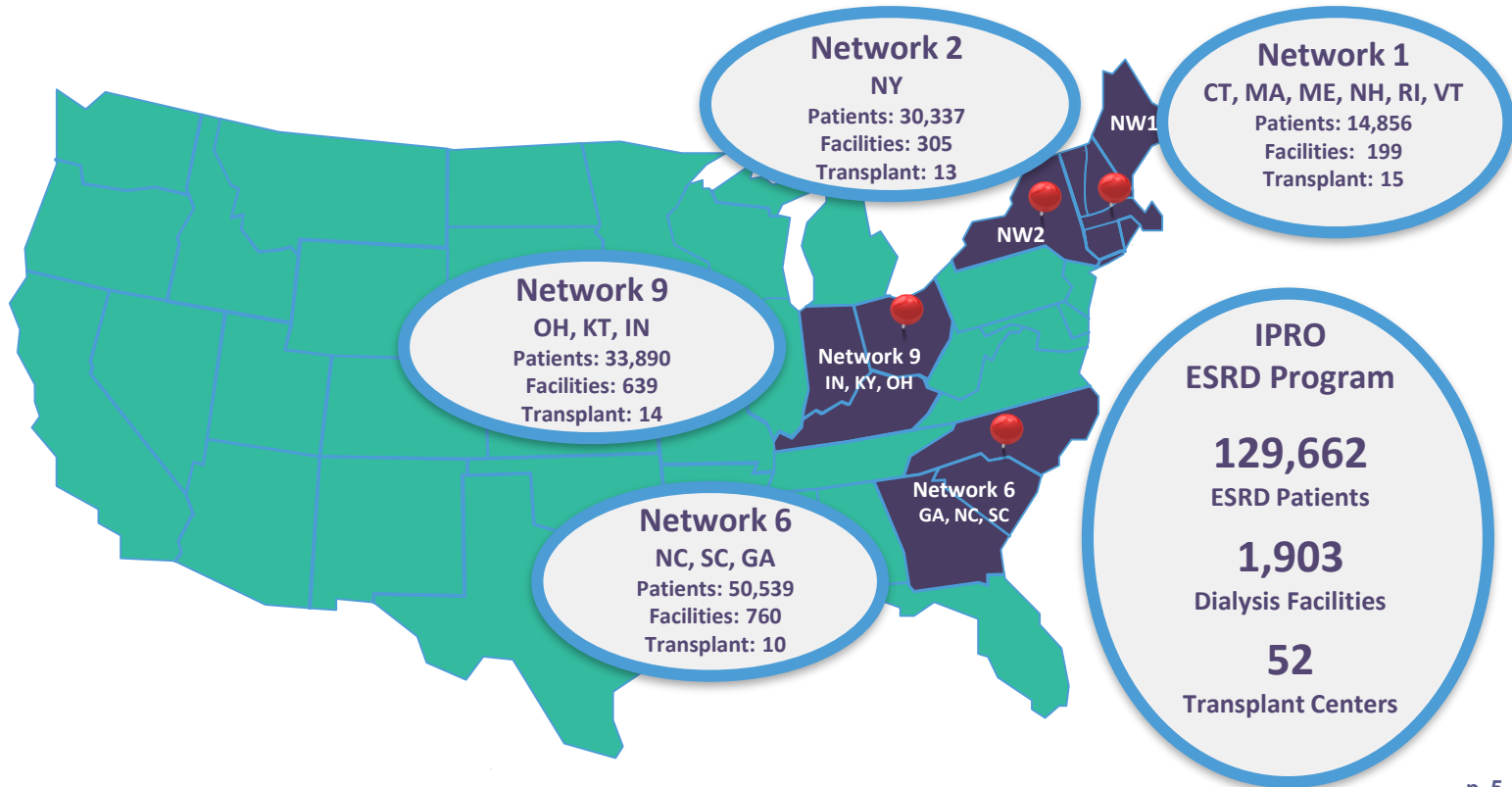


Network Program Overview



IPRO ESRD Network Service Areas

(2018 Network Annual Reports)



Mission Statement



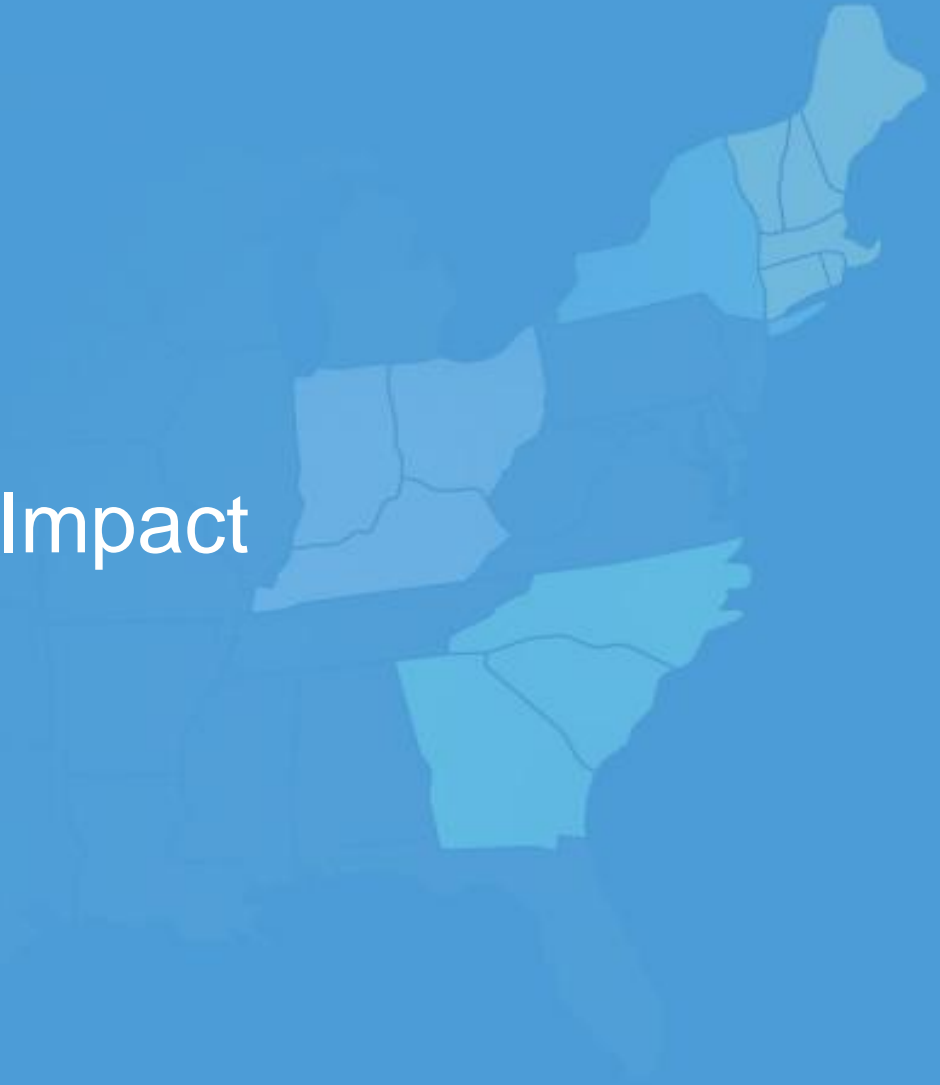
The Mission of the IPRO End Stage Renal Disease (ESRD) Network Program is to promote health care for all ESRD patients that is safe, effective, efficient, patient-centered, timely, and equitable.



ESRD Network Role/Responsibilities

- Liaison with Department of Health (DoH) and Centers for Medicare & Medicaid Services (CMS)
- Lead State-Wide Quality Improvement Activities (QIAs) to improve quality of care for ESRD patients
- Promote patient engagement, education, and patient experience of care
- Provide technical assistance and grievance management for ESRD patients and providers
- Support ESRD data systems and data collection, analysis and monitoring for improvement
- Support emergency preparedness and disaster response
- Collaborate with Dialysis Facilities and Transplant Centers

COVID-19 Community Impact





COVID 19 and Patients

- The COVID-19 pandemic has created a complex and stressful situation for the ESRD community.
- Patients have stated having trouble adjusting to
 - Social distancing
 - External Stressors (behaviors of other people)
 - Fear of the unknown
 - Dialysis treatment changes (time, duration, seating)
 - Adjusting Renal Diets
 - Fluid Overload
 - Fluid Build-Up

Maria Elena Siciliano



Renal Dietitian
NYU Winthrop Hospital



Kenneth Teasley



Founder Member of Novocognia, Incorporated
ESRD Network Patient Advisory Committee (PAC) Advisor
National Patient Advocate/Educator and Subject Matter Expert



Adjusting Renal Diet



Objectives

- Review the role of Renal Diet in ESRD management
- Share personal perspective on ESRD management for people on dialysis
- Address patient-verbalized fears/ concerns during the Pandemic
- Provide Diet Adjustment tips
- Direct patients to available resources

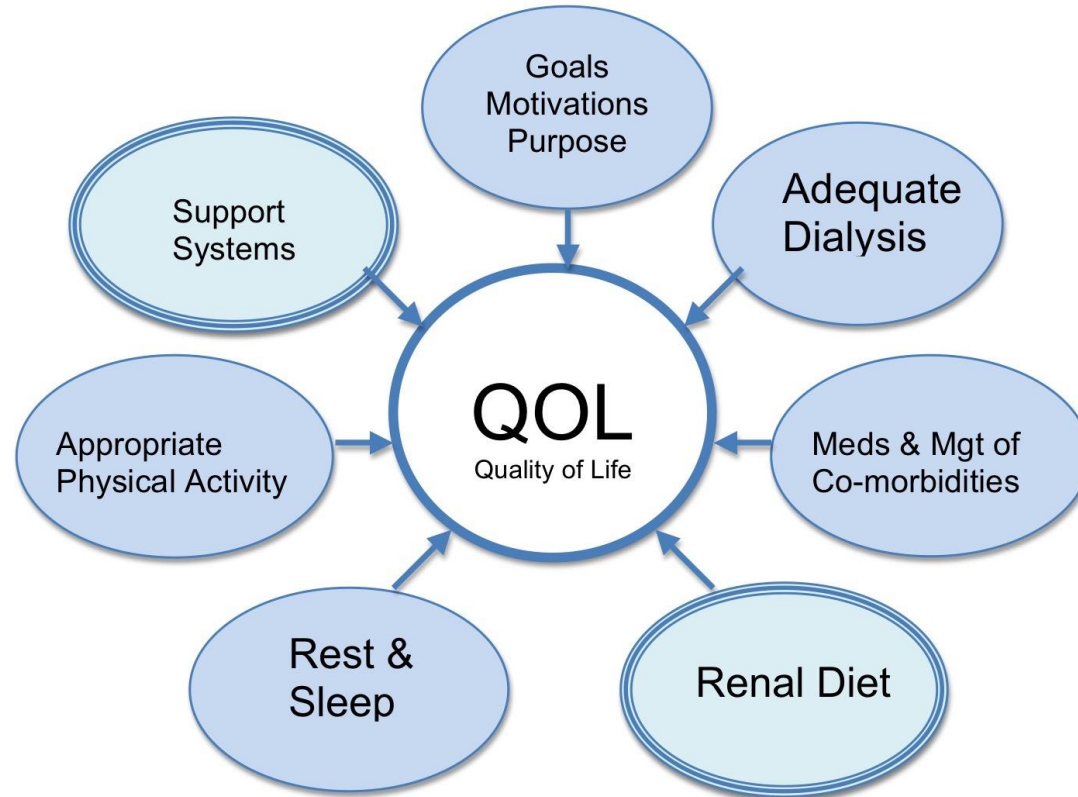
Renal Diet

- A **renal diet** for patients on dialysis is usually one that is low in sodium and phosphorous and has fluid restriction. Protein needs are higher for people on dialysis. Emphasis is placed on consuming high-quality protein from sources such as egg, fish and chicken. Some patients may also need to limit potassium and calcium intakes.

Renal Diet—Why?

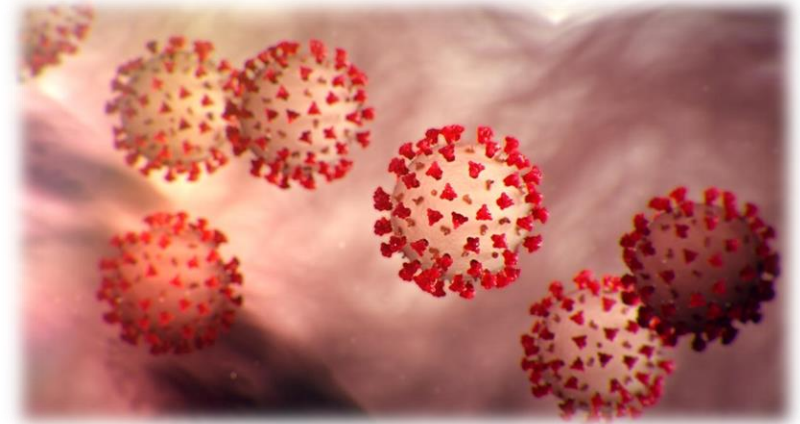
- With end stage renal disease (ESRD), the kidneys are unable to do the many jobs they used to perform to keep the different systems and organs of the body working well. The job of removing wastes and extra fluid and nutrients may either be significantly reduced or completely gone in ESRD—disrupting homeostasis or balance inside the body.
- Dialysis and adjusting food and fluid intakes help reduce both the build up of excesses in the body/blood and the need for hospitalization.

ESRD Management—My perspective



COVID-19 and Dialysis Treatment

- COVID-19 has created a difficult and complex situation for dialysis facilities which consequently affects patients
- Facilities have changed treatment times, treatment duration, treatment days and treatment policies to adapt to the ongoing crisis



COVID-19 and Dialysis Patients

- The COVID-19 pandemic has created a complex and stressful situation for the ESRD community.
- Access to constant news and media coverage, and medical and public health websites have caused information overload and may have increased patients' anxiety.
- Patients have stated having trouble adjusting to
 - Social distancing
 - External Stressors (behaviors of other people)
 - Fear of the unknown
 - Dialysis treatment changes (time, duration, seating)

ESRD Management in a Pandemic— My perspective



Addressing Patient Concerns

- Be and stay informed
- Follow mandates and instructions for safety
- Social distancing-- as much as possible
- Wear a mask when sick and/or with other people
- Practice hand hygiene
- Be and stay as well as you can as a dialysis patient
- Plan how to access food. Practice food safety
- Consult your Interdisciplinary Team as needed (MD, RN, SW, RD)
- Reach out to your ESRD Network as needed
- Ask for help or receive assistance when offered
- Remember: NO concern or question is wrong!

Renal Diet Adjustments in a Pandemic

To stay as well as you can, reduce need for extra dialysis and/or hospitalization, and when dialysis treatment time is shortened...

- Adhere to your daily allowances for Potassium, Sodium, and Fluid more religiously. If with diabetes, control Carbohydrate intake and blood sugar per your endocrinologist's advice.
- Avoid over-eating Proteins. Consume 6 – 8 oz of good proteins / day depending on your height and weight.
- Do not take mega-doses of VitC and/or Zinc or take other supplements without consulting your Interdisciplinary Team. If prescribed by your doctor—follow orders.
- Check your weight daily and adjust fluid intake accordingly. Aim at gaining no more than 1 kg /day in between dialysis. (1.5 kg – 2 kg/ day for those 300 lb or heavier) 1 L (32 oz) of fluid is about 1 kg in weight. Remember that sodium and sugar drive thirst up.
- When dialysis is inaccessible— implement the Emergency Meal Plan

KCER 3-Day Emergency Diet



Kidney Community
Emergency Response



3 Day Emergency Diet Plan¹

Dialysis takes some of the water and wastes out of your blood. Wastes and water build up between treatments. When you get three treatments a week, this buildup should not cause a problem. When you can't get treatment, the extra water and wastes in your body can cause problems. You will need to follow a special, strict diet to limit buildup of water, protein wastes, and potassium when you can't get your treatments.

The 3-Day Emergency Diet Plan will help you follow an emergency diet. This diet does not take the place of dialysis, but you can reduce the waste that builds up in your blood if you follow the Plan and change what you eat. **This may save your life.** Review the plan with your facility dietitian to see if you need to make changes based on your needs. Ask questions *before* an emergency. If you are on home dialysis—either home hemodialysis or peritoneal dialysis—and can't do your treatments, this diet may apply to you, too.

In an emergency or disaster situation, you should do everything you can to get your regular dialysis treatments. In any emergency, follow the 3-Day Emergency Diet Plan until you can get treatment. You should always try to get dialysis within three days of your last treatment.

The best way to get ready for an emergency is to plan BEFORE one happens. Collect the foods on the 3-Day Emergency Diet Shopping List. Keep them in a bin so you have them on hand. The list allows for six days of food and water. Eat fresh foods first, while you have them. If you have diabetes, avoid the sweets in this plan. But do have some high sugar foods like hard candies on hand in case your sugar is low.

“When you can't get treatment, the extra water and wastes in your body can cause problems.”

“The best way to get ready for an emergency is to plan BEFORE one happens.”



KCER 3-Day Emergency Diet



Kidney Community
Emergency Response



3-Day Emergency Diet Shopping List

This shopping list is for six days of foods and water, so you can repeat the 3-Day Emergency Diet a second time, if needed.

Review this list with your dietitian to tailor it for your needs.

DRINKS

- ✓ Water is the best choice to drink.
- ✓ No sport drinks or beverages that contain phosphate

WHAT TO BUY	HOW MUCH TO BUY
DRINKS	
Distilled or bottled water	1 to 2 gallons
Dry milk OR evaporated milk	3 packages of dry milk OR 4 cans of evaporated milk (8 ounces each)
Cranberry, apple, or grape juice	6 cans or boxes (4 ounces each)
FOOD	
Cereal. No bran, granola, or cereal with dried fruit or nuts.	6 single-serving boxes (or 1 box)
Fruit, or "fruit cups," with pears, peaches, mandarin oranges, mixed fruit, applesauce, or pineapple packed in water or juice. No heavy syrup, raisins, or dried fruit.	12 cans (4 ounces each)
Low sodium asparagus, carrots, green beans, peas, corn, yellow squash or wax beans. No dried beans such as pinto, navy, black, ranch style or kidney. No potatoes or tomatoes.	6 cans (8 ounces each)
Low sodium or No-salt added Tuna, Crab, Chicken, Salmon, or Turkey	6 cans (3 ounces or 4 ounces each)
Unsalted peanut butter or almond butter	1 jar
Mayonnaise	3 small jars (or 8 to 12 single-serve foil wrapped packs)
Jelly (if you don't have diabetes)	1 small jar
Sugar-free Jelly (if you have diabetes)	1 small jar
Vanilla wafers, Graham crackers, or Plain unsalted crackers	1 box
Sugar-free candy, like sourballs, hard candy,	1 package

KCER 3- Day Emergency Diet



Kidney Community
Emergency Response



jelly beans, or mints	
Sugar-free Chewing Gum	1 Jumbo Pack
FOOD THAT WILL SPOIL This should be rotated before its expiration date.	
White bread	1 loaf
NOTE: If you have diabetes, you may wish to avoid the following foods. Speak to your dietitian.	
Sourball candy, hard candy, jelly beans, or mints	1 package
Honey	1 small jar
White sugar	Small box (or box of sugar packets)
Marshmallows (optional)	1 bag

OPTIONS TO SEASON YOUR FOOD

- ✓ 1 small bottle of olive or vegetable oil, plain or flavored
- ✓ 1 small bottle of balsamic or flavored vinegar
- ✓ Salt-free seasonings, spices and dried herbs such as cinnamon, dill, oregano, rosemary, garlic powder, and onion powder

PEDIATRIC DIET PLAN

Talk to your doctor and dietitian about what to feed infants, children, and teens that are on dialysis. Children's food will need to be adjusted for their age and weight.

DO NOT HAVE THESE FOODS

These foods are **NOT** recommended for your **3-Day Emergency Diet**:

- ✓ Sport drinks and drinks with phosphate
- ✓ Powdered drink mixes
- ✓ Bran
- ✓ Granola
- ✓ Cereal with dried fruits or nuts
- ✓ Heavy syrup, raisins, or dried fruit in canned fruit or fruit cups
- ✓ Dried beans such as pinto, navy, black, ranch style or kidney beans
- ✓ Potatoes
- ✓ Tomatoes



Kidney Community
Emergency Response



RESTRICT FLUID INTAKE

Using a fluid plan will help you avoid trouble with breathing and swelling. Speak to your - healthcare team about how much fluid you can have. -
Remember that all fruits and vegetables contain water. -

Tips to help reduce your thirst

- ✓ Suck on hard candy -
- ✓ Chew gum -
- ✓ Limit salt intake -
- ✓ Have a mix of sugar candy and unsweetened candy -
- ✓ Rinse your mouth out with mouthwash -

Resources

- [KCER 3-Day Emergency Diet \(English\)](#)
- [KCER 3-Day Emergency Diet \(Spanish\)](#)
- [National Kidney Foundation: Emergency Meal Planning for Patients on Dialysis](#)
- [CMS Emergency Preparedness for Facilities](#)
- [AAKP: Emergency Preparedness](#)
- [Network Weekly: Patient COVID-19 Resources](#)
- [Network Weekly: Patient COVID-19 Resources](#)

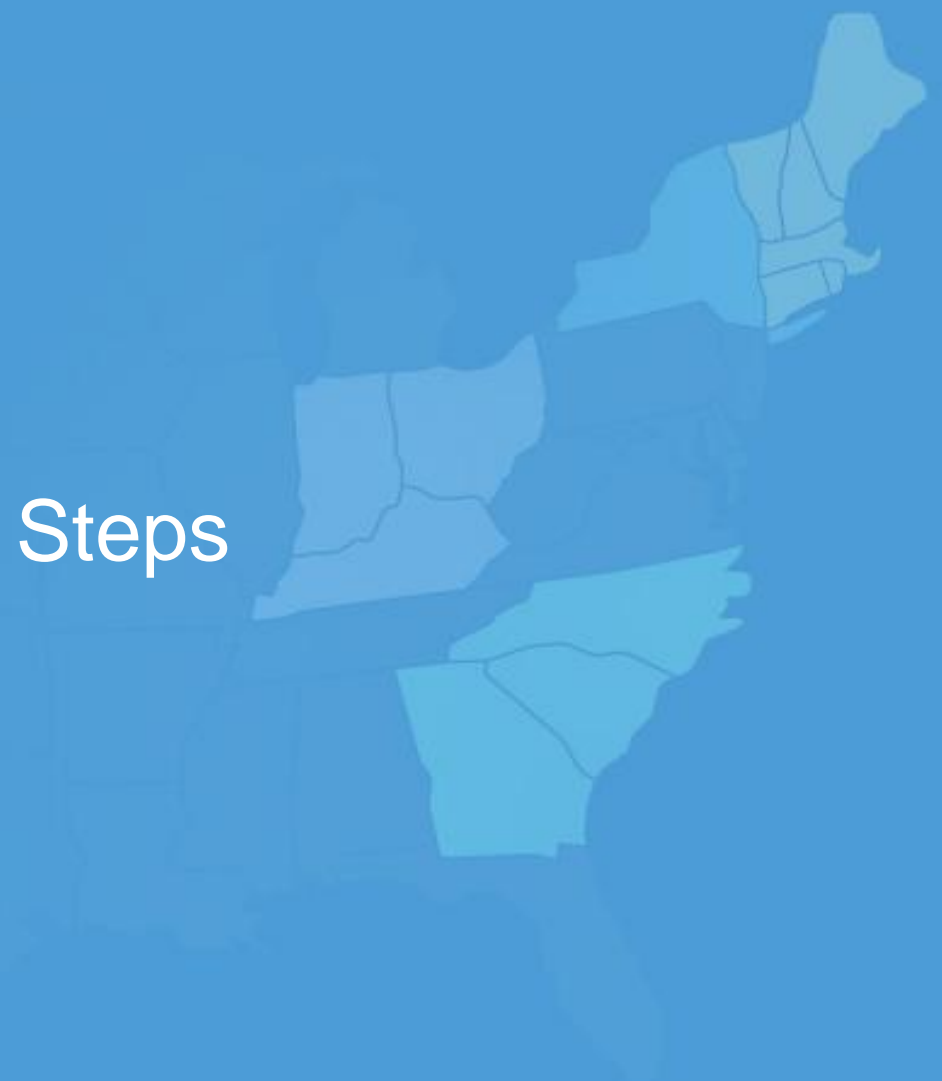
Sources

- [Fresenius Kidney Care: “Why your fluid intake matters on dialysis”](#)
- [Cleveland Clinic: Renal Diet Basics](#)
- [Nephcure Kidney International: Renal Diet](#)
- [KCER 3-Day Emergency Diet \(English\)](#)
- <https://blogs.davita.com/kidney-diet-tips/vitamins-minerals-kidney-disease/>

Questions or Comments?



Closing Remarks/Next Steps





Next Steps

- **Please complete the post-webinar survey to provide your feedback!**
- **Please note the slides and recording of this webinar will be made available after the presentation**
- **Look out more for e-mails about our upcoming patient webinar series**

Thank You!



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Corporate Headquarters
1979 Marcus Avenue
Lake Success, NY 11042-1072

<http://ipro.org>