

Abstract

Dialysis patients suffer from a far greater mortality rate than the general population, making health promotion and management essential to prevent hospitalizations and complications. Mineral bone disease (MBD) remains a major complication for many of these patients. Maintaining strict dietary goals is necessary in preventing this complication, as well as decreasing morbidity and mortality for those on dialysis. This project aimed to provide education related to mineral bone disease and dietary guidelines that aid in prevention, to increase patient knowledge and allow them to make better dietary choices. All patients were provided with in person education, given a booklet containing the information and dietary choices, and given a pocket guide with better food options and foods to limit. Participants in the study were requested to complete a 6-question questionnaire using a 5-point Likert scale to assess their choices and knowledge regarding foods that aid in prevention of MBD both before and after the education. There was statistically significant increase in the patient reported knowledge of mineral bone disease and a decrease in patient reported attempts to eat healthy using a 2-sample t-test. The staff at the clinics were happy with the education packets and planned to continue using the resources provided.

Keywords: Chronic kidney disease (CKD), dialysis, mineral bone disease (MBD), dietary education