

Nutrition And Dietetic Services in The Context to Chronic Kidney Disease (CKD) And The Need of Diasporic Engagement

Dr. Nahlaa Khalifa

Clinical Nutrition Department , Faculty of Applied Medical Sciences,
King Abdulaziz University, Saudi Arabia

**3RD DIASPORA CONFERENCE
London 2016**

Table of Content



Aim of the study

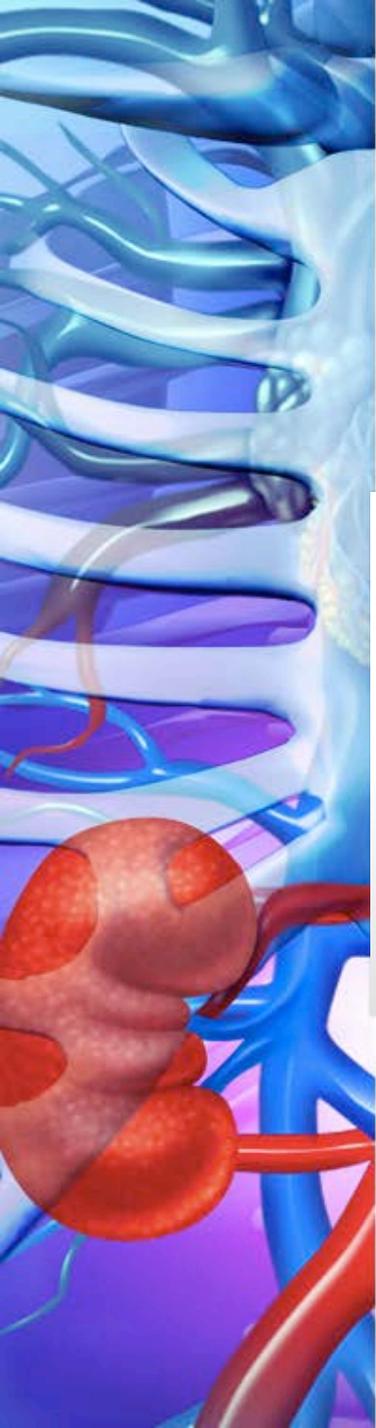
Introduction

Materials & Methods

Results

Discussion & Conclusion

Recommendations



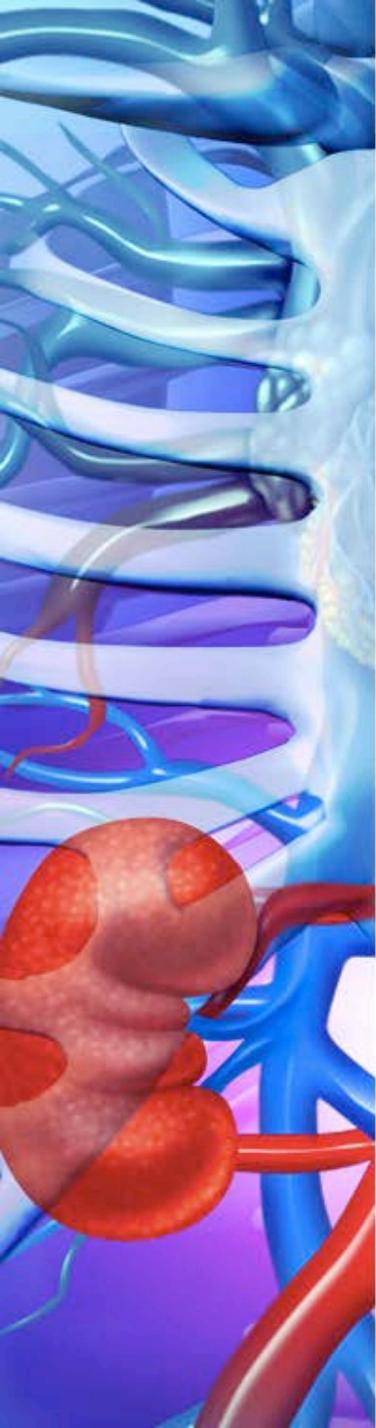
Aim Of The Study

1

To assess the standards of nutrition and dietetics services delivered to Chronic Kidney Diseases (CKD) patients in renal units.

2

To emphasize the the need of dietitian as a member of the medical team in managing chronic diseases dietetic diasporic engagement.



Introduction

Chronic Kidney Disease(CKD)

Definition ¹

Structural or functional abnormalities of the kidney with or without decreased GFR, manifest by either pathological abnormalities or other markers of kidney damage, including abnormalities in the composition of blood or urine, or abnormalities in imaging tests for 3 months or longer

Stages of CKD ¹

Stage	Qualitative Description	Renal Function (mL/min/1.73 m ²)
1	Kidney damage-normal GFR	≥90
2	Kidney damage-mild ↓ GFR	60-89
3	Moderate ↓ GFR	30-59
4	Severe ↓ GFR	15-29
5	End-stage renal disease	<15 (or dialysis)

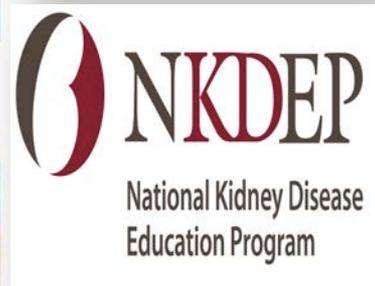
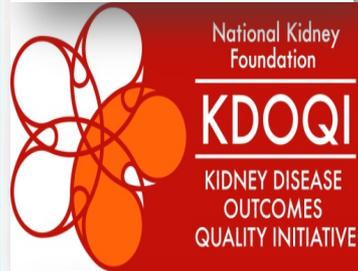
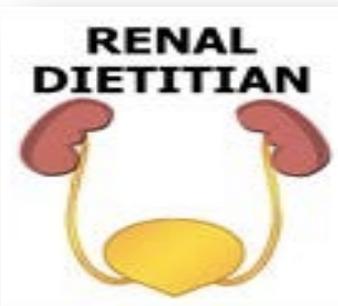
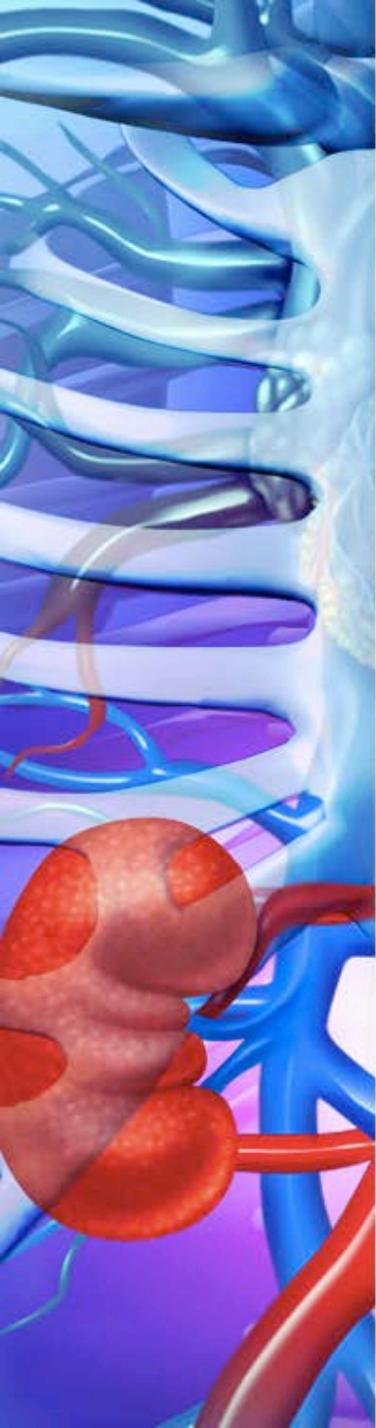
Prevalence

- Chronic kidney disease is extensive prevalent public health subject. Globally the prevalence is estimated to be 8–16% ²
- A pilot study conducted on 2010 showed that prevalence of CKD in Saudi Arabia was 5.7% ³

1. Scott-Stump S. Nutrition and diagnosis-related care: Lippincott Williams & Wilkins; 2008.

2. Jha V, Garcia-Garcia G, Iseki K, Li Z, Naicker S, Plattner B, *et al.* Chronic kidney disease: global dimension and perspectives. *The Lancet.* 2013;382(9888):260-72.

3. Al-Sayyari AA, Shaheen FA. End stage chronic kidney disease in Saudi Arabia. A rapidly changing scene. *Saudi medical journal.* 2011;32(4):339-46



Introduction

Role of Dietitian In Renal Unites

The National Kidney Foundation, Kidney Disease Outcomes Quality Initiative Developed Guidelines for clinical practice in the scope of CKD⁴.

Developed a clinical guidelines from evidence based field of peritoneal dialysis management including nutritional **management**⁵

Established as summary guide (assessment, management and treatment) for dietitians to help preserve good nutritional status, slow progress, and treat complications of not on dialysis CKD patients⁶

4. Kopple JD. National kidney foundation K/DOQI clinical practice guidelines for nutrition in chronic renal failure. American journal of kidney diseases. 2001;37(1):S66-S70.

5. DIALYSIS P. SAUDI CLINICAL GUIDELINES FOR PERITONEAL DIALYSIS

6. Program NKDE. Chronic kidney disease and Diet: Createspace independent 2012 [updated June 2014; cited 2015 February 15].

Introduction

Role of Dietetics & Dietitian In Renal



Materials

1. Ethical Approval

To: Dr. Elham Aljaisy and Dr. Nahla Khalifa
From: Dr. Essam H. Jiffri, Chairman, Ethics and Research Committee
Date: Sunday, 15 February 2015
Re: Student Graduation Project Proposal [Evaluation of Dietetic Practice, Nutrition Services and Patient Satisfaction with Scope of Chronic Kidney Diseases in Jeddah City].

Dear Dr. Elham Aljaisy and Dr. Nahla Khalifa,

The above titled project in fulfillment of bachelor degree in Clinical Nutrition, Faculty of Applied Medical Sciences, King Abdul-Aziz University to be conducted by the students, Hala Shalaz, Rawsem Almansour, Sara Almansour and supervised by both of you, has been discussed in the Ethical Committee Meeting held on Monday, 2 February 2015.

The Ethics and Research Committee has reviewed your research proposal which will involve a Services/Professional practices evaluation study based on the concept of evaluating the nutrition & dietetics services and practices for renal patients and their implementation in renal units in Saudi Arabia.

The following sections of your research proposal were reviewed in relation to ethical aspects:

- 1- Research objectives
- 2- Methodology, including study design and data collection using three interview questionnaires (the first questionnaire is designed to evaluate nutrition and dietetics services provided for renal patients in the renal unit, the second questionnaire is to evaluate patients' satisfaction about the provided nutrition and dietetics services, and the third questionnaire is designed to be completed by dietitians to assess dietetic practice in the scope of renal diseases).
- 3- Study components and outcome variables including: Evaluation of renal services provided at renal units in Jeddah city and type of renal dietetic practices in these units
- 4- Information letters and consent form to be provided to patients.

I am pleased to say that the Committee was satisfied in relation to its ethical aspects.

We wish you all the best in your project.

Yours sincerely
Dr. Essam H. Jiffri
 Chairman, Ethics and Research Committee

Date: 16/2/2015 Ref: SPES/SA/2015

2. Consent form

إقرار موافقة الأشتراك في البحث العلمي

أسماء الباحثات: رديم محمد السمورسي - سارة ناصر المدني - هالة محمد شاذلي

عنوان البحث:
 دراسة لتقييم ممارسة عمل أخصائيات التغذية، الخدمات التغذوية ورضا المرضى في مجال أمراض الكلى المزمنة بمدينة جدة

وصف البحث العلمي وهدفه وتفسير مبرراته:
 يهدف هذا البحث إلى تقييم ممارسة عمل أخصائيات التغذية، الخدمات التغذوية ورضا المرضى في مجال أمراض الكلى المزمنة. وبواسطة مشاركة تطوعية من قبل كلاً من المرضى والأخصائيات التغذوية في وحدة الإسفليان الخاص بالبحث والتقييم البحث لإعطاء أي ذرية علاجية أو الاستعانة من الأعداء.

التفكير السلبية التي يمكن أن يسببها الأشتراك في هذا البحث:
 لا يوجد أي مخاطرة مرتبطة بالأشتراك بهذه الدراسة لأنها مستقيم من نون أي تدخل علاجي أو حثاني.

الافرد التي قد تنتج عن هذا البحث:
 نتج نتيجة هذا البحث فهم سياسة أخصائيات التغذية والممارسة في مجال أمراض الكلى المزمنة وتبعاً للصور - والتدخل على حدة لإيجاد نتائج أفضل للقرء والمريض ولا يتضمن الأشتراك في البحث أي مخاطر مادية.

موافقة الباحثات:
 لقد ترحنا بالتفصيل لطبيعة ومخرجات والتفكير السلبية والفوائد الناتجة عن المشاركة في هذه الدراسة (اسم الأشتراك أو مسأله القابلية أو وصفه) ولقد أذنت على كل أسنائه بوضوح على قدر ما أستطيع وسوف أحم الأشتراك بأي تغيرات في مخرجات هذا البحث في حال حدوثها.

3. Questionnaires

We are clinical nutrition students from Faculty of Applied Medical Science, King Abdul-Aziz University Jeddah, conducting a research study that aims to evaluate nutrition services, dietetic practice and patient satisfaction in the scope of chronic kidney disease. This will help us in understanding the dietitian policy and practice in the field of chronic kidney disease. Answering the questions honestly and responsibly will help us indicate any anticipated problems, and work on solving them, for a better future.

You have the right NOT to write your name.
 Your responses will be anonymous and will NEVER be linked to you personally.
 Your participation is entirely voluntary.

Renal Unit Information

Name of the unit

Size of the unit (capacity of patients)

Type of the unit
 Private Governmental

Is the unit under any hospital or separated
 under hospital separated

If it is under any hospital, which hospital?

4. Oration

ألقى من يهيمه الأيسم

السلم عليكم ورحمة الله وبركاته ... وبعد

لقد سمانتكم علماً بأن طاقات كلية الأوبئة بقسم التغذية الإكلينيكية بكلية العلوم الطبية التأسيسية بصحة الملك عبد العزيز (رديم السمورسي - سارة المدني - هالة شاذلي) ستشارك في جمع معلومات لبعض مشروعات الأبحاث وهم والذات يوم جازمة لتقديم مقابلة مع أخصائيات التغذية والخدمات التغذوية بوحدة الكلى - الإسفليان في مستشفى بعض المرضى الذين يقومون بعلاج الكلى.

ويهدف هذا البحث إلى تقييم ممارسة عمل أخصائيات التغذية والخدمات التغذوية ورضا المرضى في مجال أمراض الكلى المزمنة. وبمشاركة تطوعية من قبل كلاً من المرضى والأخصائيات التغذوية في وحدة الإسفليان الخاص بالبحث والتقييم البحث لإعطاء أي ذرية علاجية أو الاستعانة من الأعداء.

وأتوقع أن نتج نتائج البحث في توجيه الخدمات الصحية الأساسية التغذوية في علاج أمراض الكلى المزمنة. وتبعاً للصور - والتدخل على حدة لإيجاد نتائج أفضل للقرء والمريض ولا يتضمن الأشتراك في البحث أي مخاطر مادية، ولا يوجد أي مخاطرة مرتبطة بالأشتراك بهذه الدراسة لأنها مستقيم من نون أي تدخل علاجي أو حثاني.

لذا فليتنا تقيم لكم ورحمكم وهم في جميع المخرجات الخاصة بهذا البحث في وحدة الكلى السكري وتقدم فريق الأبحاث والتقييم على تعظيمهم ودعم إلقاء البحث العلمي بما يعود بالنفع على صحة القرء والمجتمع

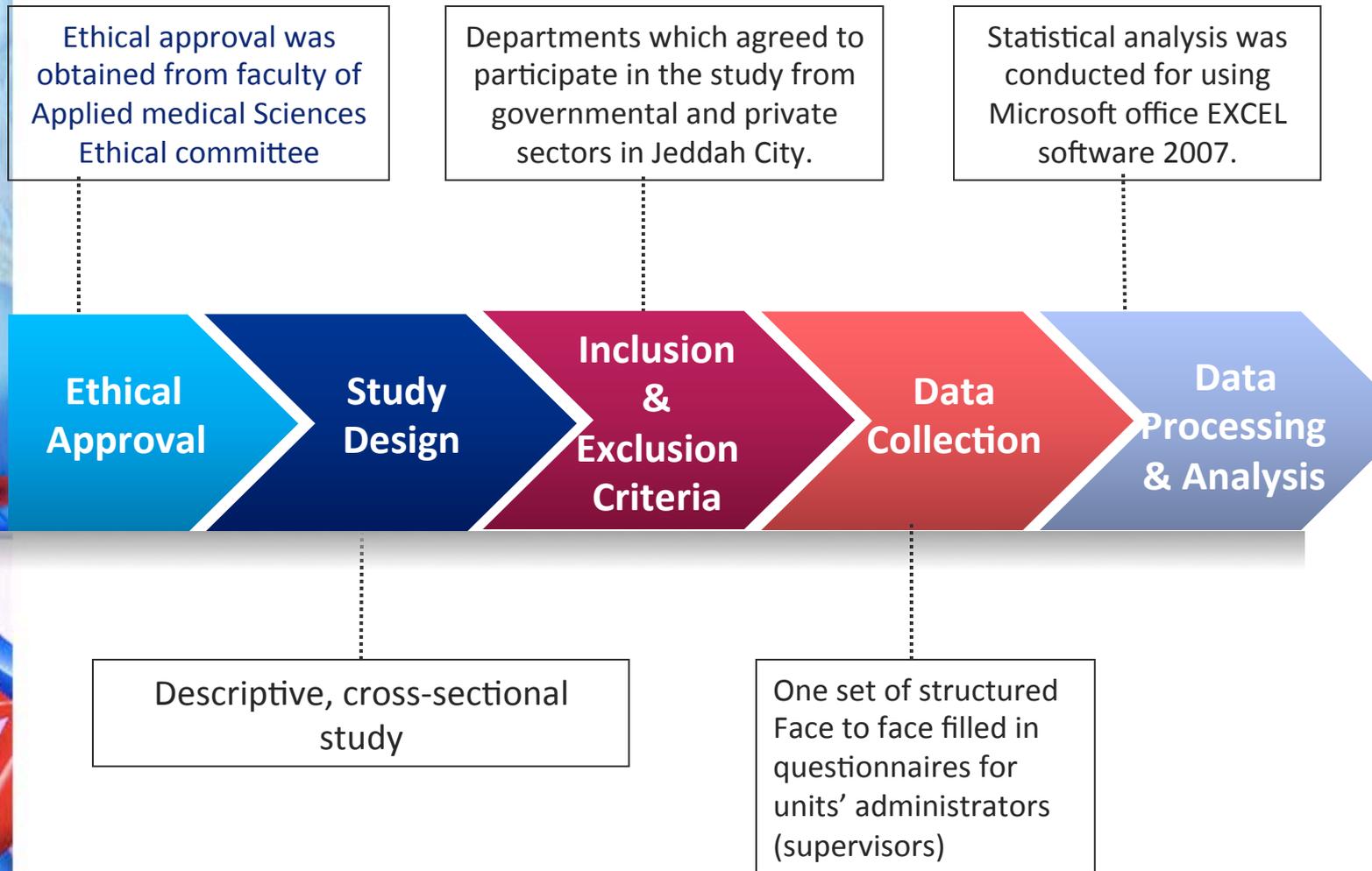
رئيسة قسم التغذية الإكلينيكية
 د. هالة محمد شاذلي

تاريخ: 16/2/2015 Ref: SPES/SA/2015

5. Hospitals

Hospital	Date
1- Saudi German	Wed 11-2
2- DMC	Wed 11-2
3- Aljedzani	Sun 15-2
4- Al-Bir center	Sun 15-2
5- Dughlan	Wed 18-2
6- Jeddah National	Sun 22-2
7- International dialysis center	Sun 22-2
8- hay aljamaa	Wed 25-2
9- Almustaqbil	Sun 1-3
10- Immediatly project- king abduallah	Sun 1-3
11- Sulaiman Fageeh	Mon 16-3
12- Erfan	Mon 16-3
13- King Fahad Hospital	Sun 22-3

Methods



Results

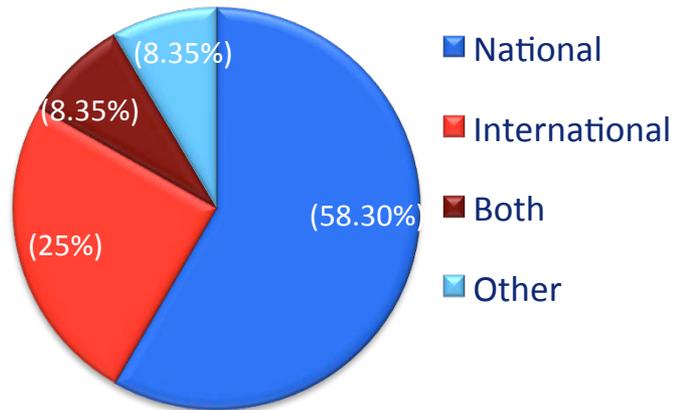


Figure (1): Nutrition & Dietetic Policy, Regulation and Standards followed by department

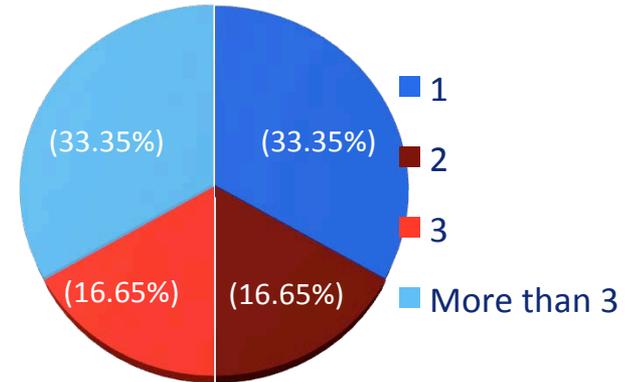


Figure (2): Number of dietitians working in the facility

Facility type	Accredited nationally		Accredited internationally	
	YES	NO	YES	NO
Governmental (2)	2	-	1	1
Private/Charity (10)	5	5	2	7
TOTAL (12) (100%)	7 (58.3%)	5 (41.7%)	3 (25%)	8 (66.7%)

Results

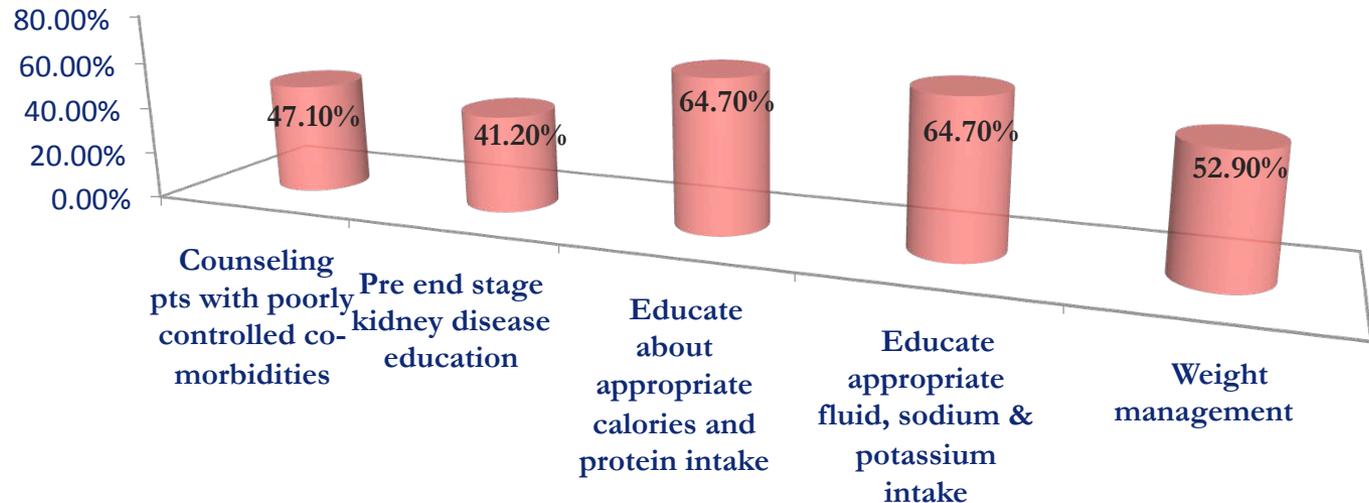


Figure (3) Nutrition education methods used by dietitians

Team Member	Departments Acknowledging Dietitians as Part of the Team	
	Number	Percentage
Doctor	10	83.3%
Renal coordinator	0	0
Dietitian	9	75%
Medical social worker	5	41.7%
Nephrologist	2	16.7%
Pharmacist	3	25%

Table (2) Medical team involved in patients' management in renal unit

Discussion

25% of departments thought their dietitians were not considered as an important member of the renal medical team. some departments give the responsibility to nurses or nutritionist in managing renal patients. Disagree with the NKF &KDOQ⁵

Not all dietitians are members of the Saudi Dietetic Association (SDA) or accredited by(SCFHS)⁶. Administrates of nutrition services were not fully aware of the accreditation status of the dietitians working in their units.

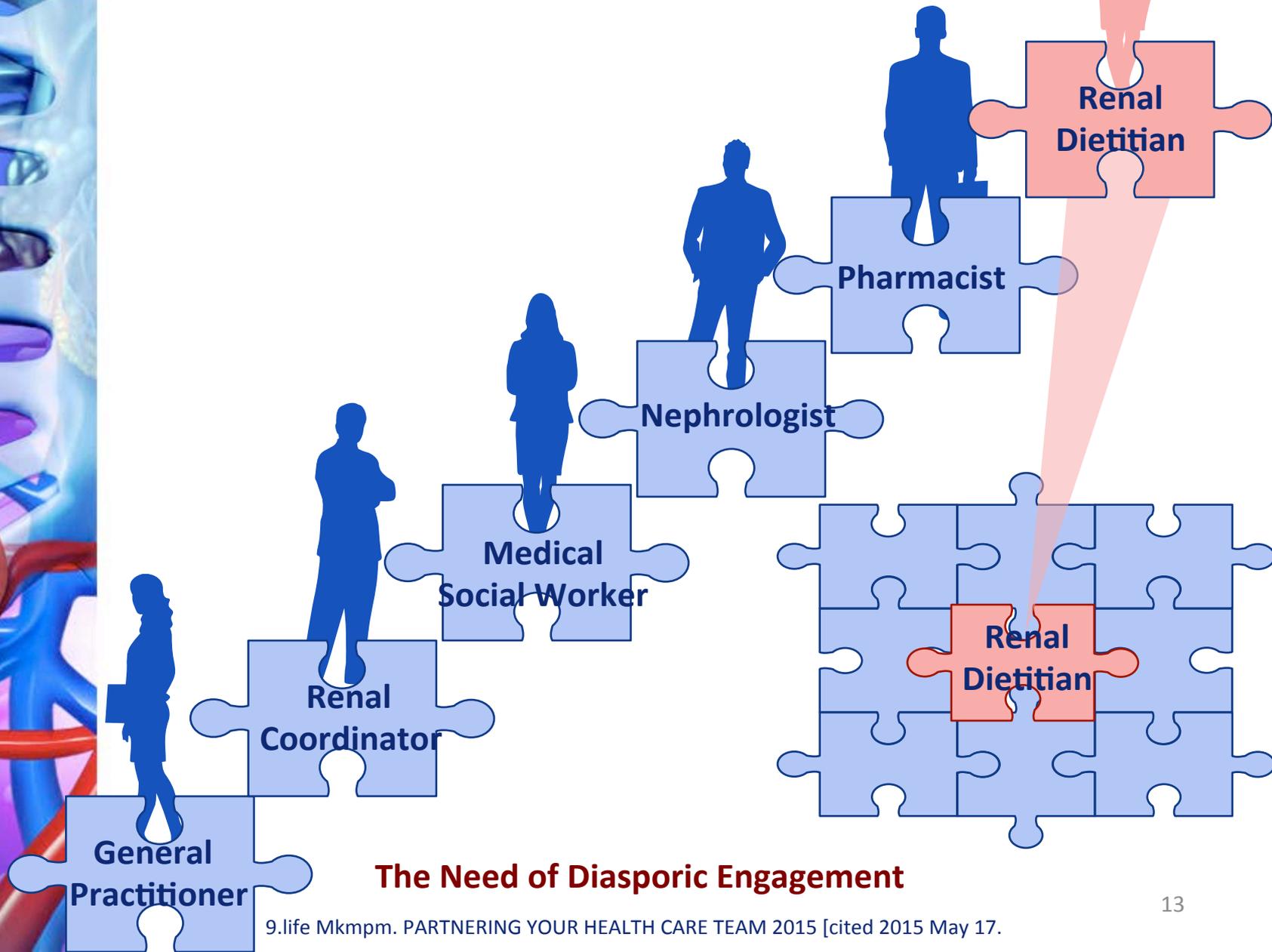
58.3% following the national guidelines in managing CKD while 8.3 following both (national& International disagree with the Saudi clinical guidelines for peritoneal dialysis for optimizing patient's nutrition status .

Implementing nutrition education for Pre end stage kidney disease patient is critical to delay kidney disease progression, however, less than 50% of dietitians were not implementing this nutrition management method.

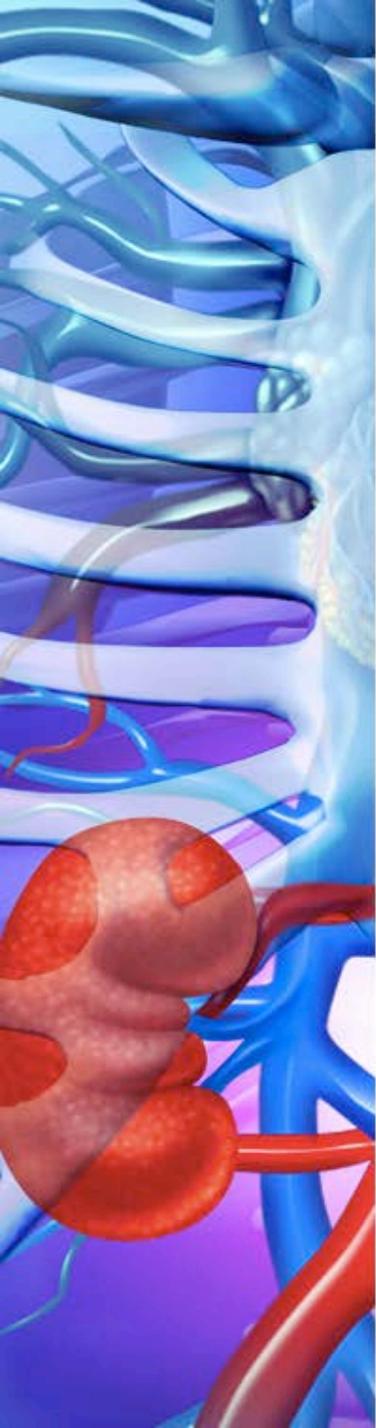
Conclusion & Recommendations

- Develop **policies and guidelines** to standardize nutrition services provided to patients, in health care facilities in different cities of Saudi Arabia and area around.
- Undertake routine supervision and **periodic evaluation** of dietetic practice and nutrition services provided in renal units.
- Undertake **cost effectiveness and cost benefits analyses** of the implemented nutritional interventions based on national and international standardized policies.
- The dietitian has **very important role** in preventing and treating many chronic diseases and consider as very important member in the medical staff
- Good health care is continuously a **team effort** - particularly for people with CKD, as every team member of the health care staff provides a special care for CKD patients.

Healthcare Team for CKD Patient⁹



The Need of Diasporic Engagement



*Thank
You for
listening*