

# Renal Dietitians Practice Group

## Annual Report 2013-2014



## Overview

There were many initiatives implemented in 2013-2014 that helped improve the Renal Practice Group's (RPG's) communication with membership. Some of these things were visible to our members like the t shirts and matching zip-up jackets the Executive Committee wore at FNCE 2013 or the inclusion of original scientific articles and a Patient Education handout in each issue of the "Renal Nutrition Forum". Other things were not as obvious, such a continuing to update our website and realigning reporting relationships of Executive Committee (EC) members based on their functions. Measures were taken to ensure that all materials produced are consistent with established clinical data bases and between related publications. RPG maintained our commitment to registered dietitians in Nephrology Care by adhering to our mission statement, our five year strategic plan, and our guiding principles. RPG continues to be committed to providing the resources our members need to succeed in the constantly changing nephrology environment.

### RPG Strategic Plan

**Mission:** Empowering members to be the nation's leaders in nephrology nutrition.

**Vision:** RPG members are a valued source of expertise in nephrology nutrition.

### Goals:

1. To be a premiere source of nephrology nutrition.
  - a. Provide relevant clinical resources, valued initiatives and programs to engage a diverse membership.
  - b. Enhance and promote the development of innovative resources for membership.
  - c. Support members in professional development endeavors and career ladder progression.
2. Adapt and respond to current and future societal trends impacting the nephrology community.
  - a. Embrace new technologies for communication and education.

- b. Provide resources to encompass changing societal demographics and improve our memberships cultural and behavior change competencies.
3. Promote advocacy of nephrology nutrition issues.
  - a. Advocate for nephrology nutrition in legislative, regulatory, and reimbursement issues.
  - b. Support research and resources impacting nephrology nutrition.
  - c. Develop relationships with organizations to maximize collaborations on nephrology related concerns.
  - d. Inform and engage our membership on public policy issues impacting nephrology.

### Membership:

- RPG had 2,325 members at the end of the fiscal year
- Members received an opportunity for a discount on "A Clinical Guide to Nutrition Care in Kidney Diseases" if they renewed within 45 days of June 1st 2013. Member services communicates with members, welcoming new members, and works to solve any membership issues or concerns.

### Leadership:

- A leadership module benefit was offered to the RPG Executive Committee (EC). RPG EC members were encouraged to take the leadership modules on [www.eatright.org](http://www.eatright.org) and were reimbursed if they received a score of 80%.

### Professional Development & Resources Publications

- Membership includes a subscription to the "Renal Nutrition Forum" (RNF), a quarterly peer-reviewed publication. RPG, as part of the Academy, is an accredited provider of CPEUs by the Commission on Dietetic Registration. In 2013-2014, members had an opportunity to receive 10 complimentary professional development and continuing professional education units through RNF.

## Electronic Communications

- Members receive regular e-blasts to help keep them up to date on current events impacting nephrology nutrition. In the past year RPG sent monthly communications to help members remain current about legislative issues, CPEU opportunities, student research participation, RPG announcements, and many other important issues. RPG moderates a Linked-in group to facilitate discussion on key renal issues and professional networking between members.

## Web-site:

- Along with RPG's efforts to remain current and up-to-date, RPG provides a comprehensive website, [www.renalnutrition.org](http://www.renalnutrition.org). The website offers a detailed calendar of CPEU conferences/events, information regarding nephrology nutrition and an interactive survey section that changes every eight weeks. RPG's website is the portal for our members to access the complimentary CPEUs offered, current and archived issues of the RNF, access to the Professional Resource Center (PRC), webinars, patient education handouts, scholarship and stipend applications and much, much more.

## Webinars-New in 2013! (Recorded)

- In 2013-2014, RPG expanded the webinars available to members to prepare for the CDR Certified Specialist in Renal Nutrition (CSR) examination. The topics include the following:
  - MNT and In-center Hemodialysis
  - MNT and Transplantation
  - Nutrition Support in Acute Kidney Injury: Patients Requiring Continuous Renal Replacement Therapy (CRRT)
  - Peritoneal Dialysis and Home Therapies
  - Directing Patient Conversations toward Meaningful Behavior Changes, Part 1
  - Directing Patient Conversations toward Meaningful Behavior Changes, Part 2

- New Webinars recorded in the past year are:
  - Practical Tips for Providing MNT in Chronic Kidney Disease, Stages 3 and 4
  - Nutrition and Pediatric Renal Disease—Infants and Toddlers
  - Nutrition and Pediatric Renal Disease—Adolescents

## Professional Resource Center (PRC)

PRC now has over 80 titles of books/DVDs to choose from, with most of the resources in two or quantity, making it easier for more than one member to request the same title at the same time. Members are allowed to request 3 books at one time and they can be kept for 28 days. RPG continues to ship the books to members at no additional charge, so the only cost is the return postage. New resources added to the PRC in 2013-2014 include:

- *Research: Successful Approaches, 3rd edition*
- *Match Your Insulin to Your Carbs*
- *AND Quick Guide to Drug Supplement Interactions*
- *Chronic Kidney Disease and the Nutrition Care Process*

## Patient Education Handouts

In 2013-2014, RPG continued the handout development process and included an English version handout in issues of the RNF. After publication in RNF, both an English and Spanish version are uploaded and available on RPG's website. All handouts are created with less than a 6th grade reading level and are peer reviewed. The current handouts available in 2013-2014 include:

- Achieving a Healthy Weight Goal
- Achieving a Healthy Weight Goal- Spanish
- A Low Purine Diet: Relief from Gout and Kidney Stones
- A Low Purine Diet: Relief from Gout and Kidney Stones- Spanish
- Managing Your Fluid Intake
- Managing Your Fluid Intake—Spanish
- Nutrition Following Kidney Transplant

- Nutrition Following Kidney Transplant—Spanish
- Problems with Digestion
- Problems with Digestion—Spanish
- Snacks, Desserts and Candy on a Renal Diet
- Snacks, Desserts and Candy on a Renal Diet—Spanish
- Treatment for Low Blood Sugar (Hypoglycemia)
- Treatment for Low Blood Sugar (Hypoglycemia)—Spanish

Additionally, RPG began creating “Dish Up a Kidney-Friendly Meal” (for patients not on dialysis). This colorful placemat-sized handout is the perfect tool to help counsel patients with chronic kidney disease on proper nutrition. Using the popular plate method, the two-sided handout features tips to help patients make healthful choices, while leaving plenty of room for the RDN to customize. Each 11” x 17” pad contains 50 sheets and will be available at FNCE<sup>R</sup> 2014.

Efforts are also underway to update the patient education handouts on the website that were developed in the past 5-7 years with emphasis on accuracy and professionalism. Each handout will be reformatted to be consistent and eye-catching like those recently published in the RNF. The holiday handouts will be revised by Fall, 2014.

### **FNCE Food & Nutrition Conference & Expo™ (FNCE<sup>R</sup>) 2013 Houston, TX,**

#### **Spotlight Education Session**

- “The Double-Edged Sword: Providing MNT for Diabetes and Chronic Kidney Disease” Carolyn Jennings, MPH, RD, CDE and Richard Bergenstal, MD

#### **Networking**

- EC hosted members at a breakfast. Approximately 75 members attended this early am event.
- EC met members and others at Booth #7 during the DPG and MIG Showcase.

#### **Student Stipends:**

- Six students were awarded \$100 stipends on behalf of RPG. They were guests at the FNCE<sup>R</sup> membership breakfast and featured in the RNF.

### **Awards**

RPG offers educational scholarships and research grants for the advancement of education, travel stipends for attending professional conferences and an Outstanding Service Award for a practitioner making a significant difference and positive impact in nephrology nutrition.

#### **Outstanding Service Award 2014 Awardee – Peggy Harum, MS, RD**

- Awarded for her extensive publications, presentations, and other contributions to nephrology nutrition. Peggy is also a 50 year member of the Academy, having joined in 1964.
- Awarded an all-expenses paid trip to Atlanta, GA to attend the 2014 Food & Nutrition Conference & Expo™ (FNCE<sup>R</sup>).

**Conference/Meeting Stipends:** \$2,900 was awarded in total to nine members for continuing education opportunities or conference expenses. Those present were introduced at the FNCE<sup>R</sup> membership breakfast.

#### **Scholarship and/or Research Grant Awardees in 2013-2014:**

In 2013-2014, \$2000 was awarded to Laura Byham-Gray for “Validation of a Handheld Indirect Calorimeter (IC) in Patients Diagnosed with Stage 5 Chronic Kidney Disease on Maintenance Hemodialysis” and \$1,300 was awarded to Elizabeth Sussman for “Vitamin C and Selenium Supplementation on Quality of Life in Hemodialysis Patients: A Randomized Controlled Trial”. A \$1,000 Scholarship was awarded to Nancy Sandoval toward her post-graduate degree.

#### **Public Policy**

RPG provided comments on legislation related to nephrology nutrition issues. Topics included:

- Medicare Program: End-Stage Renal Disease Prospective Payment System, Quality Incentive Program, and Durable Medical Equipment, Prosthetics, Orthotics, and Supplies (CMS 1526P)
- An article, “Reimbursement of dialysis services: Impact on patients and practice”

authored by Pam Kent, was published in the MNT Provider in March 2014. (Volume 12, Number 11)

## **Collaboration with Other Organizations:**

### **National Kidney Foundation/Council of Renal Nutrition (CRN)**

- SOP/SOPP for Registered Dietitians/Nutritionists in Nephrology Care authored, reviewed, and approved by members of both organizations. An RPG EC member, Pam Kent, was a co-chair of this committee.
- The 2nd revision of the "A Clinical Guide to Nutrition Care in Kidney Diseases" was featured in the Bookstore at FNCER and was promoted by both organizations.

### **Quality Diabetes Care and Education (DCE) Practice Group**

- DCE and RPG developed "Healthy Food Choices". It is designed to educate the growing population of patients faced with both Diabetes Mellitus and Chronic Kidney Disease. This online publication, available in the fall of 2014, will allow practitioners to print the modules they need for an individualized approach to patient education. DCE and RPG also jointly co-planned the 2013 Spotlight Session at FNCER.

### **American Kidney Fund (AKF)**

- RPG signed a proposal to review a patient cookbook with 24 recipes and other nutrition education material being developed by AKF. Publication is scheduled for the end of 2014.

### **American Association of Kidney Patients (AAKP)**

- RPG favorably reviewed "Kidney Friendly Cookbook" for this organization. Ongoing interaction with this organization continues.

### **Academy's Center for Professional Development**

- A webinar, Medical Nutrition Therapy for Urolithiasis (Kidney Stones), was presented on December 4th, 2013. The event was moderated by the RPG Chair and advertised to RPG membership.

### **Academy's Office of Chief Science Officer**

- EC members worked with the Chief Science Officer to develop a proposal for the revision of the KDOQI Nutrition Guidelines, published

in 2000. Alp Ikizler, MD and Lillian Cuppari, dietitian from Brazil have been named Co-chairs of this project. Timelines have been established and the Academy's Evidence Analysis Library will be used for data collection. Work groups will be named in 2014.

### **Meetings with RPG Representation**

- RPG Executive Committee Transition Meeting
- Academy House of Delegates
- Council on Renal Nutrition
- International Congress on Renal Nutrition and Metabolism
- Academy Public Policy Meeting
- National Kidney Disease Education Program (NKDEP) Coordinating Panel Meeting

### **RPG Donations/Support**

- The Academy's Foundation
- FNCER Student Stipends

### **Industry Sponsors**

We would like to thank the following sponsors for their support of RPGs "Renal Nutrition Forum" and/or RPG's website, [www.renalnutrition.org](http://www.renalnutrition.org).

- Fresenius Medical Care (4 issues of RNF)
- American Association of Kidney Patients (eblast)

### **Financial Outcomes**

Revenue: \$93,870

Expenses: \$93,383

RPG ended the year with net assets of \$382,696.

## 2013 - 2014 Executive Committee

### Chair

Mary Kay Hensley, MS, RD, CSR, CD

### Immediate Past Chair

Sarah Kruger, MS, RD, CSR

### Chair-Elect

Joanne Cooke, MS, RD, CSR

### Secretary

JoAnn Randazzo, MS, RD, CDN

### Treasurer

Jean Muller, MS, RD

### HOD Member

Pam Kent, MS, RD, CSR, LD

### RNF Editorial Board - RNF Managing Editor

Stacey Phillips, MS, RD

### Editors

Jackie Termont, RD

Amy Braglia-Tarpey, MS, RD, CSR, CNSC

Laura Bishop, MS, RD, LDN

Clarina Kennedy, RD

### RNF Advertising Editor

Emily R. Cutler, MS, RD, LDN

### Electronic Media Manager

Catherine Goeddeke-Merickel, MS, RDN, LD

### Nominating Committee - Nominating Chair

Betty Parry Fisher, MS, RD

### Nominating Committee Members

Valarie Hannahs, MS, RD, LD

Connie Cranford, MS, RD, LDN

### Membership Services Outreach Chair

Nilima Desai, MPH, RD

### Awards/Scholarship Chair

Rachael Majorowicz, RD, LD

### Professional Resource Center Coordinator

Nadiya Lakhani, RD, LD

### Policy and Advocacy Leader

Sarah Mott, MS, RD, LDN

### Social Media Chair

Sarah Coffin, MS, RD

### Webinar Chair

Annamarie Rodriguez, RD, LD

### Patient Education Projects Chair

Rachael Majorowicz, RD, LD

### Patient Education Committee Members

Jennifer Rose Parker, RD, LDN  
(Assistant Chair)

Melissa Ann Prest, MS, RD, CSR, LDN  
(Patient Apps/External Website  
Reviewer)

Rita Milam, MA, RD, CSR, CDE, LD  
(Patient Education Handouts Chair)

### MNT/Nutrition Services Chair

Robin Diaz-Grady, RD, CSR, LDN

### Manager, DPG Relations

Susan DuPraw, MPH, RD