

C3.5

Chronic Disease Management

14:30 Room 428

Renal Nutrition Care Overseas Experience

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The Overseas Corporate Scholarship Programme for Dietitians in Renal Nutrition Care is a 10-day training programme at St. George Hospital in Sydney, Australia. It aims to build up new competencies, enhance knowledge and disease management skills for dietitian in renal nutrition care.

St. George Hospital uses a strong multidisciplinary approach in renal patient care. They have multidisciplinary outpatient clinics that is composed of renal and palliative care physicians, nurses, renal dietitians, pharmacists and social workers. Studies have demonstrated that early referral of patient with chronic kidney disease (CKD) to a multidisciplinary renal clinic was associated with reduced rates of kidney failure decline, hospitalisation, morbidity and mortality. Timely nutrition interventions are vital for a healthy start to dialysis and may prolong pre-dialysis period.

Renal Supportive Care (RSC) is an alternative treatment pathway in advanced CKD. It is based on the principle of palliative care by focusing on patient-centred care, quality of life and symptom control. Nutrition intervention plays an important role to maintain patient's quality of life, physical functioning and to reduce symptom burden. St George Hospital has introduced a RSC clinic with a multidisciplinary team.

Validated tools such as Subjective Global Assessment and Integrated Palliative Care Outcome Scale were widely used by renal dietitians in St. George Hospital to measure nutritional status and symptom burden, respectively. The application of these assessment tools help monitor patient's progress and outcome. They also provide direction in nutrition intervention and to identify service gap.

The Attachment Programme for Dietitians in Renal Nutrition Care is a valuable training experience for a better understanding of the health delivery model for renal patients in another country. A strong multidisciplinary approach that is focused on monitoring and improvement of patients' clinical outcomes is highly beneficial to local renal services.

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