

Renal Dietitians Practice Group Annual Report 2014-2015

Renal Dietitians

a dietetic practice group of the
eat right. Academy of Nutrition
and Dietetics



Overview

Renal Dietitians Practice Group (RPG) had a productive and successful year! Our organization is fortunate to have resources for member representation at key events, professional advancement, and support of members' endeavors in research and education. RPG's educational events were well attended and well received, and included the FNCE 2014 Spotlight Session. RPG was also well represented at the NKF Spring Clinical, and continues to represent renal dietitians in legislative and policy matters, with enhanced member support for MNT. The production of new print materials was possible through the addition of new volunteers to the Patient Education Committee. RPG is successful thanks to our volunteers who devote a portion of their incredibly busy professional lives to achieving our organizations goals.

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

Member services committee reports that RPG had 2,303 members at the end of the fiscal year. RPG provided a Fit Bit basket with gift card for the FNCE Silent Auction. Members received a copy of the Academy's new "Dish Up a Kidney Friendly Meal" when they attended the FNCE DPG/MIG showcase. RPG collaborated with Academy Publications to develop this patient education tool. Member services promote communication through eblasts and surveys, welcoming new members, and assisting with speedy resolution of any concerns.

Public Policy

RPG continues to provide input to the Academy Policy and Initiatives and Advocacy Team on legislative issues in nephrology nutrition including CMS input on specialty practitioner payment models (Procedural episode-based payments and Complex and chronic disease management episode-based payments); and MEDPAC statutory requirements for cost sharing of generic and brand medications. RPG surveyed members for their educational needs and interests in policy. Results are pending.

MNT/Reimbursement

The MNT Reimbursement Chair attended Academy Reimbursement Representative Training. The training was coordinated with Public Policy to focus renal specific information to membership. The committee continues to assist members with MNT reimbursement issues and works with Policy and Advocacy Leader to develop member survey of reimbursement

questions. The MNT Reimbursement chair also attended 2015 Public Policy Workshop and serves as a member resource for reimbursement issues in addition to the Academy's free Nutrition Services Coverage materials (<http://www.eatrightstore.org/products/practitioner-tools/mnt-references>).

Awards & Scholarships

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. Four members received a total of \$1200 for NKF CRN attendance.

Student Stipends: Six students were awarded \$100 stipends on behalf of RPG. These stipends were awarded for attendance at the 2014 Food and Nutrition Conference & Expo (FNCE) in Atlanta, Georgia. They were guests at the 2014 FNCE membership breakfast and featured in the Renal Nutrition Forum.

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 for 2014 Awardee: Peggy Harum, MS, RD

- Awarded for her extensive publications, presentations, and other contributions to nephrology nutrition. Peggy was also a 50 year member of the Academy, having joined in 1964.
- Awarded an all-expense paid trip to Atlanta, Georgia to attend the 2014 FNCE.

Conference/Meeting Stipends in 2014 - 2015: \$2800 was awarded to a total of 8 members for continuing education opportunities or conference expenses. Those stipend recipients present were introduced at the FNCE membership breakfast.

Scholarship Awardee in 2015:

In 2015, \$1960 was awarded to Dana Jovanovich, RDN, LDN, toward her post graduate degree.

Golden Achievement Members:

Fifteen members with 50 or more years of Academy membership were invited to attend FNCE RPG breakfast, and also received Golden Achievement Certificates of thanks for their years of professional service.

Leadership

RPG Executive Committee (EC) members were encouraged to complete the Academy Leadership Modules at www.eatright.org and were reimbursed if they received a score of 80% on all modules.

Professional Development and Resources Publications

Members receive a subscription to the "Renal Nutrition Forum" (RNF), RPG's quarterly peer-reviewed publication, and have the opportunity to earn complimentary CPEU's with each issue of the Renal Nutrition Forum. RPG appreciates the efforts of Stacey Phillips, RNF managing editor, and the editorial team: Clarina Kennedy, Barbra Rubinstein, Laura Bishop, Desiree DeWaal, for publishing cutting edge topics for members' education.

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. 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. DPG RPG LinkedIn group added 85 new members this year, with 585 total members. RPG provides updated technology applications for members. Through the comprehensive website www.renalnutrition.org, maintained by Cathy Goeddeke-Merickel. In addition, Melissa Prest provides Patient Apps and External Website reviews for RNF.

Webinars

The following affordable webinars provide 1 CPEU each, and are available on the RPG website:

- Practical Tips for Providing Nutrition Therapy in CKD Stages 3 & 4
- Practical Tips- Providing Medical Nutrition Therapy in Chronic Kidney Disease Stages 3&4
- Nutrition and Pediatric Renal Disease - Infant/Toddlers
- Nutrition and Pediatric Renal Disease – Adolescents
- MNT & Transplantation
- MNT for In-center Hemodialysis
- Nutrition Support in the Acute Kidney Injury Patient Requiring CRRT
- PD & Home Therapies
- Directing Patient Conversations Toward Meaningful Behavior Changes
- Directing Patient Conversations Toward Meaningful Behavior Changes, Part 2

New webinars which are applicable to the CSR exam provide a case study to help apply the clinical and practice principles provided in the webinar. These are useful to both dietitians studying for the CSR exam and the dietitian wishing to sharpen their skills. Webinars are offered to RPG members at a discounted price.

Professional Resource Center (PRC)

The Professional Resource Center (PRC) is a popular member resource. The PRC library

includes a collection of over 90 books/DVD's. Up to 3 books can be requested at one time for 28 days, including study resources for the CSR exam. Resources are shipped to members at no charge other than the return shipping fee to return the books. The following new resources were added to the existing collection this year:

- The Netter Collection of Medical Illustrations - Urinary System: Volume 5, 2ed (Netter Green Book Collection)
- Pediatric Nutrition Handbook: An Algorithmic Approach
- The International Kidney Disease Cookbook
- Kidney Health Gourmet Diet Guide & Cookbook
- Munchies: Kidney-Friendly Smoothies, Snacks & Sandwiches
- Eating Out On a Kidney Diet: Pre-dialysis and Diabetes: Ways To Enjoy Your Favorite Foods (Renal Diet HQ IQ Pre Dialysis Living) (Volume 3)
- Motivational Interviewing in Health Care: Helping Patients Change Behavior (Applications of Motivational Interviewing)
- Renal Nutrition Test Practice Questions & Review
- Dietitian's Guide to Assessment and Documentation
- AAKP cookbook "Delicious", 2nd edition.

Patient Education

The Patient Education Projects Team is tasked with creating and updating patient education materials. The goal is to include a new patient education handout in most issues of the Renal Nutrition Forum, as well as updating the handouts available on the RPG website. All handouts are created with less than a 6th grade reading level and are peer-reviewed. Both English and Spanish versions of each handout are available to members on the RPG website.

Patient education handouts developed or updated in 2014-2015 include:

Renal Nutrition Forum handouts:

- Nutrition Guide for Chronic Kidney Disease (not on dialysis)
- Improving Your Health Through Weight Gain
- Nutrition Following a Transplant

“Dish Up a Kidney-Friendly Meal” is an 11 x 17” tearpad. 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.

RPG is partnering with the Council on Renal Nutrition (CRN) to update the National Renal Diet series, and completion is estimated by 2017. RPG and CRN are considering future cooperative production of handouts including Low-income meals, emergency preparedness, and an updated renal cookbook list.

RPG reviewed the new AAKP cookbook, “Delicious!” 2nd edition.

Website patient education handouts are being reformatted to be consistent and eye-catching like those recently published in the RNF. Future topics include holiday eating and potassium lists.

Food & Nutrition Conference & Expo™ (FNCE®) 2014 Atlanta, GA, October 18-21, 2014

Spotlight Education Session:

RPG partnered with the Public Health Community Practice Group (PHCNPG) to co-plan the Spotlight Session on October 19, 2014 The Power of Prevention: Reducing the Burden of Type 2 Diabetes and CKD through Public Health Interventions and the Affordable Care Act with speakers Williams, MD PhD, Assoc Branch Chief; Epidemiology and Statistic Branch, Div. of Diabetes Translation, Centers for Disease Control, and Mary Ann Hodorowicz, RD, MBA; Susan Weiner, MS, RDN, CDN, Moderator.

Networking:

FNCE® networking include the Members Breakfast event which served 75 members at this breakfast reception. Additional networking occurred at the RPG Booth during the DPG/MIG Showcase.

Collaboration with Other Organizations

National Kidney Foundation/Council on Renal Nutrition (CRN)

RPG contributed financial support for the Academy project with National Kidney Foundation and the International Society of Renal Nutrition and Metabolism (IRNM) which began February 13, 2015 for the Chronic Kidney Disease (CKD) Guideline project. This effort is a landmark guideline project for the Academy as it marks the first collaboration of the Academy, RPG, NKF, and IRNM. The collaborative nature of this project results in equal numbers of Nephrologists and RDNs working in alignment within three workgroups covering macronutrients, micronutrients and electrolytes. The groups will review evidence and develop guideline statements for comprehensive Evidence Based Practice Nutrition Guidelines covering patients with CKD stages 1-5D (dialysis). The guidelines are expected to be completed in late 2016 or early 2017 and will be jointly published by both the Academy and the National Kidney Foundation. This important project is funded by the Academy’s Research, International and Scientific Affairs department, the Renal Dietitians Dietetic Practice Group of the Academy, and the National Kidney Foundation.

Diabetes Care and Education (DCE) Practice Group

and RPG collaborated with the Academy on a downloadable education tool, “Making Choices” – Meal Planning for People with Diabetes and Chronic Kidney Disease Stages 3 and 4, edited by Linda Ro MS, RDN, LD, and Lynn Munson MS, RD, LD.

American Association of Kidney Patients (AAKP)

RPG continues to collaborate with AAKP for cooperative development of nephrology nutrition materials and future opportunities to promote nephrology dietitians.

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
- FNCE® Student Stipends

Industry Sponsors

RPG extends their thanks to the following advertising sponsors for their support through sponsored ads in the RPG Forum, Eblasts and/or web ads at www.renalnutrition.org.

- Fresenius Medical Care North America
- Sanofi Renal
- Hillestad Pharmaceuticals
- LyteAid LLC

Financial Outcomes

Revenue: \$99,984

Expenses: \$121,243

RPG ended the year with net assets of \$391,514.

2014 - 2015 Executive Committee

Chair

Joanne Cooke MS, RD, LD, CSR, CNSC

Immediate Past Chair

Mary Kay Hensley, MS, RD, CSR, CD

Chair-Elect

Elizabeth Neumann, MS, RD, CSR

Secretary

Melissa Young MS, RD, LD, CSR

Treasurer

Sara Erickson RD, CSR, LDN, CNSC

House of Delegates Member

Pam Kent, MS, RD, CSR, LD

RNF Editorial Board - RNF Managing Editor

Stacey Phillips, MS, RD

Editors

Desiree DeWaal MS, RD, CD

Barbra Rubinstein MS, RD

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

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Nominating Committee Members

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Membership Services Outreach Chair

Nilma Desai, MPH, RD

Awards and Reimbursement Chair

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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)

Manager, DPG Relations

Susan DuPraw, MPH, RD