

Eat At Treatment

Patient Guidelines

It is hard for many patients to consume enough calories and protein on the days they come to dialysis. Because of this, we want you to bring a snack to eat before, during or following your treatment.

If you have any of these symptoms you can eat after your treatment instead of during dialysis:

- Low blood pressure
- Coughing or choking
- Diarrhea
- Vomiting
- Nausea

You should eat in an upright position to decrease the chance of choking.

The amount and type of food and fluid you eat is important. Your dietitian will provide you with suggestions of good snacks to eat during or after dialysis.

- Full size meals, large snacks and liquid intake of more than 1 cup (240 cc) during treatment are not recommended as they may increase the risk of low blood pressure, nausea, vomiting, diarrhea and cramping.
- Foods eaten during dialysis should be “kidney-friendly.” Potassium and phosphorus eaten during treatment will not reach the bloodstream until after dialysis where it builds up until the next treatment.
- For practical reasons, you should bring food that
 - does not need to be heated at the center
 - does not have a strong odor or leave a mess
 - can be eaten with one hand / does not require help to open or eat
 - will not make you thirsty
- DaVita policy states, *"Patients who bring food to the dialysis facility should only bring food that is securely sealed or wrapped to prevent leakage and does not require refrigeration or heating at the facility."*

Remember to take your phosphate binders when you eat during or after dialysis.



Eating At Treatment

Teammate Guidelines

It is difficult for many patients to consume adequate calories and protein on the days they dialyze. Because of this, we encourage patients to bring a snack to eat before, during or following their dialysis treatment.

Patients who have the following symptoms during dialysis should not eat during treatment:

- Hypotension or a drop in blood pressure
- Coughing or choking
- Diarrhea
- Vomiting
- Nausea
- Sleepiness or lethargy

These patients should be encouraged to bring a snack to eat either before or after their dialysis treatment.

Patients who are able to eat during dialysis should be reminded to eat slowly and chew their food well. They should not eat in a reclining position as this will increase the possibility of choking.

It is important for patients to understand that the amount and type of food and fluid they consume during dialysis is important. The dietitian will provide patients with suggestions of appropriate snacks to eat during /after dialysis.

- Full size meals, large snacks and liquid intake of more than 1 cup (240 cc) during treatment are not recommended as they may increase the risk of low blood pressure, nausea, vomiting, diarrhea and cramping.
- Foods eaten during dialysis should be “kidney-friendly.” Potassium and phosphorus eaten during treatment will not reach the bloodstream until after dialysis where it builds up until the next treatment.
- For practical reasons, patients are instructed to bring food that
 - does not need to be heated at the center
 - does not have a strong odor or leave a mess
 - can be eaten with one hand / does not require help to open or eat
 - will not make them thirsty
- DaVita policy states, *"Patients who bring food to the dialysis facility should only bring food that is securely sealed or wrapped to prevent leakage and does not require refrigeration or heating at the facility."*

Remind patients to take their phosphate binders when they eat during or after dialysis.

What to Eat at the Dialysis Center



Choose kidney-friendly foods when eating at the dialysis center.

The potassium, phosphorus and fluid you eat or drink just before or during a dialysis treatment will not be removed during that treatment.

Remember to include a good source of protein. Try to have 12 - 20 grams for the snack.

Here are some suggestions for what to bring to eat before, during or after your treatment:

- Sandwich that includes 1/2 cup tuna, chicken or egg salad
- Sandwich that includes 2 ounces of meat (fresh turkey, roast beef, chicken)
- 2 hard boiled eggs and 4-6 unsalted crackers
- 2 deviled eggs and 1/2 cup of grapes or apple wedges
- 1/2 cup cottage cheese and 1/2 cup canned fruit
- 1/2 cup tuna or chicken salad and 4-6 unsalted crackers
- 8 ounces liquid supplement suggested by your dietitian
- Protein bar suggested by your dietitian

Be sure to bring your phosphate binders and take them when you eat.



Current Practices and Opinions

This survey is designed to collect information on in-center hemodialysis (ICHHD) facility practices and opinions.

You should only answer the survey ONCE per facility. If there is more than one dietitian at this facility please work together to decide who will complete the survey for the facility.

If you cover more than one facility please complete a separate survey for each center.

Please provide us with identifying information:

***1.**

Email address of dietitian providing responses:

***2.**

Group

***3.**

Division

***4.**

Region

***5.**

Facility Name

***6.**

Facility 4 digit Number

Current Practices and Opinions

Please share the **current practices** of this facility on consuming food while the patient is on dialysis:

Food, in this survey, is defined as solid food (not liquid) that the patient brings to the dialysis center.

Facility practice is defined here as the practice in this facility for the majority of the patients. For example, if the facility practice is to allow eating on dialysis except for specific patients who experience low blood pressure on dialysis you should answer for the majority of the patients who do not experience low blood pressure during dialysis. If the facility practice is to not allow eating on dialysis except for nursing home patients who would miss a meal, you should answer for the majority of the patient who do not live in a nursing home.

Please choose the answer that best fits this facility.

***7.**

What is the current practice in this facility regarding consuming food on dialysis?

Not allowed and does not occur	Not allowed but does occur	No facility guidelines	Allowed but not encouraged	Allowed, encouraged and patients educated on appropriate choices
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

***8.**

What is the current practice in this facility regarding consuming beverages (other than water) on dialysis?

Not allowed and does not occur	Not allowed but does occur	No facility guidelines	Allowed but not encouraged	Allowed, encouraged and patients educated on appropriate choices
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

***9.**

What is the facility practice on patients consuming food at the facility before or after dialysis?

Not allowed	Allowed but not encouraged	Allowed, encouraged and patients educated on appropriate choices
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Current Practices and Opinions

*10.

Is the facility practice for consuming nutritional supplements (i.e liquid nutritional supplements and/or protein bars that the patient brings), while on dialysis different than the policy for consuming food while on dialysis?

Yes

No

Additional Comment

The following questions ask for your opinions as well as those of the Facility Administrator and Medical Director.

Please make every effort to speak with the FA and Medical Director to get their input.

11.

What is your opinion on allowing patients to consume foods while on dialysis?

Please answer for each of the following: Dietitian, Facility Administrator and Medical Director.

	Strongly discourage	2	No opinion	4	Strongly encourage	Not available for response
Dietitian responding to this survey	<input type="radio"/>					
Facility Administrator	<input type="radio"/>					
Medical Director	<input type="radio"/>					

Current Practices and Opinions

12.

Dietitian Response: If your opinion is that consuming food on dialysis should be allowed, please provide reasons:

Multiple answers are allowed. Only choose reasons that are deciding factors on your opinion.

(Please skip this question if your opinion is that consuming food on dialysis should not be allowed)

- Patient better able to obtain kcal needs on dialysis days
- Concerns with patients with diabetes not eating for an extended time
- Difficult to enforce "no eating guidelines"
- Provides a good "teaching opportunity"
- Other, please specify or provide additional comments

Current Practices and Opinions

13.

Dietitian Response: If your opinion is that consuming food on dialysis should not be allowed, please provide reasons:

Multiple answers are allowed. Only choose reasons that are deciding factors on your opinion.

(Please skip this question if your opinion is that consuming food on dialysis should be allowed)

- Facility policy
- Infection control
- Hypotension
- Increased chance of choking
- Increased chance of GI problems (diarrhea, vomiting, nausea)
- Decreased Kt/V
- Risk of food spills, pest control
- Other, please specify or provide additional comments

Current Practices and Opinions

14.

Facility Administrator Response: If your opinion is that consuming food on dialysis should not be allowed, please provide reasons:

Multiple answers are allowed. Only choose reasons that are deciding factors on your opinion.

(Please skip this question if your opinion is that consuming food on dialysis should be allowed)

- Facility policy
- Infection control
- Hypotension
- Increased chance of choking
- Increased chance of GI problems (diarrhea, vomiting, nausea)
- Decreased Kt/V
- Risk of food spills, pest control
- Other, please specify or provide additional comments

Current Practices and Opinions

15.

Medical Director: If your opinion is that consuming food on dialysis should not be allowed, please provide reasons:

Multiple answers are allowed. Only choose reasons that are deciding factors on your opinion.

(Please skip this question if your opinion is that consuming food on dialysis should be allowed)

- Facility policy
- Infection control
- Hypotension
- Increased chance of choking
- Increased chance of GI problems (diarrhea, vomiting, nausea)
- Decreased Kt/V
- Risk of food spills, pest control
- Other, please specify or provide additional comments

16.

Would your facility be interested in participating in a pilot project designed to provide education and guidelines to patients on consuming foods while on dialysis?

Not interested

Very interested



Current Practices and Opinions on Food Consumption While on Dialysis

This survey is designed to collect information on in-center hemodialysis (ICHD) facility practices and opinions.

You should only answer the survey ONCE per facility. If there is more than one dietitian at this facility please work together to decide who will complete the survey for the facility.

If you cover more than one facility please complete a separate survey for each center.

Please provide us with facility identifying information in questions 1 through 6:

***1.**

Email address of dietitian providing responses:

***2.**

Group

Other (please specify)

***3.**

Division

Other (please specify)

***4.**

Region

Other (please specify)

***5.**

Facility Name

***6.**

Facility 4 digit Number

Current Practices and Opinions on Food Consumption While on Dialysis

Please share the **current practices** of this facility on consuming food while the patient is on dialysis:

Food, in this survey, is defined as solid food (not liquid) that the patient brings to the dialysis center.

Facility practice is defined here as the practice in this facility for the majority of the patients. For example, if the facility practice is to allow eating on dialysis except for specific patients who experience low blood pressure on dialysis you should answer for the majority of the patients who do not experience low blood pressure during dialysis. If the facility practice is to not allow eating on dialysis except for nursing home patients who would miss a meal, you should answer for the majority of the patient who do not live in a nursing home.

Please choose the answer that best fits this facility.

***7.**

What is the current practice in this facility regarding consuming food on dialysis?

Not allowed and does not occur	Not allowed but does occur	No facility guidelines	Allowed but not encouraged	Allowed, encouraged and patients educated on appropriate choices
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. Share your opinion on how the practice regarding patients consuming food on dialysis has changed in this facility in the last few years? (Skip this question if you do not know the practice a few years ago).

Compared to a few years ago, eating during dialysis is now:

More Restricted	No Significant change	More Allowed
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Current Practices and Opinions on Food Consumption While on Dialysis

9. If you answered "More Restricted" or "More Allowed" in the previous question, please provide your opinion on the reason(s) for the change. Multiple answers allowed. Only choose responses that, in your opinion, significantly impacted a change in practice.

- Increased emphasis on improving nutritional status
- Increased emphasis on increasing intake on dialysis days
- Effect of ONS program on facility practices regarding eating at treatment
- EAT guidelines and educational materials
- Change in physician opinion / practice regarding eating at treatment
- Change in FA opinion/ practice regarding eating at treatment
- Positive experience with patients eating at treatment
- Negative experience with patients eating at treatment
- Change in facility policy

Other (please specify)

*** 10.**

What is the current practice in this facility regarding patients' consuming food at the facility before or after dialysis?

Not allowed and does not occur	Not allowed but does occur	No facility guidelines	Allowed but not encouraged	Allowed, encouraged and patients educated on appropriate choices
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The following questions ask for your opinions as well as those of the Facility Administrator and Medical Director.

Please make every effort to speak with the FA and Medical Director to get their input.

Current Practices and Opinions on Food Consumption While on Dialysis

11.

What is your opinion on allowing patients to consume foods while on dialysis?

Please answer for each of the following: Dietitian, Facility Administrator and Medical Director.

	Strongly discourage	2	No opinion	4	Strongly encourage	Not available for response
Dietitian responding to this survey	<input type="radio"/>					
Facility Administrator	<input type="radio"/>					
Medical Director	<input type="radio"/>					

12.

Dietitian Response: If your opinion is that consuming food on dialysis should be allowed, please provide reasons:

Multiple answers are allowed. Only choose reasons that are deciding factors on your opinion.

(Please skip this question if your opinion is that consuming food on dialysis should not be allowed)

- Patient better able to obtain kcal needs on dialysis days
- Concerns with patients with diabetes not eating for an extended time
- Difficult to enforce "no eating guidelines"
- Provides a good "teaching opportunity"
- Other, please specify or provide additional comments

Current Practices and Opinions on Food Consumption While on Dialysis

13.

Dietitian Response: If your opinion is that consuming food on dialysis should not be allowed, please provide reasons:

Multiple answers are allowed. Only choose reasons that are deciding factors on your opinion.

(Please skip this question if your opinion is that consuming food on dialysis should be allowed)

- Facility policy
- Infection control
- Hypotension
- Increased chance of choking
- Increased chance of GI problems (diarrhea, vomiting, nausea)
- Decreased Kt/V
- Risk of food spills, pest control
- Other, please specify or provide additional comments

Current Practices and Opinions on Food Consumption While on Dialysis

14.

Facility Administrator Response: If your opinion is that consuming food on dialysis should not be allowed, please provide reasons:

Multiple answers are allowed. Only choose reasons that are deciding factors on your opinion.

(Please skip this question if your opinion is that consuming food on dialysis should be allowed)

- Facility policy
- Infection control
- Hypotension
- Increased chance of choking
- Increased chance of GI problems (diarrhea, vomiting, nausea)
- Decreased Kt/V
- Risk of food spills, pest control
- FACILITY ADMINISTRATOR NOT AVAILABLE FOR RESPONSE
- Other, please specify or provide additional comments

Current Practices and Opinions on Food Consumption While on Dialysis

15.

Medical Director: If your opinion is that consuming food on dialysis should not be allowed, please provide reasons:

Multiple answers are allowed. Only choose reasons that are deciding factors on your opinion.

(Please skip this question if your opinion is that consuming food on dialysis should be allowed)

- Facility policy
- Infection control
- Hypotension
- Increased chance of choking
- Increased chance of GI problems (diarrhea, vomiting, nausea)
- Decreased Kt/V
- Risk of food spills, pest control
- MEDICAL DIRECTOR NOT AVAILABLE FOR RESPONSE
- Other, please specify or provide additional comments

16. EAT (Eating at Treatment) Educational Materials are currently available on the Dietitian Connection Intranet Site

- I was not aware of these educational materials
- I am aware of these materials but have not yet shared any with my patients
- I am aware of these materials and have shared them with my patients

Other (please specify)

17. Additional Comments