



Introducing the Wyoming Academy of Nutrition & Dietetics New Logo



The logo was based on a request to look fresh and active with an emphasis on positive lifestyle and pleasurable and healthful eating

**Special Thanks to
Judy Barbe and Leisann Paglia**

Member Feedback

What do you think about the Purposed New Vision and Mission Statements for WAND?

Vision Statement

Wyoming Academy of Nutrition and Dietetic members are recognized and utilized as the most valued resource for food and nutrition services.

Mission Statement

Empowering Wyoming's food and nutrition experts.

Please send feedback to Karla Case at
kcase@natronacounty-wy.gov

In This Edition

- *WAND New Logo*
- *WAND Vision & Mission Statements*
- *WAND President's Report*
- *2013-2014 WAND Board of Directors and Committee Chairs*
- *RDN Credential*
- *Food & Nutrition Expert*
- *Nominations for WAND Board*
- *Nominations for WAND Awards*
- *Lunch & Learn Meetings – Free CPEs*
- *Ethics CPE*
- *WAND Phone Survey*
- *Cleanse/Detox Diet Survey*
- *Wyoming Licensure Reminder*
- *Introducing:*
 - *Board Member – Marguerite Jackson*
 - *WAND Member – Georgia Boley*
 - *New WAND Member – Sara Pinson*
- *Renal Dietitians, DPG Article*

Fall 2013 WAND President's Report

Thanks to all of you who attended and helped coordinate the annual WAND conference last May in Cheyenne. The conference, titled *Health, Nutrition, and Mindful Eating Practices in Rocky Mountain Communities* with Cathy Breedon, PhD, RD, Pam McCarthy, MS, RD, Donald Altman, and Mary Harris, PhD, RD, was very informative in regard to learning new information on nutrition and health, and was also a helpful vehicle to bring new and familiar faces together from across the state and create new energy for the organization. I would like to recognize all the members who stepped up at that meeting to be on the WAND Board for the current year and help position the Wyoming Academy and its members as the *go to* resource on nutrition in Wyoming communities throughout the state. This new positioning coincides with the Academy of Nutrition and Dietetics (AND) strategic plan to promote AND and the registered dietitian nutritionist (RDN) as the nutrition resource nationwide (See page 4 for more information on the RDN credential).

In order to concurrently position our organization and members in Wyoming, the WAND Board met in September to put together a strategic plan that includes a new vision/mission statement and a variety of activities to help us achieve our new positioning goal as the *go to* nutrition resource in Wyoming communities. Some of these activities include 1) utilizing the new WAND logo for all official activities, marketing promotions, and materials, with a coordinated launch of the new marketing campaign next Spring, 2) implementing ideas that will create more board diversity and involvement, including the President-Elect's idea to do multiple *Lunch N Learn* educational meetings across the state, 2) sponsoring community grants to enhance visibility in Wyoming communities, 3) putting together RD/RDN tool kits for community health fairs, 4) producing radio and media promotional releases, 5) setting up a Twitter/Face Book account to enhance communication with members and the Wyoming community, and 6) recognizing WAND members in your community.

In this light, I would like to recognize the outstanding work of some WAND board members who are leading the way in this endeavor.

Judy Barbe and Leisann Paglia for their work on creating a new WAND logo
Karla Case for coordination of the Strategic Planning meeting in September
Paula Eskam for her work with the website, newsletter, and upcoming *Lunch N Learn* project
Kate Stratton-Schulz for achieving licensure for WAND members
Cheryl Gray for taking WAND members *into a new realm* with Twitter and Face Book

Thank you all for your great efforts on behalf of the organization! You will help us move our organization into new directions!!!!

In regard to WAND fundraising, starting in November, we will be doing *virtual* fundraising (via email) for the organization in the next six months. If you have something you would like to donate, please send me a picture, description, and minimum bid amount. We will be sending out one email of items to bid on around the 20th of each month between November and May, and if you are the highest bidder by the last day/time of the month, you will win the item. All checks for items won should be made out to WAND and mailed to Kate Stratton-Schulz as the WAND Treasurer.

2014 elections are just around the corner and the WAND Nominating Committee will be contacting you for nominations for President-Elect, Treasurer, and Nominating Committee. If you or one of your colleagues is interested in being on the board, please contact the Nominating Committee (Denise Ivey, Mary Tvedt, or Marguerite Jackson).

Be sure to look for the launch of our new marketing campaign, RD/RDN tool kit and materials, and new Twitter/Face Book communications next Spring!! If you have any ideas to help reposition us as the *go to* nutrition resource in Wyoming communities, we would love to hear from you.

Barbara Buyske, MS, RDN, LD
bbuyske@gmail.com



Looking for a WAND Member?

Check out the Updated WAND Membership List
on the WAND Website

www.eatrightwyoming.org

Member Section

Password: *eatwyo* – press the login button

Please email info@eatrightwyoming.org
with corrections.



Wyoming Academy of Nutrition and Dietetics (WAND)

2013-14 Board of Directors

WAND Officers

President: Barbara Buyske

President-Elect: Paula Eskam

Secretary: Becky Chizmadia

Treasurer: Kate Stratton-Schulz

Delegate: Cheryl Gray

Nominating Committee:

Denise Ivey (Chair)

Mary Tvedt, Marguerite Jackson

Council on Professional Issues: Beth Kamber

WAND Committees

AND/WAND Fundraising Chair: Debbie Collins

Annual Education Meeting Chair: Paula Eskam

Awards Committee Chair: Liz Fabrizio

By Laws Committee Chair: Karla Case

Communications Chair: Paula Eskam

Finance Committee Chair: Kate Stratton-Schulz

Media Representatives:

Judy Barbe & Leisann Paglia

New Membership Committee:

Jamie Anderson (Chair)

Marguerite Jackson (New Member Liaison)

Public Policy Representatives:

Kate Stratton-Schulz (Chair)

Codi Thompson (Co-Chair)

Registration/Continuing Education Committee

Chair: Cindy Mulcahy

Reimbursement Representative: Heidi Gillette

State Policy Chair: Kate Stratton-Schulz (*ichair*)

State Regulatory Chair: Teresa Matheny-Lehmitz

At Large WAND Board Members

Kristin Mctigue, Skye Murphy, Melissa Bardsley,

Enette Larson-Meyer Sue Combe, Ann Hunter,

Joan Franklin

Every Registered Dietitian Is a Nutritionist, but Not Every Nutritionist Is a Registered Dietitian

RDN CREDENTIAL: FREQUENTLY ASKED QUESTIONS

What is the new optional RDN credential?

The Academy of Nutrition and Dietetics' Board of Directors and the Commission on Dietetic Registration have approved the optional use of the credential "registered dietitian nutritionist" (RDN) by registered dietitians (RD).

Will the new optional RDN credential have an affect on state licensure of RDs?

No. Legal counsel determined that adding the optional RDN credential will **not** affect licensure or other regulations. Many state licensure/certification laws already reference the term nutritionist (e.g., LDN or CDN).

Why is the Academy offering the optional Registered Dietitian Nutritionist credential?

The option was established to further enhance the RD brand and more accurately reflect to consumers who registered dietitians are and what they do. This will differentiate the rigorous credential requirements and highlight that **all registered dietitians are nutritionists but not all nutritionists are registered dietitians**.

Inclusion of the word "nutritionist" in the credential communicates a broader concept of wellness (including prevention of health conditions beyond medical nutrition therapy) as well as treatment of conditions.

This option is also consistent with the inclusion of the word "nutrition" in the Academy's new name.

There is an increased awareness of the Academy's role as a key organization in food and nutrition by media, government agencies, allied health organizations and consumers. For instance, the Academy has noted an increase in the number of media impressions (print, broadcast and electronic) from the Academy's media outreach activities. Twenty billion media impressions were obtained in 2011, prior to the Academy's name change; contrasted with 30 billion impressions during the first six months of 2012 alone.

This provides additional rationale for the incorporation of the word "nutrition" into the RD credential resulting in the optional RDN credential.

What member input was considered?

In 2010, the Academy began exploring the option of offering the registered dietitian nutritionist credential. It was supported by participants in the 2011 Future Connections Summit and most recently by the Council on Future Practice in its 2012 Visioning Report. The recommendation was shared and discussed in the House of Delegates at the Fall 2012 meeting. The 2013 joint meeting of the major organizational units (Commission on Dietetic Registration, Accreditation Council for Education in Nutrition and Dietetics, Council on Future Practice, Education Committee, and Nutrition and Dietetics Educators and Preceptors DPG) supported moving forward.

Must RDs use the Registered Dietitian Nutritionist credential?

No. The RDN credential is offered as an option to RDs who want to emphasize the nutrition aspect of their credential to the public and to other health practitioners.

Does the optional RDN have a different meaning than the RD credential?

No. The RD and RDN credential have identical meanings and legal trademark definitions.

When can RDs begin to use the RDN credential?

RDs can start using the RDN credential effective immediately.

How should RDs use the new credential for signatures and materials such as business cards?

"Jane Doe, RDN" or "Jane Doe, RD"

How should the RDN credential be listed after a practitioner's name with other licensure or certification designations?

The new RDN should be listed in the same way as RD. The Commission on Dietetic Registration's recommended order of listed credentials is:

- Graduate academic degree.
- RDN (or RD)
- Specialty certifications with the Commission on Dietetic Registration (e.g., CSG, CSO, CSP, CSSD, CSR)
- Licensure designation, other certifications (e.g., CDE, CNS). Do **not** modify your current licensure designation.

For example:

Jane Doe, RDN, LD

Jane Doe, RDN, LDN

Jane Doe, MS, RDN, LD, CDE

Will CDR registration ID cards include both the RD and RDN credentials?

Yes. The 2013-2014 registration identification card will reflect **both** the RD and RDN credentials.

Will there be an additional cost?

No. There is no additional cost for using the RDN credential.

Will RDs be required to meet separate recertification requirements if they choose to use the optional RDN credential?

No. The current RD recertification requirements apply to the RDN credential.

How does the new optional RDN credential fit into the Academy's ongoing branding and marketing efforts?

The Academy is developing a plan to strengthen and differentiate a respected brand.

FOR RELEASE MARCH 13, 2013

Media contacts: Ryan O'Malley, Allison MacMunn
800/877-1600, ext. 4802, 4769
media@eatright.org

**WHERE SHOULD YOU GET YOUR NUTRITION ADVICE?
SEEK THE GUIDANCE OF *THE* FOOD AND NUTRITION EXPERTS**

Wednesday, March 13, is Registered Dietitian Day, celebrating the contributions and expertise of RDs as the nation's food and nutrition experts.

CHICAGO – All registered dietitians are nutritionists – but not all nutritionists are registered dietitians. It's an important distinction that can matter a great deal to your health.

To mark Registered Dietitian Day 2013 and to strengthen the link between the science of dietetics and the overall wellness aspects of nutrition, the Academy of Nutrition and Dietetics and the Commission on Dietetic Registration have approved the optional use of the credential "*registered dietitian nutritionist*" by all registered dietitians.

"Registered Dietitian Day takes place each March – during National Nutrition Month – to recognize the unequalled contributions of RDs in improving the public's health through food and nutrition," says registered dietitian nutritionist and Academy of Nutrition and Dietetics President Ethan Bergman.

The opportunity to use the RDN credential is offered to RDs who want to directly convey the nutrition aspects of their training and expertise. "This option reflects who registered dietitians are and what we do," Bergman says.

"Just as our organization included 'nutrition' in our new name in 2012, the option of using 'nutritionist' in an individual RD's credential can communicate the broad concept of wellness, including prevention of health conditions, as well as the treatment of conditions that are part of virtually every RD's practice," Bergman says.

"The message for the public is: Look for the RD – and now, the RDN – credential when determining who is the best source of safe and accurate nutrition information," Bergman says. "All registered dietitians are nutritionists, but not all nutritionists are registered dietitians. So when you're looking for qualified food and nutrition experts, look for the RD or RDN credential."

Registered dietitians and registered dietitian nutritionists must meet stringent academic and professional requirements, including earning at least a bachelor's degree, completing a supervised practice program and passing a registration examination. RDs and RDNs must also complete continuing professional educational requirements to maintain registration. More than half of all RD and RDNs have also earned master's degrees or higher.

"RDs and RDNs translate nutrition science into practical and applicable ways for people to bring nutritious foods into their daily lives. It is our role to discern between fact and fiction and give people the tools to make realistic eating behavior changes," Bergman says.

The majority of registered dietitians work in the treatment and prevention of disease, often in hospitals, HMOs, private practice or other health care facilities. In addition, RDs and RDNs work in community and public health settings and academia and research. RDs and RDNs work with food and nutrition industry and business, journalism, sports nutrition, corporate wellness programs and other work settings.

"Registered dietitians' expertise in nutrition and health is more extensive than any other health profession and has been recognized as such by Congress as well as federal health agencies like the Centers for Medicare and Medicaid Services," Bergman says.

"Numerous scientific studies over many years, including studies mandated by Congress, have shown that medical nutrition therapy provided by a registered dietitian can lower health costs, decrease hospital stays and improve people's health," Bergman says.

"Besides being the designated providers under federal law of medical nutrition therapy for Medicare beneficiaries, registered dietitians are the preferred providers of nutrition care and services in many private-sector insurance plans."

Learn more about what RDs and RDNs can do for you and find a registered dietitian or registered dietitian nutritionist in your area at www.eatright.org/RD. For more information about the RDN credential, visit www.eatright.org/RDN.

Celebrated each March, [National Nutrition Month](#) is a nutrition education and information campaign created by the Academy of Nutrition and Dietetics to focus attention on the importance of making informed food and nutrition choices and developing sound eating and physical activity habits.

###

The Academy of Nutrition and Dietetics (formerly the American Dietetic Association) is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy. Visit the Academy of Nutrition and Dietetics at www.eatright.org.



Election Time...Get Involved!

Seeking Nominations for 2014-2015 WAND Board of Directors

President Elect

The President-Elect will serve for one [1] year, and at the end of this term, will assume the office of President. The President-Elect will: support the President in leading the Association towards its strategic direction and values; serve as a member of the Board of Directors; present a written proposal for the strategic plan and budget for term as President for approval by the Board; and perform the functions of the office of President in the absence or disability of the President; serve as General Chair for the annual education meeting; appoint chairs of all committees to serve during the President-elect's term as President.

Treasurer

The Treasurer will serve a two [2] year term. The Treasurer will be the chief financial officer of the Association. The Treasurer will: serve as a member of the Board of Directors; have custody of all funds and securities of WAND; see that full and accurate financial records are kept and audited annually formulate and audit the financial records; assist the President-Elect in formulating the annual budget for the following Association year; and report the financial status of the Association to the Board of Director and the membership. In the event added funding is needed for a non-budgeted project or item, the Finance Committee (appointed by the WAND Treasurer) will meet to review funding options and present the amount and revised budget to the WAND board in a timely manner.

Nominating Committee (1 position)

The Nominating Committee will consist of three (3) members. The member receiving the highest number of votes cast by the members voting during the annual election will serve as chair. The immediate Past President will be an ex-officio member. The members of this committee will serve two (2) year terms with staggered terms so that two members are elected in odd years and one elected in even years. Duties include designation annually, or as otherwise specified the candidates for office as indicated in Article IX, Nominations and Elections.

For additional information please review the WAND Bylaws at
http://www.eatrightwyoming.org/_docs/WDABylaws2007.pdf

Nominations must be submitted by Dec 31st.

Interested or Have Questions...
Please Contact Denise Ivey, Nominating Committee Chair, at trhett@juno.com

REQUESTING NOMINATIONS FOR 2014 WAND AWARDS

Outstanding Dietitian of the Year (ODY)
Recognized Young Dietitian of the Year (RYDY)
Emerging Dietetic Leader (EDL)
Recognized Dietetic Technician of the Year (RDTY)

Please email your nominations to Liz Fabrizio by December 15, 2013 at lfabrizio@wphcody.org

The names of previous winners can be found on the WAND Website www.eatrightwyoming.org
Member Section – Password – *eatwyo* (press login button)

Following are the 2014 WAND AWARDS CRITERIA:

- **Outstanding Dietitian of the Year, 2014 (ODY)** - This is the highest honor bestowed on a member by the Wyoming Academy of Nutrition and Dietetics (WAND). It is designed to recognize and honor a Wyoming dietitian who has made outstanding and significant contributions to WAND as well as to the profession of dietetics. The Wyoming Outstanding Dietitian of the Year will be recognized by the Academy of Nutrition and Dietetics (the Academy) as the Outstanding Dietitian of the Year for the state affiliate.
 - **Criteria:** The recipient must be a member of the Academy of Nutrition and Dietetics and the Wyoming Academy of Nutrition and Dietetics; must have lived and worked professionally in Wyoming for a minimum of five years and must reside in Wyoming at the time of the award; must have demonstrated leadership and/or outstanding accomplishments as an officer, committee chair or committee member at the state or national level in WAND and/or the Academy; must have made outstanding contributions to the goals of the profession which are to improve the nutrition of human beings and to advance the science of nutrition and dietetics.
- **Recognized Young Dietitian of the Year, 2014 (RYDY)** - Award criteria are established by the Academy.
 - **Criteria:** Nominee must be 35 years or younger as of 5/1/14; must be a member of ADA; an active participant in national, state, or district levels; not previously selected as RYDY; demonstrated concern for the promotion of optimal health and nutrition status of the population; demonstrated leadership in legislation, research, education, management, etc., in the WAND.
- **Emerging Dietetic Leader Award 2014** - Award criteria are established by the Academy.
 - **Criteria:** Member of the Academy; initial practice experience not less than 5 years and not greater than 10 years, interrupted careers or time periods not in practice are not to be considered or rationed into the 5-10 years of professional practice experience; active participation in the national and state assoc. for at least 5 years; not previously selected as an RYDY or RDTY; demonstrated concern for the promotion of optimal health and nutritional status of the population; demonstrated leadership, e.g. in legislation, research, education, management, etc. in the Association, community or employment.
- **Recognized Dietetic Technician of the Year, 2014 (RDTY)**-Award criteria are established by the Academy.
 - **Criteria:** Member of the Academy; active participant in national, state, or district levels; not previously selected for this award, demonstrated concern for the promotion of optimal health and nutritional status of the population; demonstrated leadership in legislation, research, education, clinical dietetics, food service management, public relations, career guidance, etc., in the Association

2014 WAND Lunch & Learn Meetings Coming to a Location Near You

Free CPEs Available

Jackson, Casper, Gillette, Cheyenne and Laramie

More Information Will Be Coming Soon.

Ethics Requirement for Recertification

Responding to a recommendation from the Academy Board of Directors, on May 9, 2011, the Commission on Dietetic Registration voted to require that RDs and DTRs complete a minimum of 1 CPEU of Continuing Professional Education in Ethics (Learning Need Code 1050) during each 5-year recertification cycle in order to recertify. This requirement will be effective starting with the 5-year recertification cycle which ends on May 31, 2017, and will be phased in over a 5 year period for each recertification cycle.

Ethics in Action Columns

Click on this link to the Academy's resources for CPE options for Ethics.

<http://www.eatright.org/About/Content.aspx?id=6442475135&terms=Ethics%20CPE>

Each of the following articles has a free CPE quiz which can be completed online and provides 1 CPE. Reading an article meets Learning Need Codes 1000, 1050, 1090, and 1140.

To take the Continuing Professional Education quiz for the articles, log in to www.eatright.org, click the "MyAcademy" link under your name at the top of the homepage, select "Journal Quiz" from the menu on your myAcademy page, click "Journal Article Quiz" on the next page, and then click the "Additional Journal CPE Articles" button to view a list of available quizzes, from which you may select the quiz for this article.

[Learn more »](#)

WAND Phone Survey

One of the goals established during the WAND Strategic Planning Meeting in September was to contact the WAND membership and get members input on WAND.

During the month of November you may be contacted by a member of the WAND Board.

The information gathered will help the Board to determine membership expectations and future plans for WAND.

Thank you in advance for your valuable input.

Please contact Paula Eskam at paulae@outlook.com if you have any questions.



WAND Fundraising is Going Virtual

Starting in November, we will be doing *virtual* fundraising (via email) for the organization in the next six months.

If you have something you would like to donate, please send a picture, description, and minimum bid amount to Barb Buyske at bbuyske@gmail.com

We will be sending out one email of items to bid on around the 20th of each month between November and May, the highest bidder by the last day/time of the month, will win the item.

All checks for items won should be made out to WAND and mailed to Kate Stratton-Schulz as the WAND Treasurer.

If you have questions please contact Barb Buyske at bbuyske@gmail.com

Survey on Use and Opinions of Cleanse and Detox Diets

WAND Members:

I am working on a grant through Simmons College in Boston, MA and am conducting an online survey regarding registered dietitians use and opinions of cleanse and detox diets.

I am writing to ask you to share the survey link with your state dietitians in any upcoming newsletters, emails, Facebook posts, or other means of distribution that you see fit. Our goal is to have as many dietitians participate as possible.

The survey link is below:

http://www.surveymonkey.com/s/cleanse_survey

The survey has been approved by the Simmons College IRB and will be live for the next 60 days. Please feel free to contact me with any questions and thank you so much for your help.

Sincerely,

Allison Mulvaney, MS, RD Researcher

Nancie Herbold, EdD, RD Principal Investigator, Professor of Nutrition

Licensure Update for Registered Dietitians

July 1, 2014 is the renewal date for dietetic licensure for those who were licensed in 2012. You must have 30 hours of continuing education since July 1, 2012 for renewal. You can renew your license 90 days prior to the July 1 deadline. The application must be received by the licensing board at least 15 days prior to the license expiration date of June 30, 2014.

For more information on Dietetic Licensure -

<http://plboards.state.wy.us/dietetics/RulesRegs.asp>

The Dietetics Licensing Board Members:

Mindy Meuli – Chair

Dietitian – Laramie, WY

Leisann Paglia

Dietitian – Cheyenne, WY

Anne Saunders

Public Member- Douglas, WY

Introducing Marguerite Jackson

WAND Board Member

Nominating Committee Member and New Member Liaison

Hello Wyoming Academy of Nutrition and Dietetics Members!!!! I was asked to provide a brief bio and include why I became active in the association as a board member. So here it goes!!

I was born/raised at the base of the beautiful Big Horn Mountains in Big Horn Wyoming. College took me a bit further West to Montana State University in Bozeman Montana where I was blessed to have the opportunity to compete in Division I volleyball while completing my undergraduate course work. My Internship took me even further West to Salem Oregon. After enjoying one of the most beautiful falls and mildest winters the Northwest has ever had I made my way back to Wyoming. I have been a member of Wyoming Medical Center's Clinical Nutrition team in Casper since 2007 and have enjoyed it greatly.

It took a bit to get accustomed to adult life, work, marriage, etc. but a couple years ago I felt that I was in a place where maybe I could give back a little and help to promote our exciting profession. That is when I decided to get involved as a WAND member. I am finishing up my term as a member of the Nominating Committee and am also a member of the New Member Committee serving as the New Member Liaison. It has been a great experience. I have enjoyed the opportunity to build relationships with RDs from around the state and take part in events such as our latest Strategic Planning Session. It was so neat to see the wheels turning in that room, you have some very passionate colleagues.

I encourage everyone to get involved whether it be for the first time or maybe it has been a few years it is an exciting time for WAND. Thank You!!!!



**Introducing WAND Member
Georgia Boley MS, RD, LD, CSO**

Georgia Boley began private nutrition consulting in 2010, and has recently expanded to open a private consulting business.

Georgia is a registered dietitian with 15 years of clinical nutrition experience. Worksite history includes the Cleveland VAMC, University Hospital Case Medical Center in Cleveland OH, Sheridan VAMC, Sheridan Memorial Hospital, Welch Cancer Center, and Westview Life Care Centers of America.

In addition to private consulting, Georgia teaches nutrition classes at Sheridan Community College and is the dietitian at Sheridan Senior Center.

Georgia received her bachelor's at the University of Wyoming. She completed her master's and dietetic internship at Case Western Reserve University and Cleveland V.A. Medical Center in Cleveland, Ohio.

Georgia is a registered dietitian (RD), and licensed dietitian (LD) in Wyoming. She was a Certified Diabetes Educator (CDE) from 2000 to 2005 and currently is a Board Certified Specialist in Oncology Nutrition (CSO) from the Academy of Nutrition and Dietetics.

Georgia's private practice services available include nutrition counseling, nutrigenomics (eating according to your genes), kitchen clean-out, and grocery guidance. In addition, her website offers free services including a blog and youtube videos updated quarterly. For more information check out her website at www.tailorednutritionllc.com.

**Welcome
New WAND Member
Sara Pinson**



Hello my fellow nutrition colleagues!

My name is Sara Pinson and I am almost 2 months into making Laramie my new home! Thank you for welcoming me with open arms. I come from a background of diabetes prevention, childhood obesity, public speaking and learning how to perfect the art of communicating with people! I am in the "job hunt" and look forward to getting involved with WAND and meeting more of you in the near future.

My contact information is as follows:

e-mail: cheer4h@aol.com

cell: (928) 961-0380

RENAL NUTRITION FORUM - RENAL DIETIANS, PRACTICE GROUP OF AND

Nutritional Consequences and Benefits of Alternative to In-Center Hemodialysis

By Roce Pace, MPH, RD, CSR; Faith Tootell, MS, RD, CSR; Linda Mahone, MS, RD, CDE

This article reviewed alternative to in-center hemodialysis (HD) and discussed which treatment may be best, based on individual patient (pt) preference, overall health, nutritional status, family dynamic, and proximity to a clinic.

Peritoneal Dialysis

Peritoneal dialysis (PD) is performed at home. Exchanges are performed by infusing dialysate into the peritoneum via a catheter. Fluid and waste products are filtered by the peritoneal membrane and drained. Because exchanges are performed daily, there is less accumulation of fluid and waste products than with in-center hemodialysis. PD is simple to learn, less costly, and provides pts the opportunity to manage their own care. PD is used more prominently in other countries, with 80% of pts in Mexico & Hong Kong using it compared to 6% in the US.

Protein loss is higher with PD than HD. An average of 5-15gm protein is loss per day with PD. It is recommended that PD pts consume 1.2 -1.3g/kg protein/day. Another nutritional challenge is the absorption of dialysis dextrose. As the solution is in the peritoneum, 40- 70% of the dextrose is absorbed in the blood which contributes to daily calorie intake. Nutrition plans need to adjusted to compensate to prevent weight gain. Pts are advised to limit saturated fats and simple carbohydrates to help manage hypertriglyceridemia which is common for PD pts. Potassium (K+) recommended intake of 3-4 gm is not as restricted as in HD. Fluid goals are also more liberal. An average recommendation is 2 L/day. Sodium is restricted to 2gm/day. Phosphorous (Phos) goals are developed based on protein intake with approximately 10-12mg phosphorus/g protein/day. Water soluble vitamins and a higher dose of B1 are required to compensate for losses. Other nutritional challenges are feeling of fullness, constipation, or GERD.

Home Hemodialysis (HHD)

There are 2 type of HHD. **Conventional** is performed 3-6 times/week usually 3-5 hours. **Short daily (SDHHD)** is done 5-7 X/week lasting 2-5 hours. **Nocturnal (NHHD)** is 3-6X/week while pts sleep lasting 6-8 hours.

Advantage of HHD include: better fluid and blood pressure, fewer intradialytic complications, less sever dietary restriction, and less medications (binders, antihypertensives). Pts usually have better appetite, greater protein intake and potentially better quality of life. Drawbacks are hypotension, potential blood loss, access complications, infection, and the absence of expert medical personnel.

Protein requirement are the same as HDD- 1.2gm/kg. Phos, K+, Na are mildly restricted. Fluid is individualized based on blood pressure.

Transplantation

For most pts with kidney failure, transplantation has the greatest potential for restoring a healthy life. Pts with renal failure will have a decrease in overall mortality with a transplant verses life on dialysis. Allograft rejection is no longer the major cause of morbidity in renal transplantation. However, long term allograft failure continues to be a problem. A failed kidney transplant is the 3rd most common cause of end stage renal disease in the US. New onset diabetes after transplantation is becoming more common. 40% of nondiabetic pts become diabetic 3 years after transplant. Transplantation can be a financial burden with cost over \$100,000

Conclusion

There are many factors that pts must think about when choosing a treatment for CKD. PD, HDD< and Transplant represent therapy alternatives that may allow more freedom of dietary intake than traditional in-center hemodialysis.

Submitted by Beth Kamber, Chair, Council on Professional Issues