

EWOPA Conference
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Eastwood Hall

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Novel Ways To Improve Dietetic Adherence

Non-adherence

- Fluids and dietary restrictions reported 2-74%
- Real figure 100%
- Just a matter of degree!

Denhaerynck et al 2007

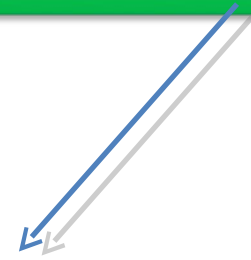
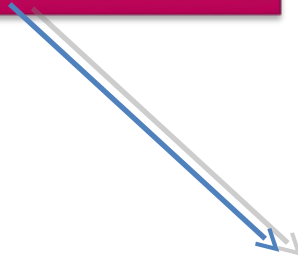
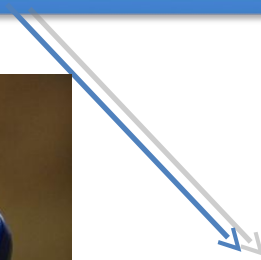
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6 young people for 3 months

Youth worker

School teachers

Dietitian



Text message
week days

Dietary
Education



Texting study

- Youth worker texted a humorous fact and reminder to take phosphate binders and follow the diet
- Diary to record fortnightly pre-dialysis results
- Earned points for every improvement in blood levels of potassium and phosphate
- Trade in for mobile phone top up card or high street voucher

50% demonstrated improved levels

Supermarket visits

- Parents of newly diagnosed CKD child
- Dietetic assistant
- Teaching on reading food labels
- Comparing brands
- Locating specific recommended products
- Build confidence



Cookery session

- Young people plan and prepare 'kidney friendly' meals
- Special festive sessions
 - Easter eggs
 - Halloween
 - Christmas

