

EXCLUSIVE 1-CEU WEBINAR PRESENTATION

HEALTHIER KIDNEYS THROUGH YOUR KITCHEN

Earlier Nutrition Intervention
for Chronic Kidney Disease

October 19, 2021
2-3 pm ET

PRESENTED BY
Rebecca Schlueter, RD, LD



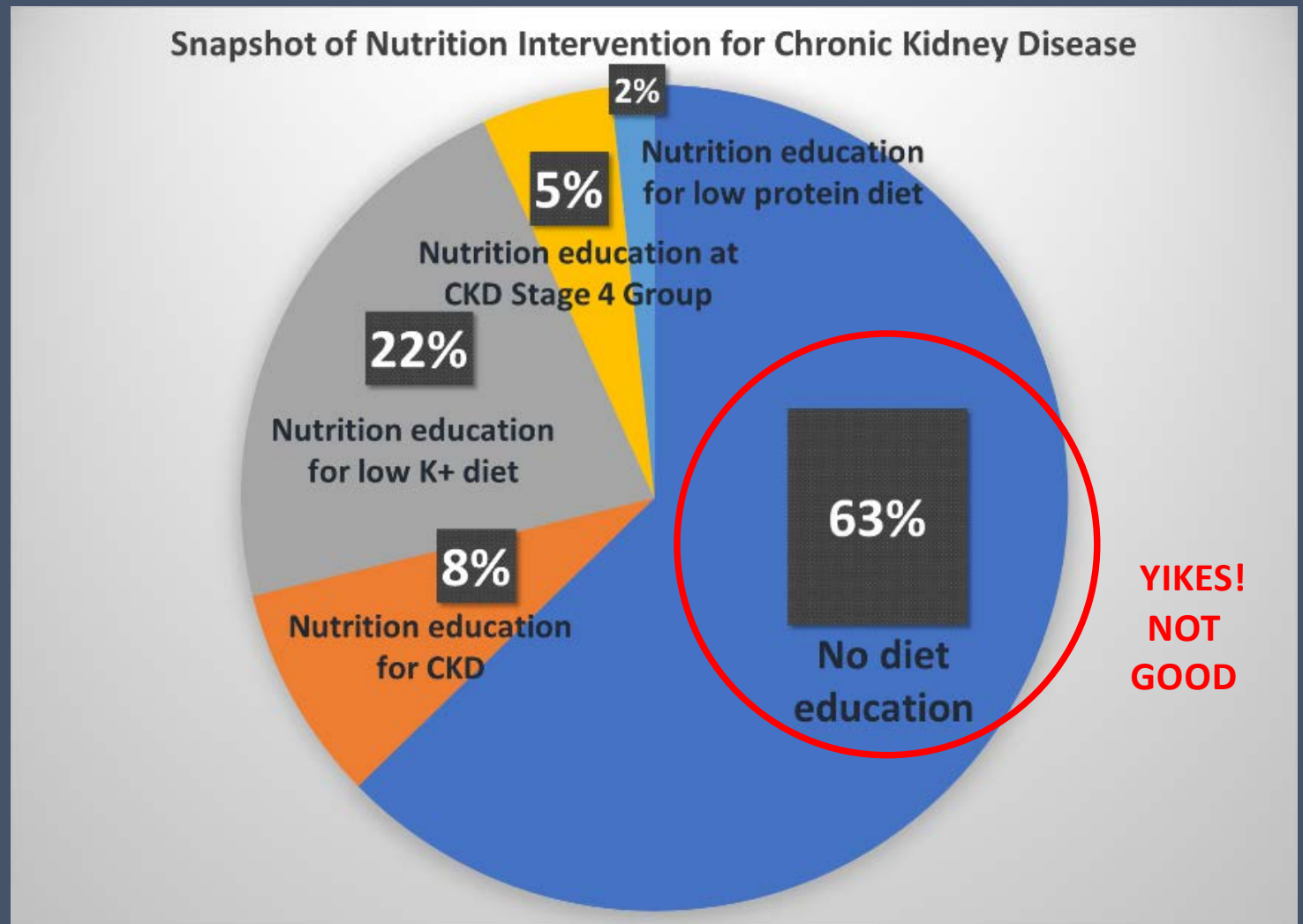
Learning Objectives

1. Understand the importance of and make recommendations for early nutrition interventions for patients with Chronic Kidney Disease (CKD).
2. Implement a cooking-based renal nutrition class in your practice.
3. Collaborate with primary care physicians, nephrologists, and health care professionals to encourage Registered Dietitian (RD) referrals and emphasize the impactful role RDs can play on the care team.

Nutrition Intervention at Early CKD Stages

Why Does This Matter?

Background: *Education*



Data obtained from sample Lexington Primary Care Team in 2017 via RD chart review

Background: *Earlier Intervention*

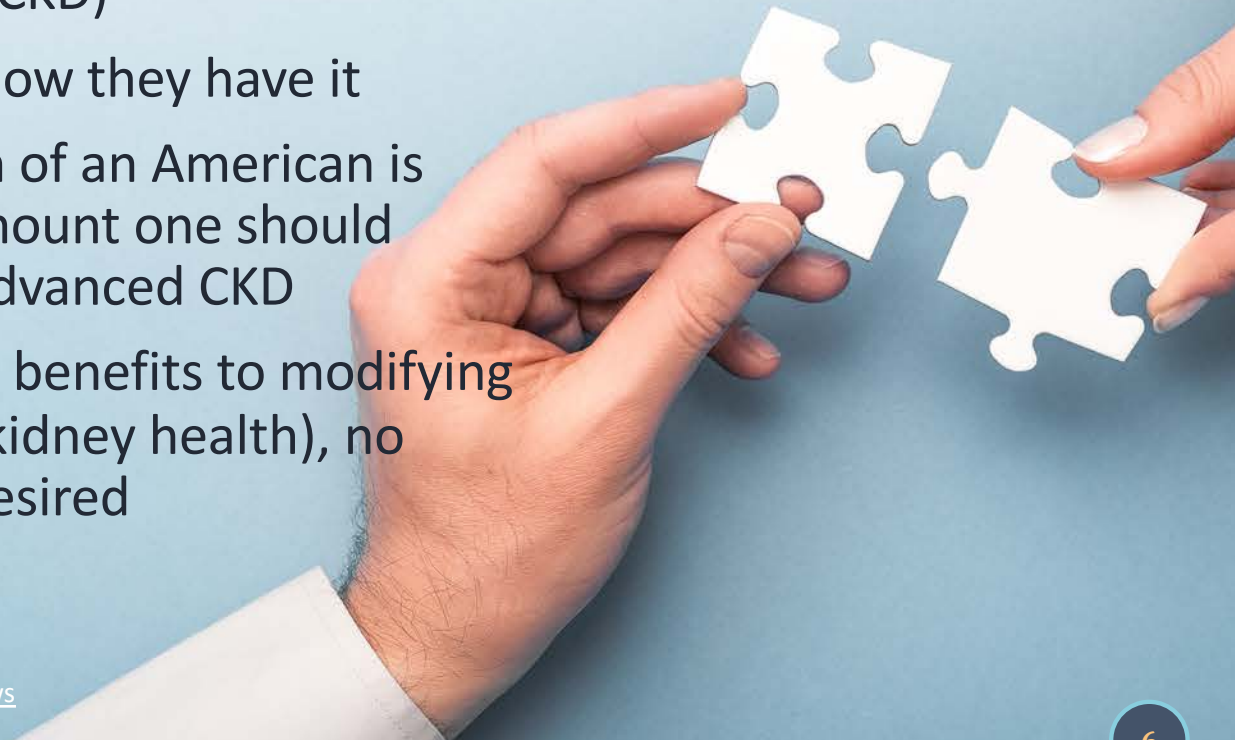
The need for earlier nutrition intervention for patients with CKD prompted the Lexington, KY Veterans Administration (VA) to develop the *Healthier Kidneys Through Your Kitchen* program, which focuses on:

- The stages of CKD and lifestyle changes that slow progression
- Teaches patients how to monitor protein intake
- Explains the importance of controlling blood pressure and sugar levels
- Medical Nutrition Therapy, including behavior change counseling
- Role of the RD – not only in patient's care but as critical members of the care team.

Knowledge Gap

- According to the National Kidney Foundation, in the United States, 37 million adults are estimated to have chronic kidney disease (CKD)
- Approximately 90% do not know they have it
- Average protein consumption of an American is double the recommended amount one should consume with moderate to advanced CKD
- If unaware of having CKD and benefits to modifying diet and lifestyle (specific to kidney health), no chance to make changes, if desired
- “If I’d only known sooner...”

National Kidney Foundation. <https://www.kidney.org/news>



Evaluation & Analysis

Prior to attending the class:

- **69%** of Veteran attendees did not know that **uncontrolled diabetes** can lead to kidney failure
- **54%** of Veteran attendees did not know that **uncontrolled blood pressure** can lead to kidney failure
- **99%** of Veteran attendees - **all but one Veteran** - said they would encourage other Veterans with kidney disease to attend the program

Survey data gathered from Lexington, KY, Healthier Kidneys cohort.

Role of the RD

Registered Dietitians have a unique skill set:

- Fluent in MNT, including education, behavior change counseling, and motivational interviewing
- This helps manage complications of CKD and may slow the disease's progression
- MNT has been shown to lower A1c by as much as 2 points with even just one visit to an RD¹



1. American Diabetes Association Standards of Care 2018

Class Implementation

Putting the Program in Place

Identifying Patients: *A Process*

1. Target audience are those in stage 3 (GFR 30-59) CKD for each Primary Care Team
2. Contact and offer participation via a phone call, secure message (encrypted email), or letter
3. An RD (in a Renal Clinic or any type of practice) can refer current patients or others who are in stage 3
4. Encourage Primary Care Providers and Nephrologists to refer



Class

- Explains CKD stages and lifestyle changes that slow progression
- Teaches monitoring protein intake
- Focuses on controlling blood pressure and sugar levels
- Includes a healthy teaching kitchen cooking demonstration

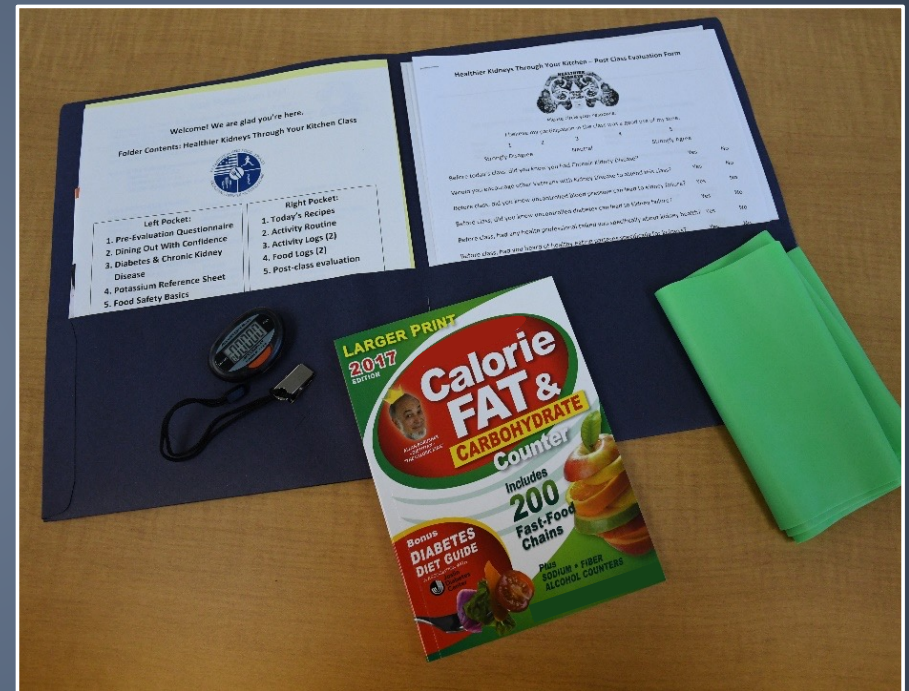
RD's role:

- Medical nutrition therapy
- Cooking presentation
- Behavior change counseling
- Motivational interviewing



Class Handouts: *Resources*

- Stretch latex resistance bands
- Pedometer
- Calorie Information/restaurant guidebooks
- Food safety handout
- Kidney-friendly recipes
- High- and low-potassium handout
- Test Your Knowledge quiz
- How to talk to your provider about CKD prompt sheet



Healthy Teaching Kitchen

An Central Component of the Healthier Kidneys Program

What is a Healthy Teaching Kitchen?



Format: hands-on or demonstration, face to face and virtual



Frequency: classes are offered as single or a series of 4-12 classes



Purpose: bridges the gap between talking about making healthy food choices and making them happen at home



Experience: participants taste test new recipes, learn that healthy food can taste good and be easy to make



Effect: build confidence for healthy home cooking

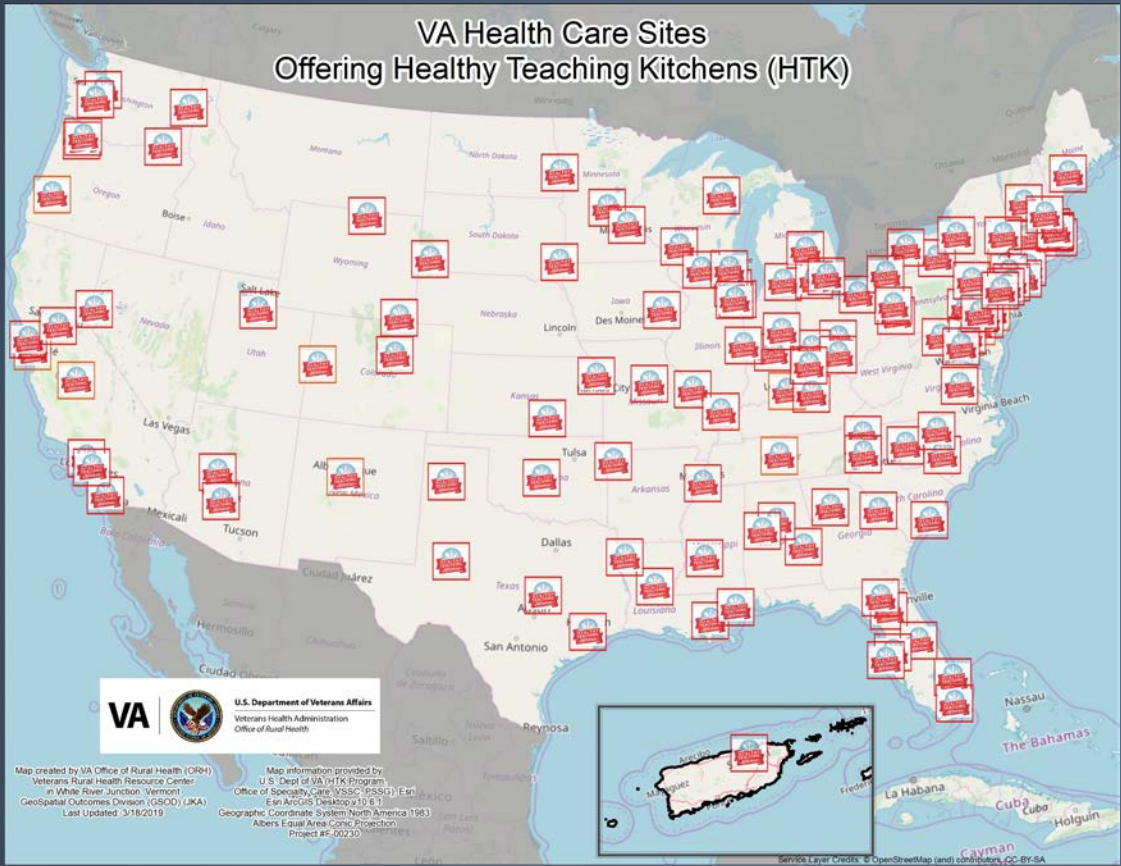


Includes: budgeting, grocery shopping, label reading, meal planning, storage, safety, food prep, at-home culinary skills and techniques, etc.

Program Modalities

- Group class with cooking /food preparation demo using a HTK
 - RD does demonstration for all to view during class and/or
 - Patients have ability to participate in the food prep as part of the demo
- Group class with no Healthy Teaching kitchen
- Virtual video with HTK cooking demo or a simple explanation
- No group class – a promotional/marketing effort to increase individual MNT referrals

Research shows benefit of individual counseling: Medical Nutrition Therapy for Chronic Kidney Disease Improves Biomarkers and Slows Time to Dialysis.
<https://doi.org/10.1053/J.JRN.2015.08.002>



VA HTKs Nationwide

Map created by VA Office of Rural Health (ORH), Veterans Rural Health Resource Center.

Mobile Food Cart

- Includes stove top and convection oven
- Can make recipes “skillet friendly” in lieu of an oven
- If no cart, can use no-cook recipes
- Many are doing this now with COVID precautions
 - Reduces time of class
 - “Grab & Go” focus
 - No eating in class
- Class could be done without HTK component





Virtual

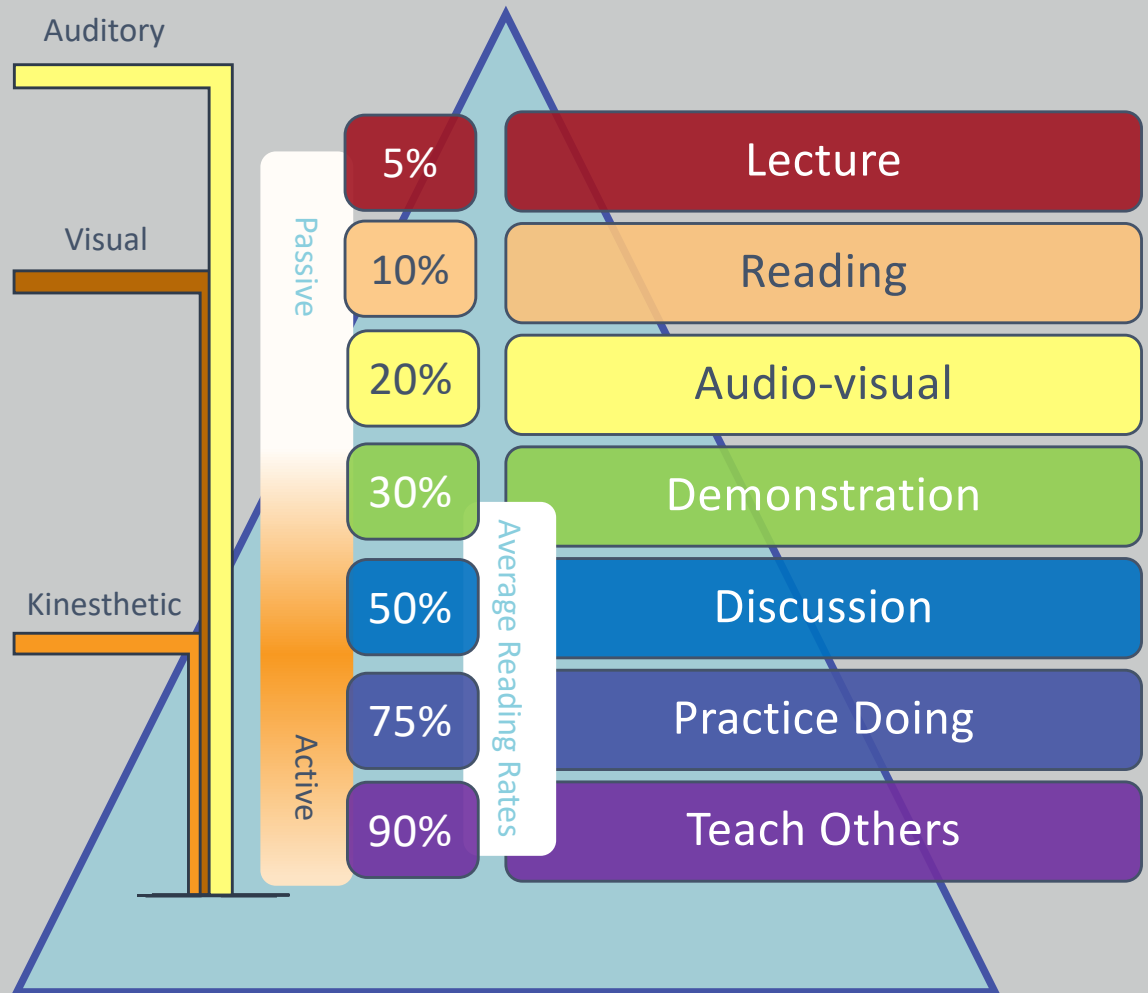


Face to Face

Teaching Modalities

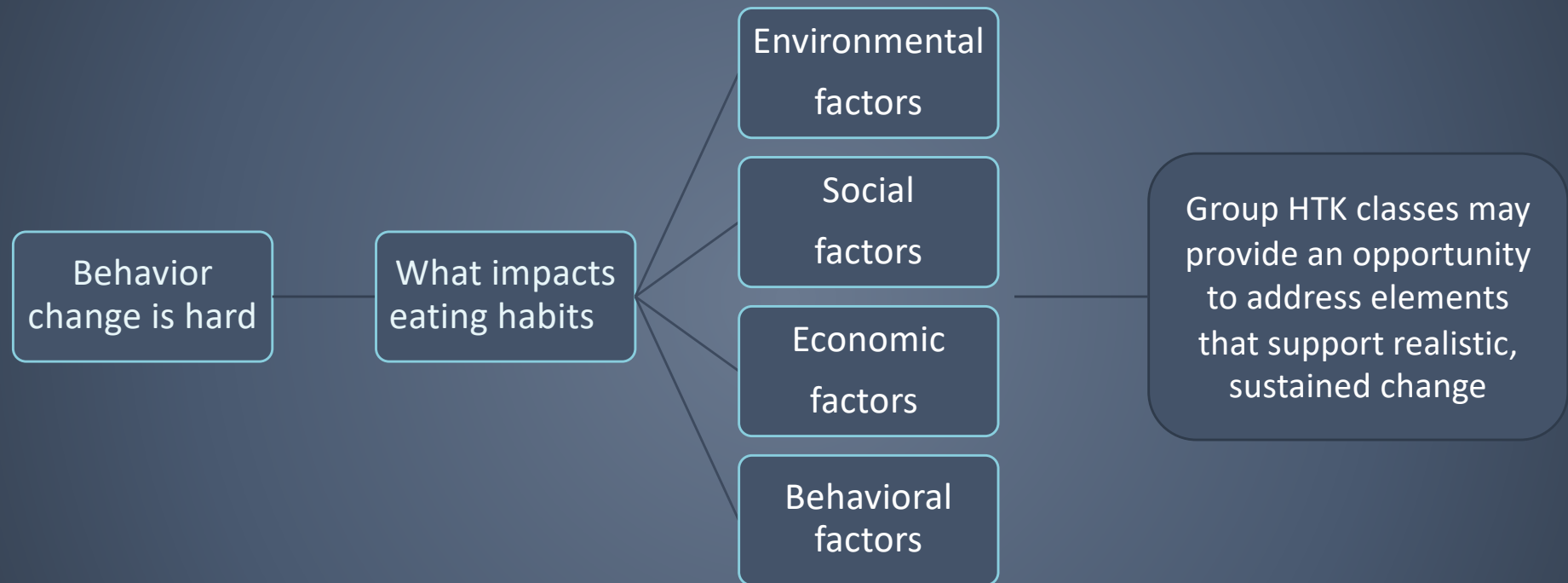
Interactive Learning Equals Higher Retention

- Combined learning modalities are more effective
- HTK helps participants put nutrition education into practice in their daily lives
- Getting the participants in the kitchen and actively preparing food reveals barriers and brings about constructive discussion regarding food preparation and choices



Adapted from the NTL Institute of Applied Behavioral Science Learning Pyramid

Nutrition Education for Sustained Behavior Change



How HTKs Support Behavior Change



Cooking Self-Efficacy

- Hands-on practice or viewing
- Taste testing
- Recipe education
- Culinary strategy

Nutrition Education

- Label reading
- Meal planning
- Budgeting
- Grocery shopping

Whole Health

- Social connection
- Eating enjoyment
- Confidence
- Fun
- Therapeutic Alliance

Patients with CKD3: *Benefits of HTKs*

- Makes the renal diet more manageable
- Focus on what patients **can** eat vs. what they cannot
- Provides support with culinary strategy to build meals with variety and balance to their liking
- Experiential learning = increased retention
- Frequent encounters with a dietitian for questions and discussion
- Provides community/peer support to discuss successes and challenges



Healthier Kidneys Through Your Kitchen

The Program's Impact

A Renal HTK Class: *Take Aways*

Instructor Feedback:

- "This program is changing Veterans' lives by empowering them with the knowledge and motivation to make lifestyle changes to slow their chronic kidney disease progression."
- "Building awareness for earlier nutrition intervention for CKD is improving the quality of life for our much-deserving Veterans by helping them delay or prevent dialysis."

Opportunities:

- Expand single class to a series of classes to support additional education and experiential learning and comprehension
- Focus on PLADO (Plant Dominated Low Protein Diet): focus on plant dominated diet and increase general cooking and nutrition education

Expansion to Six Class HTK Renal Series

Group of 25 dietitians (renal and HTK) worked together over ~ 1 year to create a six-class curriculum including education handouts, recipes, and class outlines

- Class 1: Intro to HTK and CKD Diet Overview
- Class 2: Nutrition Basics for CKD
- Class 3: Sodium and Blood Pressure
- Class 4: Protein and Plant Based Diet
- Class 5: Fruits and Vegetables
- Class 6: Meal Planning



Post Class Evaluation Form

Please circle your response.

I believe my participation in the class was a good use of my time.

1	2	3	4	5
Strongly Disagree		Neutral		Strongly Agree

Before today's class, did you know you had Chronic Kidney Disease? Yes No

Would you encourage other Veterans with Kidney Disease to attend this class? Yes No

Before class, did you know uncontrolled blood pressure can lead to kidney failure? Yes No

Before class, did you know uncontrolled diabetes can lead to kidney failure? Yes No

Before class, had any health professional talked you specifically about kidney health? Yes No

Before class, had you heard of healthy eating patterns specifically for kidneys? Yes No

If any, what nutrition or lifestyle change(s) do you anticipate making to slow the progression of CKD?

What changes/improvements can we do to make the program better? Please share any additional comments about your experience with this class.

The Program's Impact

- Prior to the program initiation, a Lexington VA primary care team sample showed only **37%** of Veterans with CKD had nutrition intervention from a registered dietitian
- Since the program initiation, that percentage rose to **65%**
- **Awareness** about CKD and the importance of talking about it with patients has been **one of the most significant impacts** of the program

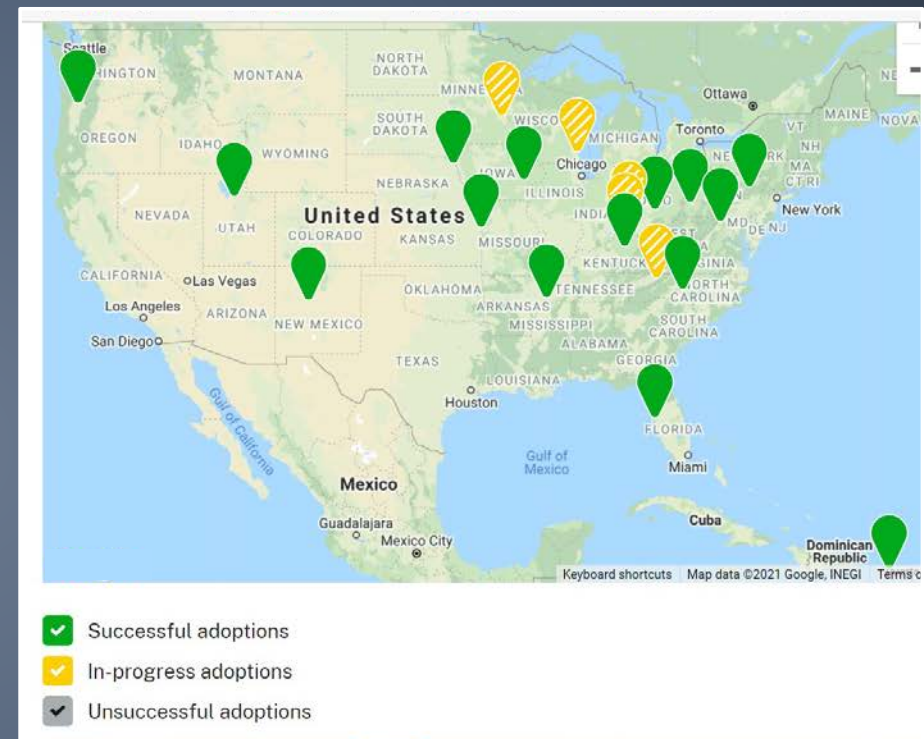
Data from the Lexington, KY, VA Health Care System

The Program's Impact: *Patient Feedback*



The Program's Impact

- To date **400+** Veterans – and some spouses/caregivers – have participated
- Most are **“very willing”** to schedule a nutrition appointment after class
- This indicates motivation by Veterans to learn more about CKD and set health goals
- Veterans and their caregivers can better navigate grocery stores and cookbooks with **the help of RDs**



Starting Your Program

Foundations for Success



“Be firm on the **mission**, flexible on the details.”









Earlier nutrition intervention for CKD.



You decide how to make the earlier intervention happen that works for your role/practice.

How To Get Started: *Incorporate Teaching Kitchens into Your Practice*

-  Use a simple assembly recipe to show how to put together a meal and offer taste test
-  Share printed recipes
-  Post recipes and nutrition tips on a cork board in your office area or on social media
-  Set up a demo station in a high traffic area in your workspace to promote participation
-  Virtual classes for cooking/recipe demonstration
-  Cook-along virtual or face to face classes

Collaboration is Key

Create and Nurture Your Support System



The Earlier the Better

- Encourage PCPs, nephrologists, and others on the care team to refer to RDs as soon as **any** kidney damage is identified
- RDs who are consulted to see patients for other conditions (diabetes, general weight loss, lipids, etc.) should closely evaluate renal lab values and start the conversation about kidney health and potential renal complications
- Use new strategies to inspire behavior change, including interactive learning through healthy teaching kitchens and physical activity breaks

Lessons: *Sharing with Other Providers to Market the Program*

- Patients are eager to learn more about CKD
- Many did not know they had CKD
- Medication is often the initial response to control blood pressure/sugar (don't think of nutrition changes)
- Communication about CKD and lab data interpretation could be improved
- They're grateful for an "eye-opening" program like this one



A young woman with long brown hair, wearing a light-colored top, is sitting at a desk and looking at a laptop. An elderly man with white hair, wearing a light-colored sweater, is sitting next to her, also looking at the laptop. They appear to be in a professional or educational setting, possibly a classroom or office. The background is slightly blurred, showing a window with some light coming through.

Solutions: *Partnering with Other Health Care Professionals for Referrals*

- Encourage providers to have candid conversations with patients – and all patients at risk! – about CKD
- Promote the RD's role – show the evidence
- Present at provider meetings to explain the need and encourage referrals
- Stay up-to-date on renal nutrition research and promote evidenced-based care related to MNT to nephrologists, primary care physicians, endocrinologists, and fellow RDs



Solutions: *Team Up with Other RDs*

- Promote programs like this one to “non-Renal” RDs to help them gain confidence working with CKD population
- Encourage others to review renal labs even if the referral is not specifically for CKD
- Discuss renal lab values with patients and encourage them to ask their provider for more details
- Speak at regional dietitian meetings and with others in your network to heighten awareness of CKD prevalence and the need for earlier intervention
- March is National Nutrition Month and National Kidney Month – use that to your advantage to market the RD’s role on the CKD care team

A VA Health Care Innovation: Healthier Kidneys Through Your Kitchen—Earlier Nutrition Intervention for Chronic Kidney Disease

*Rebecca Schlueter, RD, LD, Brittany Calhoun, RD, LD,
Erin Harned, RD, LD, CNSC, and Suzanne Gore, MS, RD,
LD*

ABSTRACT: To provide earlier nutrition intervention for chronic kidney disease (CKD), Veterans Administration (VA) Registered Dietitians (RDs) developed Healthier Kidneys Through Your Kitchen. In this program, Veterans with stage 3 CKD are identified and offered participation in a one-time class that explains CKD stages, nutrition, and physical activity to slow progression of CKD. Veterans learn about monitoring dietary protein and sodium and the importance of blood pressure and glucose control. Weight and waist circumference are measured. Participants enjoy a Healthy Teaching Kitchen demonstration where RDs prepare tasting recipes. Veterans are encouraged to meet with the RD for medical nutrition therapy, behavior change counseling, motivational interviewing, review of individual kidney laboratory values, and exercise recommendations. A postclass evaluation revealed important knowledge gaps: one-third were unaware that uncontrolled blood pressure and uncontrolled diabetes lead to kidney failure. This program is currently implemented in 14 VA clinics and has reached over 400 Veterans.

Promoting Change

Tips for Successful Innovations

Encouraging Innovation

- Continuously ask “How can we do this better?”
- Front-line employees know the job best; help them voice solutions to problems
- Support new ideas by creating a variety of opportunities and platforms for people to express themselves
- Ask for help! You don’t know everything, and you don’t need to (that's ok!)
- Be willing to fail and learn from those failures





FIRST



ATTEMPT



IN



LEARNING

You may need to pivot your approach to get your program off the ground.

Leading A New Process: *Keys to Program Adoption*

- Identify early adopters
- Create timelines, delegate tasks, have a plan to ensure you have enough committed members
- Stay in continuous communication and be sure to close the loop upon program completion
- Identify barriers early and tackle them head on
- Be open to modifying your plan as long as you don't stray too far from your initial motivation and/or original goals
- Have your skills at the ready:
 - Confidence
 - Passion
 - Enthusiasm
 - Energy
 - Optimism
 - Communication
 - Good listening
 - Ambition

Leading Change

- Evaluate and recognize your personal strengths and weaknesses
- Seek others with opposite skill sets to make a successful team
- Celebrate wins on your own and with teammates
- Problem-solve challenges



Leading Change

- Go beyond email: visit offices, make a phone call, or set up a video conference
- Know your audience
- Market yourself and your ideas in order to get others on board
- Practice! Do your pitch to yourself in the mirror, aloud in your car, or to a trusted friend/co-worker
- Record your pitch so you can improve
- Repetition is key: some need to hear something several times and a in a few different ways before it sticks

Resources: *Access for the Public*

VA HTK YouTube Channel:

https://youtube.com/playlist?list=PL3AQ_JVoBEywA0DxUr5WalEVR6iGcnjYf

VA Recipe Library: <https://www.nutrition.va.gov/Recipes.asp>

VA Healthier Kidneys Through Your Kitchen¹ (from the Journal of Renal Nutrition):

<https://www.sciencedirect.com/science/article/pii/S1051227620302715>

1. Published by Elsevier Inc. on behalf of the National Kidney Foundation, Inc. 1051-2276/\$36.00 <https://doi.org/10.1053/j.jrn.2020.11.001> Journal of Renal Nutrition, Vol 31, No 1 (January), 2021: pp 35-38

Questions?

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PRESENTED BY

Kate Scarlata, MPH, RDN, LDN

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