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P028 -How to reach more patients with limited resources: a novel approach to delivering dietetic care to the low-clearance population.

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Background: Nutrition care within the low-clearance population is growing in demand. Specialist dietetic input in this setting can assist in facilitating patients' transition to renal replacement therapy, optimising diet quality and achieving biochemical normality through nutrition education and counseling (1, 2). However current Dietetic service allocation is unable to consistently provide timely care to patients, indicating the need to consider new methods of service delivery.

Aim: To pilot and evaluate three group education sessions for a selected cohort of low-clearance patients during their attended hospital based renal clinic.

Methods: Three pilot sessions were conducted over a six week period. All patients attending clinics on the day of the sessions were sent invitation letters in an attempt to encourage higher attendance rates, however the purpose of the education session was to provide first-line, general dietetic advice to new service users in line with best practice (3, 4). Information was provided in a visual format that emphasised the practical application of the material including label reading salt content, identifying phosphate additives and portion control.

Patient knowledge and satisfaction was measured at the beginning and end of the sessions using the Ombea Response technology (5).

Results: Over the three group sessions, a total of 25 patients attended along with six family members.

The improvement in dietary knowledge before and after varied between groups and when averaged was modest, likely reflecting the 80% of patients who had previously received tailored dietetic advice.

Productivity doubled with the addition of the group education sessions to standard practice. A total of 36 patients received Dietetic input over the three days that the group education sessions were held. Of these patients, 11 were seen as per standard practice in one-to-one clinic. In standard practice alone, an average of six patients are seen in clinic meaning an additional 18 patients received dietetic input with the group sessions.

Currently only 30% of new patients are being seen on a one-to-one basis in clinics (i.e. 2 patients per clinic). Although a high proportion of patients who attended the group sessions were known to the service; the potential to reach these new patients in a timely manner is promising.

Efficiency in terms of Dietetic time also improved. Modelling off the observed attendance rates in the group sessions and with one Dietitian facilitating; an average of eight patients can be seen in 1.25 hours equating to 0.03 full time equivalent (FTE). In standard practice; an average of six patients are seen within a four hour clinic with 0.1FTE of Dietetic input.