



End-Stage Renal Disease  
Network Program

# Patient Facility Representative (PFR) Alliance Meeting

June 1, 2023



# Patient and Family Engagement Program Team



**Danielle Andrews, MPH, MSW, GCPH**  
Health Equities  
Specialist



**Shezeena Andiappen, MSW**  
Patient Services  
Coordinator



**Stephanie Cole, BA, PSM, QP**  
Project Manager:  
Community Outreach  
Coordinator



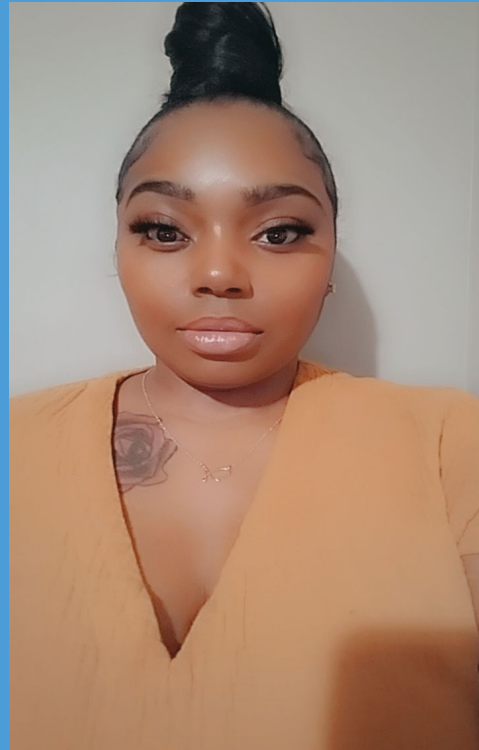
**Agata Roszkowski, LMSW**  
Patient Services Director

# Please Say Goodbye to our exiting member?



**Danielle Andrews,  
MPH, MSW, GCPH  
Health Equities Specialist**

# Please Welcome Our Newest Team Member!



**Aisha Edmondson**  
Contract Manager, Quality  
Improvement

# Today's Agenda



**Meeting  
Reminders**



**PFR Check-In**



**What is the Renal  
Diet?**



**ESRD Diet vs  
Diabetic Diet?**



**Share Your  
Thoughts**



**Closing  
Remarks**



# Meeting Reminders

- All phone lines are muted upon entry to eliminate background noise/distractions
- We will be monitoring Chat throughout the meeting for questions or comments
- All slides will be shared within a week of completion of the meeting



# Welcome to Our June Meeting!

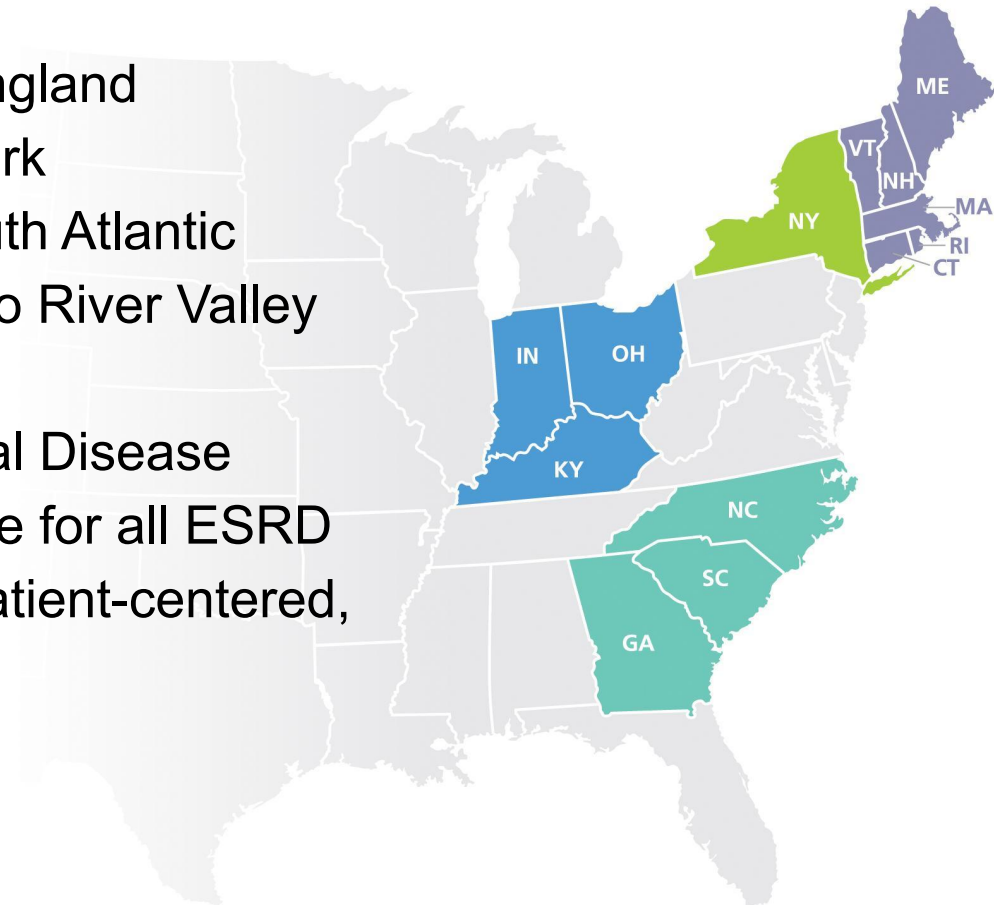


**Danielle Andrews,  
MPH, MSW, GCPH  
Health Equities Specialist**



# IPRO ESRD Network Program

- The IPRO End-Stage Renal Disease Network Program includes four ESRD Networks:
  - Network 1: ESRD Network of New England
  - Network 2: ESRD Network of New York
  - Network 6: ESRD Network of the South Atlantic
  - Network 9: ESRD Network of the Ohio River Valley
- The mission of the IPRO End-Stage Renal Disease Network Program is to promote healthcare for all ESRD patients that is safe, efficient, effective, patient-centered, timely, and equitable.







# Network Check-In

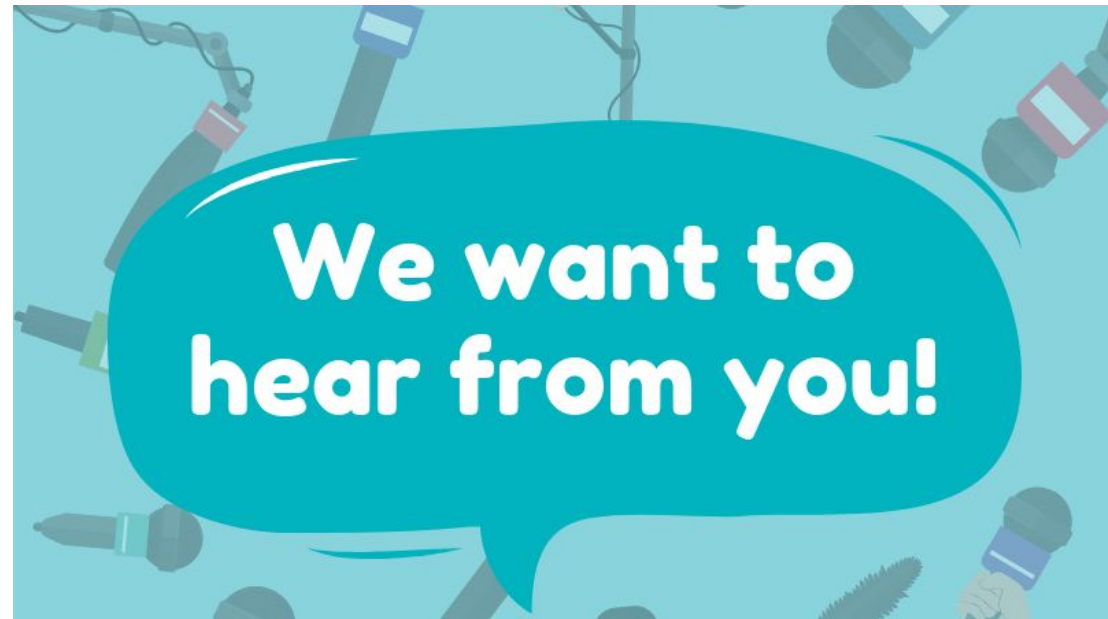
- **Which Network are you from?**
  - Network 1 (Connecticut, Massachusetts, Maine, New Hampshire, Rhode Island, Vermont)
  - Network 2 (New York)
  - Network 6 (North Carolina, South Carolina, Georgia)
  - Network 9 (Indiana, Kentucky, Ohio)





# Network Check-In

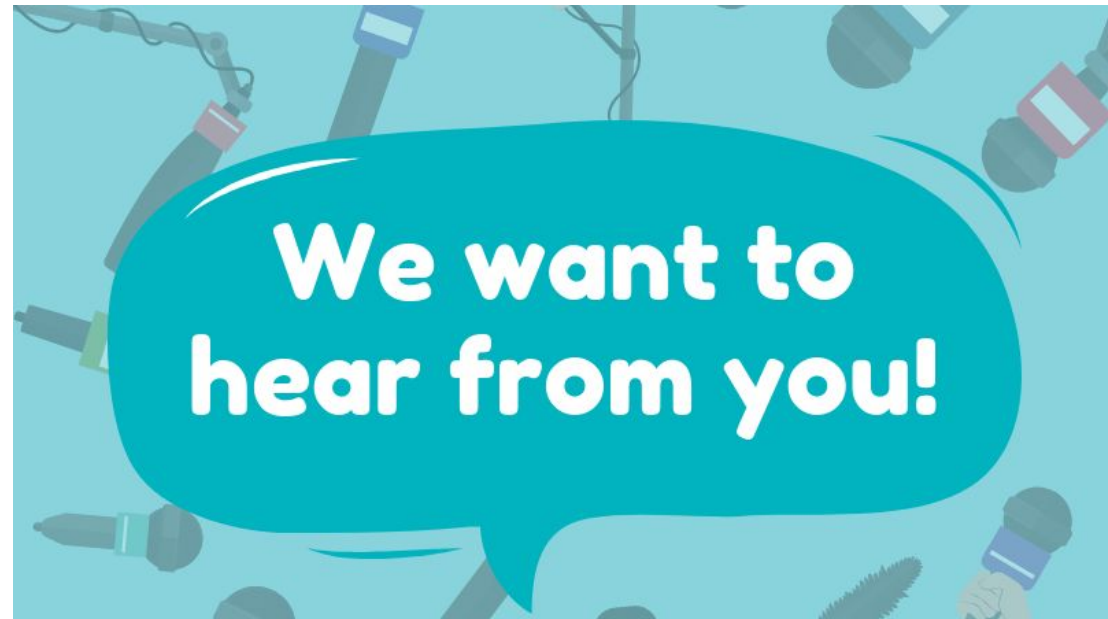
- **Do you know about the renal diet?**
  - Yes
  - No
  - Unsure





# Network Check-In

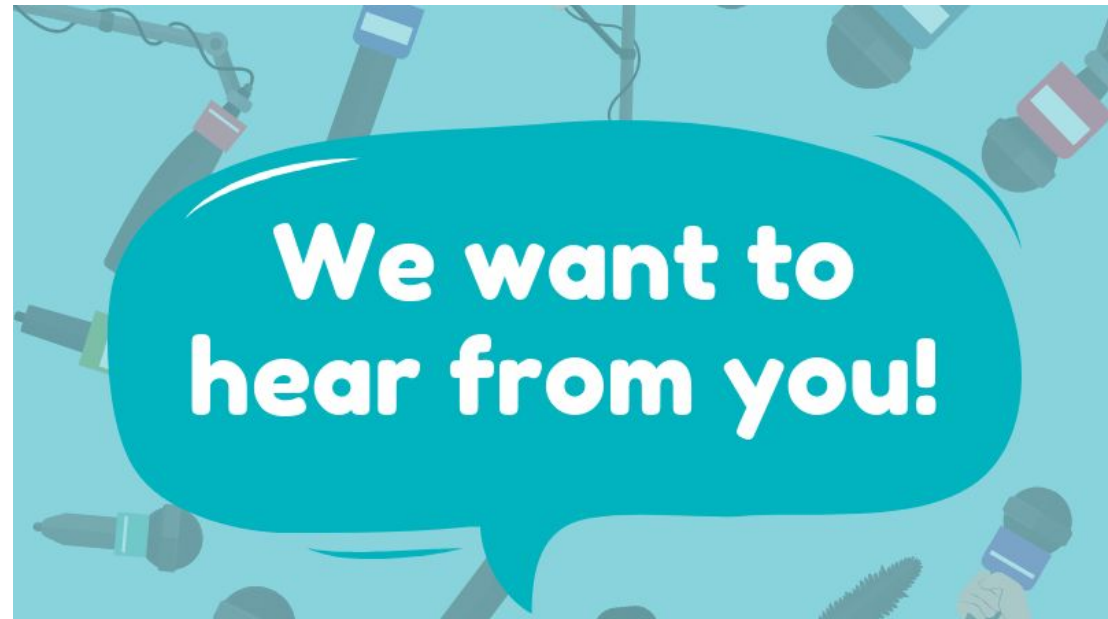
- **Does your facility have an active renal dietitian?**
  - Yes
  - No
  - Unsure





# Network Check-In

- **Have you spoken with your renal dietitian about how food can improve your quality of life?**
  - Yes
  - No
  - Unsure



**What is the renal diet?**



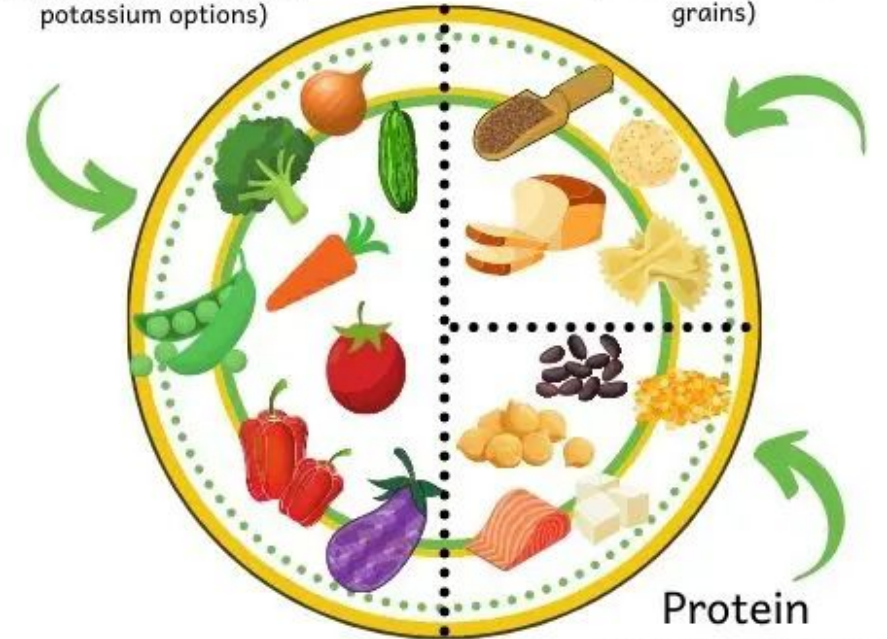
# Understanding the Renal Diet

- A renal diet is a diet aimed at keeping levels of fluids, electrolytes, and minerals balanced in the body in individuals with chronic kidney disease or who are on dialysis.
- Some patients may also need to limit potassium and calcium. Every person's body is different, therefore, each patient must work with a renal dietitian work to come up with a diet that is tailored to the patient's needs.

## Anatomy of a Kidney Friendly Meal

**Fruits & Veggies!**  
(may need to choose lower potassium options)

**Carbohydrate**  
(choose mostly whole grains)



**Protein**  
(plant proteins tend to be better for kidneys)



# Sodium and how it affects our body?

- **Sodium helps maintain normal blood pressure, supports the work of your nerves and muscles, and regulates your body's fluid balance (Mayo Clinic, 2021)**
  - Your body needs a small amount of sodium to regulate itself normally
- **Too much sodium in our diet can cause high blood pressure which damages our blood vessels over time and can lead to heart, and kidney complications, and cause body swelling (edema)**
- **Sodium is found in:**
  - Salt, processed foods, condiments, sauces, and snacks





# Foods with High Levels of Sodium

The American Kidney Fund noted these foods with a high sodium content:

- Chips, crackers, and dips
- Salami and cheeses
- Olives and pickles
- Ham, sausages, and bacon
- Brined turkey
- Stuffing/ Dressing
- Casseroles
- Biscuits, rolls and cornbread
- Gravy and other condiments
- Soups
- Baked Goods



# What is a Potassium

- Potassium helps your nerves function and your muscles to contract as well as helps your heartbeat stay regular.
- Potassium also helps move nutrients into cells and waste products out of cells and can help offset sodium's effect on blood pressure
- Too much potassium can cause hyperkalemia (high potassium buildup)
- Too little or too much potassium can cause muscle cramps, weakness, and irregular heartbeat





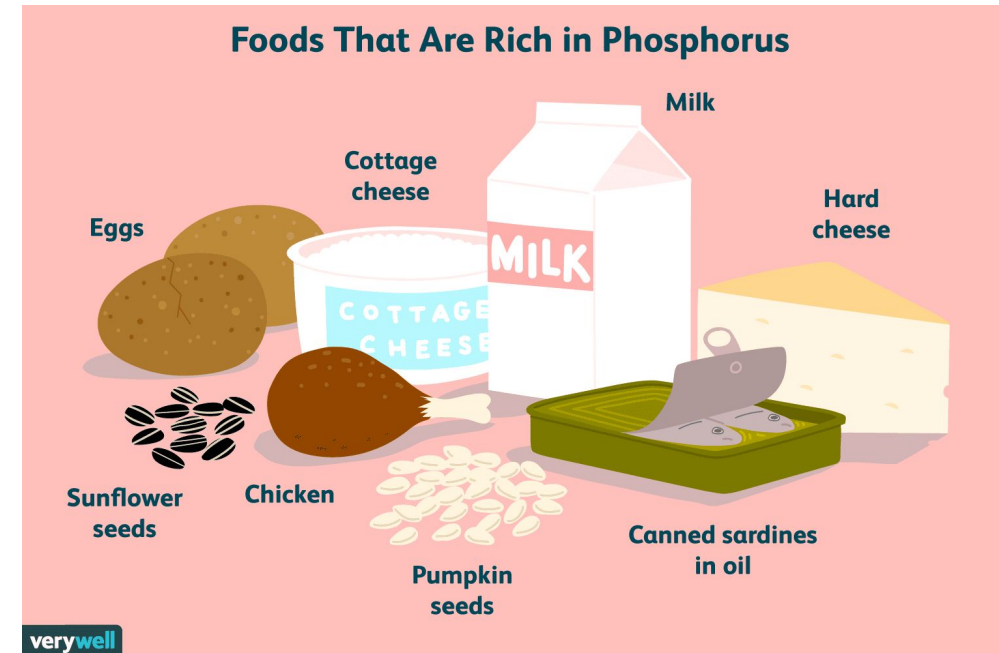
# Foods with High Levels of Potassium

The American Kidney Fund noted these foods with a high potassium content:

- Potatoes, sweet potatoes, yams and winter squash
- Pies (pumpkin, pecan, etc.)
- Fruitcake
- Vegetables: Spinach (other green veggies). Brussel sprouts, tomato sauce, artichokes, beets and okra.
- Fruits and Juice (orange, melons, avocado etc)

# What is Phosphorous?

- Phosphorus is a mineral that is found within your bones, similar to calcium phosphorus is utilized to help build strong and healthy bones
- Having high levels of phosphorus in our blood can cause bodily damage.
  - Extra phosphorus can cause the body to pull the calcium out of your bones making them weaker
  - In combination with high levels of calcium, it can lead to calcium deposits in blood vessels, lungs, eyes, and heart
    - Potentially increases a person's risk of a heart attack or stroke





# Foods with High Levels of Phosphorous

The American Kidney Fund noted these foods with a high phosphorus content:

- Dishes with nuts, including stuffing/dressing, salads, pies and cookies
- Beans
- Breads
- Cheeses
- Sauces made with a dairy base
- Puddings
- Chocolate candies and desserts
- Processed and packaged food

# What are Proteins?

- Proteins are complex molecules that are required for the structure, functions, and regulation of the body's tissues and organs (MedlinePlus, 2021)
- Removing protein waste is difficult and can cause build-up in the blood (without dialysis). However, once dialysis treatment starts some amino acids are removed during dialysis and a high-protein diet may be necessary
  - Our bodies make proteins from amino acids





# Foods with High Levels of Protein

The American Kidney Fund noted these foods with a high protein content:

- Turkey
- Chicken
- Duck
- Ham
- Roast beef
- Pork
- Fish
- Shellfish
- Bean dishes
- Nuts
- Eggs
- Cheese

# What are Carbohydrates?

Carbohydrates are the energy source for your body. When carbohydrates are consumed, the body turns them into glucose “the energy source of the cell”. In combination with insulin, cells utilize this energy to perform daily routine tasks to maintain a healthy balance.

- If Carbohydrates are consumed in excess it can raise blood sugar levels in individuals with diabetes
- Can cause an unbalanced diet or lead to weight gain





## Holiday Foods with High Levels of Carbohydrate

The American Kidney Fund noted these foods with a high Carbohydrates content:

- Rice, pilaf, noodles
- Potatoes
- Stuffing
- Breads
- Rolls
- Fruits
- Juices
- Desserts
- Corn
- Peas





# Understanding Fluid Intake

Healthy Kidneys help regulate sodium and fluid within the body

- In ESRD patients fluid can build up in your body between treatments. Too much fluid can cause high blood pressure, swelling, trouble breathing and potentially heart failure.

Tips from the American Kidney Fund to limit fluid intake and feelings of thirst:

- Chew gum
- Rinse your mouth without swallowing
- Suck on a piece of ice, mints or hard candy (Ice counts as fluid, and pick sugar-free candy if you have diabetes).
- Try sucking on a reusable ice cube. It feels cold, but doesn't add any fluid to your body.





# Diabetes Diet vs ESRD Diet

**About 1 in 3 American adults with diabetes also has CKD. The right diet helps your body function at its best, but figuring out what to eat can be a major challenge. What's good for you on one meal plan may not be good on the other.**

- **Diabetes Diet:** is a healthy eating plan that helps control blood sugar: lots of fruits, veggies, healthy fats, and lean protein; less salt, sugar, and foods high in refined carbs (cookies, crackers, and soda etc). Your individual carb goal is based on your age, activity level, and any medicines you take. Following your meal plan will help keep your blood sugar levels in your target range, which will also prevent more damage to your kidneys.

# A Conversation about Food & Kidneys





# Ingris Garcia

## Sr. Quality Improvement Specialist

Ingris Garcia is a bilingual registered dietitian nutritionist (RDN), New York State-certified dietitian nutritionist (CDN), certified professional in healthcare quality (CPHQ), and certified diabetes care and education specialist (CDCES) with a clinical background in medical nutrition therapy and community nutrition education. Ingris' work as an RDN in a 615-bed, specialty long-term care (LTC) and rehabilitation facility catering to individuals with chronic conditions and genetic disorders inspired her transition into the quality improvement (QI) sector to influence changes in patient care and support population health initiatives on a larger scale. Ms. Garcia currently contributes to our chronic disease management efforts and monthly QIN-QIO Newsletter.



**Email: [lgarcia@ipro.org](mailto:lgarcia@ipro.org)**

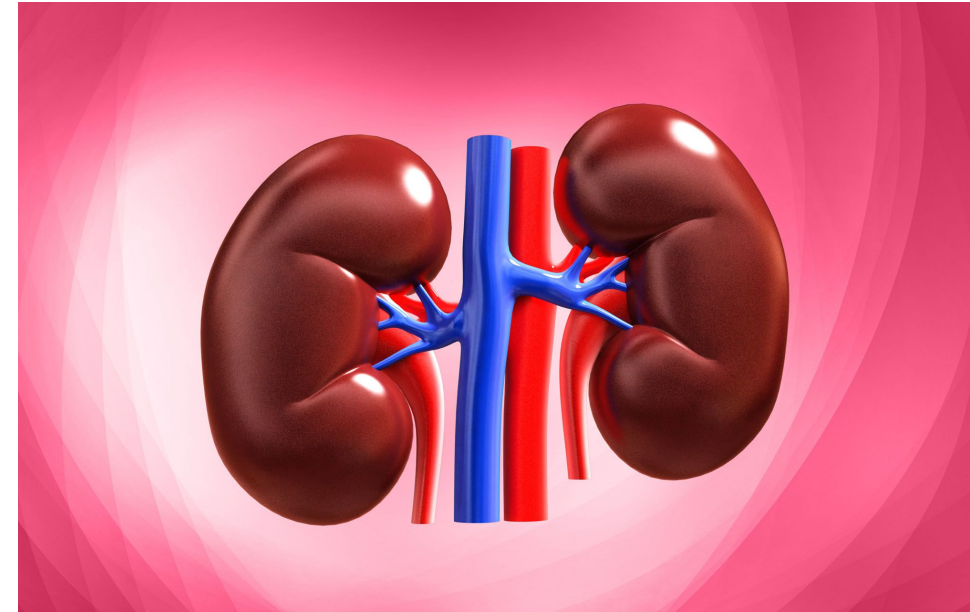


# Principal Activities of our Kidneys

1. To maintain the right amount of minerals in the body
2. To keep the right amount of water in the body
3. To remove wastes from the blood

## Why do the kidneys release hormones?

1. To control blood pressure
2. To help make red blood cells
3. Activate vitamins and balance minerals for healthy bones



***Why do we need to “mind our minerals”?***

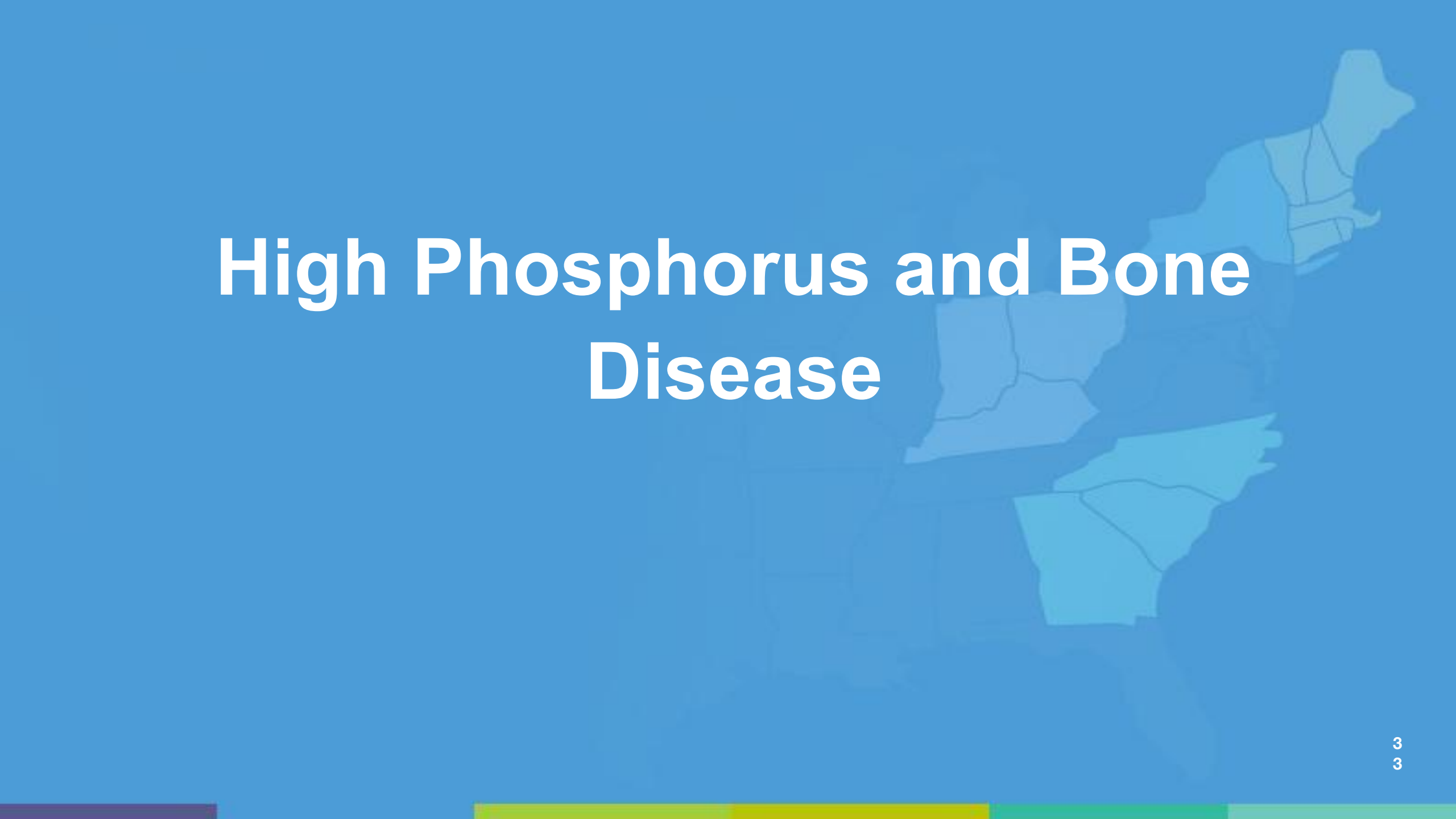
# Anemia

# High Potassium





# High Phosphorus and Bone Disease





# Fluid Accumulation



# Heart Disease

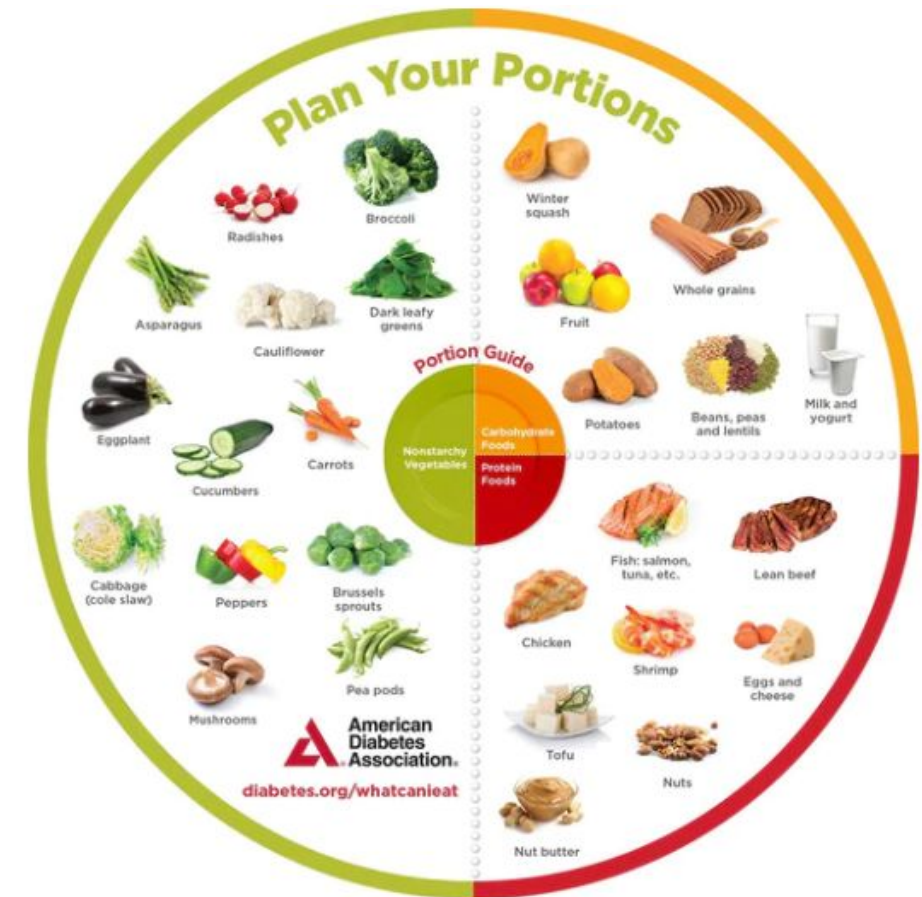


# Why do we need to mind our mineral?

Complications of Chronic Kidney Disease	Causes
<b>Anemia related to Kidney Disease</b>	<ul style="list-style-type: none"> <li>• Kidneys can't make red blood cell</li> </ul>
<b>High Potassium (Hyperkalemia)</b>	<ul style="list-style-type: none"> <li>• Kidneys can't keep the right amount of minerals like potassium, in the body</li> <li>• Kidneys can't remove wastes, like extra potassium, from the blood</li> </ul>
<b>High Phosphorus and Bone Disease (Hyperphosphatemia)</b>	<ul style="list-style-type: none"> <li>• Kidneys can't keep the right amount of minerals in the body</li> <li>• Kidneys can't activate vitamin D</li> <li>• Kidneys can't keep the amount of calcium and phosphorus balanced so bones get weak</li> </ul>
<b>Fluid Accumulation</b>	<ul style="list-style-type: none"> <li>• Kidneys can't keep the right amount of water in the body</li> <li>• Feet, ankles, hands and face can swell</li> <li>• Too much fluid can lead to heart and breathing problems</li> <li>• More blood volume can make blood pressure higher</li> </ul>
<b>Heart Disease</b>	<ul style="list-style-type: none"> <li>• Kidneys can't control blood pressure</li> <li>• CKD makes it hard for the kidneys to release hormones that regulate blood pressure.</li> <li>• This can make it hard for the kidneys to get enough blood and oxygen.</li> <li>• High blood pressure in the blood vessels of the kidneys and other body areas can damage the kidneys and other organs.</li> <li>• The heart has to work harder to pump enough blood for the kidneys and body. This causes heart damage and disease.</li> </ul>

# General Tips for Eating Healthy

- Balance Carbohydrate Choices
- Turn our Plate into a Color Wheel
- Eat Just Enough Protein
- Have Healthy Fats in Moderate Amounts
- Limit 3 Health Hurters-Added Salt, Sugar, and Saturated/Trans Fats
- Stay Hydrates
- Perfect our Portions
- Pace Ourselves



# Key Tips for the Best Portions



Food group	Kidney disease diet
Milk	4 oz or ½ cup
Milk substitute	4 oz or ½ cup
Pasta, rice, cereal	½ cup
Bread, whole grain	1 slice
Hotdog or hamburger bun	½ bun
Cooked legumes, beans	½ cup
Nuts	¼ cup or 1 oz
Seeds	2 tablespoons
Meats, protein foods	1 oz
Cooked vegetables	½ cup
Raw, fresh vegetables	1 cup
Canned fruit	½ cup
Fresh fruit	1 small or ½ large
Juices	4 oz or ½ cup
Oils, margarine	1 teaspoon

Know your diet needs for calories, fats, cholesterol, carbohydrates, protein, potassium, and phosphorus. Ask your kidney dietitian to help you. No single food will have all the nutrients at the levels you need, but a balanced diet from various foods will help you meet your needs.

# Key Tips for the Best Portions



## New Label

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
<b>Vitamin D</b> 2mcg 10%	
<b>Calcium</b> 260mg 20%	
<b>Iron</b> 8mg 45%	
<b>Potassium</b> 240mg 6%	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.


- 1 The serving size now appears in larger, bold font and some serving sizes have been updated.
- 2 Calories are now displayed in larger, bolder font.
- 3 Daily Values have been updated.
- 4 Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

Label protein	Meat serving
7 grams	1 oz
14 grams	2 oz
21 grams	3 oz

Ask your dietitian how much protein you need daily.

# Let's Eat!

**Planifica tus porciones**



**Guía de porciones**

■ Vegetales  
■ Granos  
■ Proteína  
■ Frutas

Utilice un plato más pequeño. Como referencia, este es un plato de 9 pulgadas.  
 9 pulgadas

Agua o bebidas sin calorías

**American Diabetes Association.**  
 © 2017 American Diabetes Association



Use these pictures to estimate portion size of foods you eat. These tools can serve as a good guide, but may not be exact enough for dosing insulin.

Your fist is a handy tool that is always with you. Place your fist on these outlines to see how it compares to a measuring cup.

This fist = 1 cup

PLACE YOUR FIST HERE TO COMPARE

This fist = 1 1/2 cups

PLACE YOUR FIST HERE TO COMPARE

My fist = \_\_\_\_ cups

1 oz  
A serving of 23 almonds is about 1 ounce and about 170 calories.

2 1/2 inches

COMPARE YOUR PIECE OF FRUIT TO THIS APPLE TO ESTIMATE THE CALORIES AND CARBOHYDRATES.

A "small" piece of fruit is about 2 1/2 inches in diameter and will be about 50 calories and 75 grams of carbohydrate.

1 tsp

1 Tbsp

HOW DOES THIS COMPARE TO HOW MUCH YOU USE IN COOKING?  
One teaspoon of olive oil goes a long way.

HOW DOES YOUR PORTION COMPARE?  
Solid dressing: Two tablespoons are the standard serving size if you want to cut calories, so limit.



Ask for the dressing on the side and dip your fork in instead of pouring the dressing on your salad.

**NOTE:** Eat fats low high in calories to keep the portion size small. One 1/2 tablespoon is most cases.



**EAT OFTEN**

- Oil-based salad dressing: vinaigrette, oil and vinegar
- Oil: olive, olive, sunflower, peanut
- Trans-fat-free spreads
- Avocado, olive, nut, peanut or almond butter

**SOMETIMES**

- Low-fat creamy salad dressing like light ranch
- Oil: canola, vegetable, safflower, sesame
- Margarine

**LIMIT**

- Full-fat creamy salad dressing like ranch or blue cheese
- Butter, marg, coconut oil
- Margarine
- Cream



# Questions to Help Accomplish our Healthy Eating Goals

- **What foods am I going to eat and drink together?**
- **How much do I need to serve myself?**
- **How will this food be prepared and seasoned?**
- **What else am I going to eat and drink today?**
- **How much am I going to eat now and/ or later?**
- **How often do I eat these foods?**

# Questions? Comments?



# Next Steps



**Danielle Andrews,  
MPH, MSW, GCPH  
Health Equities Specialist**



# Patient Virtual Support Group

**Join the Network in our virtual monthly patient support group!**

- We want to understand your thoughts and experiences as an ESRD patient or caregiver
- Let us know what could have been done better, and what is working for you
- Use our [Support Group Tips Resource!](#)

**Every 4th Wednesday of the month at 5:00pm ET**

- Meeting Link:  
<https://ipro.webex.com/ipro/j.php?MTID=m6de0a2dc11398746344a8dc525b9e7eb>
- Call-In: 1-855-797-9485
- Access Code: 616 535 334





# Next Steps

- **Follow** us on social media!
- **Join** the PFR Alliance Facebook Group  
<https://www.facebook.com/groups/ipropralliance>
- **Create** your IPRO Learn Account <https://esrd.iprolearn.org/login/index.php/>
- **Save the Date:** July 6, 2022
- **Participate** in a call with Network staff and CMS to share your experience as a PFR, address issues impacting your facility and peers, and offer recommendations on how to improve patient care - volunteers needed each month!
- **Become** a Peer Mentor:
  - Understand the steps <https://esrd.ipro.org/patients-family/pfe/peer-mentoring/>
  - Register online: <https://redcap.ipro.org/surveys/?s=CJMXNF9DNR>
  - Have questions?
    - Review the Frequently Asked Questions resource  
<https://esrdncc.org/globalassets/peer-mentoring-operational-toolkit/14pmlmsfaq508.pdf>
    - Contact Danielle Andrews at 516-209-5549



# Follow Us on Social Media



- [IPRO ESRD Network Program's Facebook Page](#)
- [IPRO ESRD Patient Facility Representative \(PFR\) Alliance Group](#)



- [IPRO ESRD Network Program's Twitter Page](#)



- [IPRO ESRD Network Program's LinkedIn Page](#)



- [IPRO ESRD Network Program's Instagram](#)

# Questions? Comments?





# Thank you for your ongoing commitment to the ESRD community!

## For more information, contact:

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