



Welcome!

We will get started promptly at 12 noon.



Caring for Patients & Residents with Chronic Kidney Disease

Date: June 2 and 8, 2022

Presenters: Amanda Morelli MSN, RN & Katelynn Booth MSN, RN

Quality Insights, Renal Network 5



Healthcentric
Advisors
Qlarant

QIN-QIO
Quality Innovation Network -
Quality Improvement Organizations
CENTERS FOR MEDICARE & MEDICAID SERVICES
QUALITY IMPROVEMENT & INNOVATION GROUP

Use Chat to introduce yourself & ask questions

How to use Zoom

At the bottom of your screen, you will see a black bar with icons:



Chat **Everyone** for general comments or questions

Welcome!

- Today's session is being recorded
- Although we want active participation, we ask that you please keep yourself on 'mute' during the presentation
- Please introduce yourself (name, organization & role, location) using the Chat feature



Healthcentric
Advisors
Qlarant

QIN-QIO
Quality Innovation Network -
Quality Improvement Organizations
CENTERS FOR MEDICARE & MEDICAID SERVICES
QUALITY IMPROVEMENT & INNOVATION GROUP

The IPRO QIN-QIO

The IPRO QIN-QIO

- A federally-funded Medicare Quality Innovation Network – Quality Improvement Organization (QIN-QIO) in contract with the Centers for Medicare & Medicaid Services (CMS)
- 12 regional CMS QIN-QIOs nationally

IPRO:

New York, New Jersey, and Ohio

Healthcentric Advisors:

Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont

Qlarant:

Maryland, Delaware, and the District of Columbia

Working to ensure high-quality, safe healthcare for
20% of the nation's Medicare FFS beneficiaries



Healthcentric
Advisors
Qlarant

QIN-QIO
Quality Innovation Network -
Quality Improvement Organizations
CENTERS FOR MEDICARE & MEDICAID SERVICES
EQUALITY IMPROVEMENT & INNOVATION GROUP

IPRO QIN-QIO *small Talk* series

Our *small Talks* are short, impactful presentations designed to meet your needs during this uniquely challenging time.

Two different topics will be presented on a monthly basis and each ***small Talk*** will:



*Consider a **challenge***
*Identify **interventions***
*Guide you to a specific **result** or outcome*



Healthcentric
Advisors
Qlarant

QIN-QIO
Quality Innovation Network -
Quality Improvement Organizations
CENTERS FOR MEDICARE & MEDICAID SERVICES
EQUALITY IMPROVEMENT & INNOVATION GROUP



Quality
Insights

The healthcare improvement experts.

Caring for Patients & Residents with Chronic Kidney Disease

Presented by Quality Insights Renal Network 5

Amanda Morelli MSN, RN

Katelynn Booth MSN, RN

Tips for Engagement

- **Please state your name when speaking.** This provides clarity and ensures that information is properly recorded.
- Unless speaking, **please keep your line muted** in order to minimize background noise.
- If internet connectivity becomes a problem, **please consider keeping your camera turned off when you're not speaking.**
- Be active with communication. **Please feel free to utilize the Chat feature** to submit questions or comments.

Overview

The Centers for Disease Control and Prevention (CDC) estimates 37 million Americans are living with chronic Kidney Disease (CKD). This number has steadily increased and has led to an increase in the number of patients with CKD residing in or visiting a nursing home for a short term stay. CKD patients are medically complex, often requiring care for multiple comorbidities in addition to CKD. To ensure adequate care and quality of life, more emphasis should be placed on the unique needs of these patients in order to slow the progression of CKD. This session will discuss the health challenges of CKD patients, the stages and progression into End Stage Renal Disease (ESRD), and the important nutrition, medication, and medical management which is necessary for well-rounded care.

Objectives

Upon completion of this webinar, the participants will be able to:

- Identify at least three unique elements of caring for a patient with Chronic Kidney Disease
- Define the levels of Chronic Kidney Disease and the progression to End Stage Renal Disease
- Summarize the importance of diet/nutrition, medication management, and management of comorbid conditions as they relate to Chronic Kidney Disease
- Integrate knowledge gained into practice when caring for Chronic Kidney Disease patients

The Effect of Aging on Kidney Function

- GFR declines with age
- Amount of kidney tissue decreases
- The amount of nephrons (filtering units) decreases
- Blood vessels that supply the kidneys become hardened resulting in slower filtration

Age (years)	Average Estimated eGFR
20-29	116
30-39	107
40-49	99
50-59	93
60-69	85
70+	75

Kidney Failure & Skilled Nursing Facilities

- 10% of the dialysis population are estimated to be nursing home residents
- 30% of individuals with kidney failure are admitted to SNF's in their last 90 days of life



What is CKD?

- Chronic Kidney Disease (CKD) is the gradual loss of kidney function
- Overtime, this loss of function impairs the body's ability to rid excess waste products and fluid








What is CKD?

- Patients in early stages of CKD may not have symptoms
 - 9 out of 10 adults are unaware of their CKD until they develop symptoms
- Patients with diabetes and/or high blood pressure have an increased risk of developing CKD
- Based on the severity, loss of kidney function can cause:
 - N/V, loss of appetite, fatigue, weakness, decreased urination, muscle cramping, uncontrolled blood pressure, and shortness of breath

Stages of CKD

5 Stages Of Kidney Disease

Stage 1	Stage 2	Stage 3A	Stage 3B	Stage 4	Stage 5
$\text{GFR} \geq 90$	$89 \geq \text{GFR} \geq 60$	$59 \geq \text{GFR} \geq 40$	$44 \geq \text{GFR} \geq 30$	$29 \geq \text{GFR} \geq 15$	$\text{GFR} < 15$
					
Normal or high function	Mildly decreased function	Mild to moderately decreased function		Severely decreased function	Kidney failure

Primary Care Physician

Nephrologist

End Stage Renal Disease (ESRD)

- ESRD occurs when the loss of kidney function reaches an advanced stage
- The kidneys no longer function to filter the blood and remove waste without intervention
 - Dialysis, Transplant
- Increased fluid levels, electrolytes, and waste products build up in the body and cause life threatening complications
 - Fluid retention in limbs and/or lungs
 - Heart dysrhythmia
 - Anemia



We want to properly manage patients with CKD to prevent or delay the progression to ESRD!

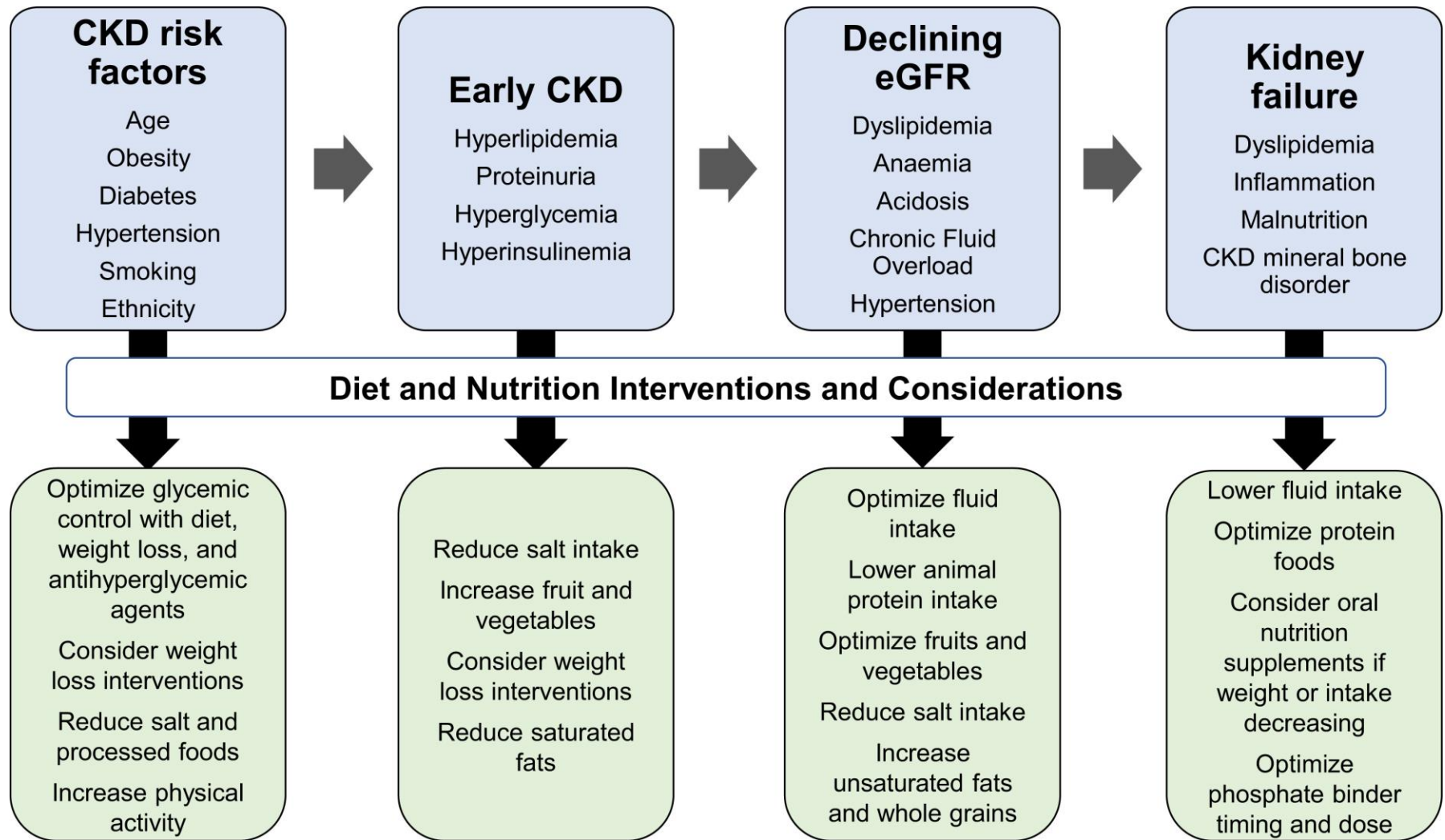
Why are these patients so unique?

1. Their nutrition guidelines and dietary habits evolve as CKD progresses
2. They are often burdened with multiple comorbidities that must be carefully managed
3. Medication management can be complex as CKD progresses

Nutrition for CKD Patients

- Proper nutrition can:
 - Slow CKD progression
 - Potentially reduce the cost of care
 - Prevent CKD complications
- There is no “standard” CKD diet
 - A dietitian will individualize a plan for patients based on comorbidities, stage of CKD, and food preferences
- There are slight dietary changes with each stage of CKD and **notable changes in diet with ESRD**





Comorbidities

- **Diabetes** and **high blood pressure** are the two most commonly associated with CKD and must be closely monitored
- As GFR decreases, comorbidities become more severe
 - Cardiovascular disease
 - Anemia
 - Malnutrition
 - Depression and decreased QOL
 - Mineral and bone disorders

Comorbidities = Coordination of Care



Medication Management

- Physicians and pharmacists will make changes to medications as CKD progresses
 - Decreasing GFR will slow the clearance of medications and can cause a build up in the bloodstream
- Be cautious of OTC medications, specifically NSAIDs
- Patients who have progressed to ESRD require additional medications to manage electrolytes and anemia
 - Binders must be take with meals to work appropriately
 - Erythropoietin Stimulating Agents (ESAs)

Application to Practice

- Knowledge of the progression of CKD will help you:
 - Recognize changes in your patients and provide early intervention
 - Effectively communicate with patients about their chronic disease
 - Redirect their dietary decisions

Resources

National Kidney Foundation:

<https://www.kidney.org/kidney-basics>

NIH:

<https://www.niddk.nih.gov/health-information/kidney-disease>

American Kidney Fund:

<https://www.kidneyfund.org>

American Association of Kidney

Patients: <https://aakp.org/>

KIDNEY CARE & DIALYSIS

in Skilled Nursing Facilities

It is estimated that 10% of people receiving dialysis reside in nursing homes. This interactive three-course e-learning series will address the Basics of Kidney Disease and Dialysis, Dialysis Access Care and Nutrition for skilled nursing facility staff caring for residents treated with dialysis.



SERIES OVERVIEW

Courses are 30-45 minutes in length and include interactive scenarios, handouts and resources. Attendance certificates are available upon completion. Free nursing contact hours are also available.

The Basics: Kidney Disease & Dialysis in Skilled Nursing Facilities

This 45-minute course provides information on kidney anatomy and function, risk factors for kidney disease, kidney disease screening, dialysis access, and dialysis treatment. Learn the differences in types of dialysis modalities, including home hemodialysis which is increasingly being performed in nursing homes.

Dialysis Access Care in Skilled Nursing Facilities

This 30-minute course provides information about the various types of access for hemodialysis and peritoneal dialysis and how to care for the devices and sites. Learn the advantages and disadvantages of each dialysis access, how to identify complications, and how to care for each type. Download tools and resources to help you better care for your residents.

Nutrition for Dialysis Residents in Skilled Nursing Facilities

This 45-minute course explores kidney failure and nutritional challenges for people on dialysis. Learn more about nutritional management and strategies to care for and improve the quality of life for your residents receiving dialysis. Additionally, this course explores the importance of communicating clearly with the dialysis center, different departments within your facility, and physicians to improve care and resident safety, as well as satisfaction.

Quality Insights has no conflicts of interest in the development of course content. E-041921-TDP



Get started today, visit www.ediscolearn.com and select the "Kidney Care" catalog.

Questions?

Amanda Morelli MSN, RN

Quality Improvement Specialist

Phone: (804) 320-0004 ext: 2709

Email: amorelli@qualityinsights.org

Katelynn Booth MSN, RN

Quality Improvement Specialist

Phone: (804) 320-0004 ext: 2703

Email: kbooth@qualityinsights.org

Quality Insights Renal Network 5: <https://www.qirn5.org/Home.aspx>

Chat In



Please unmute yourself or use the chat feature to share questions, ideas, success strategies, and/or lessons learned



Improvement is a Team Support



Healthcentric
Advisors
Qlarant

QIN-QIO
Quality Innovation Network -
Quality Improvement Organizations
CENTERS FOR MEDICARE & MEDICAID SERVICES
EQUALITY IMPROVEMENT & INNOVATION GROUP

Benefits of Boosters

[Recent evidence](#) shows that among healthcare and other frontline workers, COVID 19 vaccine effectiveness has decreased over time, especially in those 65 and older, at preventing infection or milder illness with symptoms.

- Boosters shots increase immune response
- Boosters shots provide improved protection against becoming infected with COVID-19
- Booster shots help prevent COVID-19 with symptoms

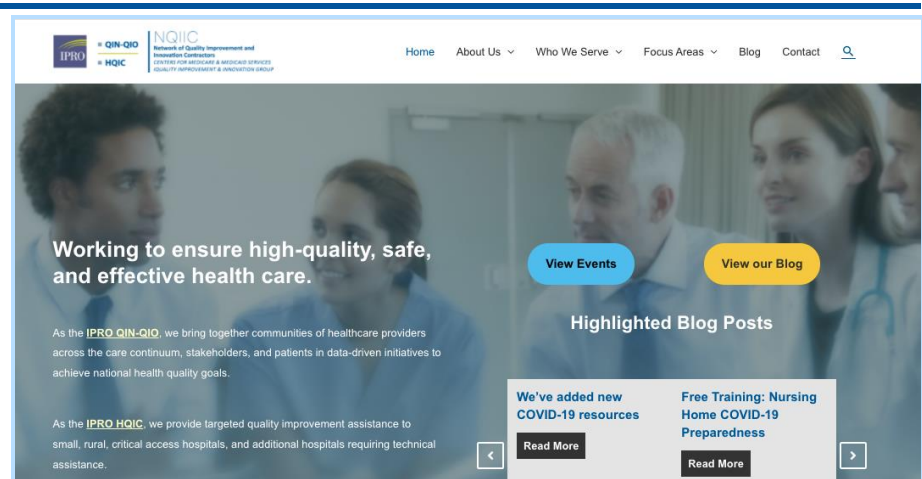
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>

Leaving in Action

Tips for success:

- Small steps of change: for example, start implementing the new process on one unit for two weeks, then evaluate and adjust as needed
- Reach out to our IPRO QIN-QIO team with questions or needs

Learn More & Stay Connected



@IPROQINQIO



@IPROQINQIO



@IPRO QIN-QIO



IPRO QIN-QIO

This material was prepared by the IPRO QIN-QIO, a Quality Innovation Network-Quality Improvement Organization, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. 12SOW-IPRO-QIN-TA-AA-22-643



■ **Healthcentric
Advisors**
■ **Qlarant**

QIN-QIO
Quality Innovation Network -
Quality Improvement Organizations
CENTERS FOR MEDICARE & MEDICAID SERVICES
IQUALITY IMPROVEMENT & INNOVATION GROUP

Let Us Know More...



Your feedback is critically important and will help guide us as we prepare future small Talks and other educational events.

Please take just a few minutes to complete our session evaluation, which will be sent by email to all registered attendees.

Mark your calendar for upcoming sessions



6/2 & 6/8: *Caring for Patients & Residents with Chronic Kidney Disease*

HEOA Knowledge Builders 12:00 – 12:30 PM ET REGISTER FOR ALL SESSIONS	
May 19th & May 25th (repeat session)	Overview of the HEOA
June 16th	Category I: Data Collection
June 23rd	Category II: Training on Data Collection
June 30th	Category III: Data Validation
July 7th	Category IV: Data Stratification
July 14th	Category V: Communicating Patient Demographic Findings
July 21st	Category VI: Addressing & Resolving Gaps in Care
July 28th	Organizational Infrastructure & Culture
August 6th	Recap/Q&A

<https://qi.ipro.org/2022/05/11/health-equity-organizational-assessment-heoa-knowledge-builders-series/> Knowledge Builders Series – IPRONQIIC

Check in with the QIO - Office Hours

- Share how it's going with your new intervention(s)
- Ask questions
- Learn from your peers

Next session: May 26 at 12 noon

<https://healthcentricadvisors.zoom.us/j/85491530818?pwd=SUld3QyZllvQURJTVBFdzJndnRgdz09>



Healthcentric
Advisors
Qlarant

QIN-QIO
Quality Innovation Network -
Quality Improvement Organizations
CENTERS FOR MEDICARE & MEDICAID SERVICES
EQUALITY IMPROVEMENT & INNOVATION GROUP

Thank You

Thank you for your continued partnership and commitment to quality improvement.

