

Renal Nutrition Program - General Information



What is the Renal Nutrition Program?

An advanced professional development program run through the Central Northern Adelaide Renal and Transplantation Service for qualified dietitians interested in the nutritional management of Chronic Kidney Disease.

The program includes a broad range of topics and is presented by experienced Renal Dietitians, Nephrologists, pharmacists and specialist renal nurses.

The program caters for dietitians with limited experience in renal nutrition while also serving as a refresher for dietitians with some renal nutrition experience.

Topics related to all aspects of nutritional management of renal conditions are covered including the different stages of Chronic Kidney disease, dialysis, transplant, supportive care, electrolyte management, intradialytic parenteral nutrition, and kidney stones management.

There are two program options available - in-person and on-demand.

The “in-person” program is limited to 24 people each year to enable small group work and practical teaching in the clinical setting.

The “on-demand” option is available for anyone unable to attend the “in-person” program.

What is involved?

The “in-person” program runs over approximately six months (July to January) and is a combination of pre-course online modules and in-person four day “short-course”. The in-person “short-course” is held at the Royal Adelaide Hospital for four consecutive days mid-late September each year. The pre-course online modules include assessed and non-assessed activities. The online modules are available from July, with a time commitment of approximately 15-20 hours, self-paced. There are post-course online assessment tasks that should be completed within 6 months.

The “on-demand” program is online-only and can be commenced at any time. Program content is pre-recorded and learning is self-paced. Online support is provided. Total time commitment is approximately 50 hours including assessment tasks.

An example of the session outline and the assessment tasks is included at the end of this document.

On completion of all assessment tasks a certificate of completion is provided.

What are the costs?

In-person - \$1400 AUD + GST

On-demand - \$1000 AUD +GST

Other information:

The Royal Adelaide Hospital is situated within easy walking distance of the Adelaide CBD, and is easily accessible using the free Adelaide tram. There is an assortment of accommodation options to suit all budgets within the Adelaide CBD. Standard hotel-style accommodation costs approximately \$180-250 AUD per night

Renal Nutrition Program - Key contacts

For curriculum enquiries e.g. assessment tasks, content-related questions

RNP Convenor: Anthony Meade

E: convenor@renalnutritionprogram.com

Renal Nutrition Program – 2023 Session outline

Introduction – online presentations	
Topic	Presenter
*Demographics of kidney disease in Australia and New Zealand	Anthony Meade
Introduction to renal biochemistry	Anthony Meade
*Albuminuria and Nephrotic Syndrome	Anthony Meade
*Kidney Stone prevention	Lyn Lloyd
Physical activity and frailty in CKD	Anthony Meade
Potassium Deep Dive	David St-Jules
Dietitians guide to dialysis in ICU	Anthony Meade

*assessment task – MCQ – to be completed

In person program:

Thursday, 28 September 2023		
Chronic Kidney Disease (CKD)		
ACST	Room: 7D-291/292	Presenter/s
07:30	Introductions, Acknowledgement of country	Anthony Meade & Lyn Lloyd
08:00	Normal renal physiology	Dr Nikhil Thyagarajan
08:45	Diagnosis and Pathophysiology of kidney disease	Dr Nikhil Thyagarajan
09:30	Break	
10:00	Stage 1-5 CKD Medical Management	Dr Shilpa Jesudason
11:00	History of the “renal diet” and nutrient-based models	David St-Jules
11:45	Mineral & Bone Disorders in CKD	Dr John Collins
12:30	Break	
13:30	Controlling dietary phosphorus	Lyn Lloyd & David St-Jules
14:30	Stage 1-5 CKD nutrition	Anthony Meade and Jess Dawson
16:00	WRAP UP	Anthony Meade
18:00	DINNER	

Friday, 29 September 2023		
Haemodialysis		
ACST	Room: 7D-291/292	Presenter/s
07:45	Welcome / housekeeping	Anthony Meade
08:00	Renal Supportive Care Nutrition	Jess Dawson
09:00	General Renal Medications	Hanh Tran
10:00	Micronutrients in kidney disease	Lyn Lloyd

10:45	Break	
11:30	Medical Management of Haemodialysis	Dr Simon O'Connor
12:30	Dialysis nursing masterclass: Dialysis adequacy and troubleshooting	Michelle Ovenden (& Claire Trimingham)
13:30	Break	
14:15	Nutrition for Haemodialysis	Dearne Brauer & Kelly Lambert
16:15	WRAP UP	Claire Trimingham
16:30	RAH TOUR	Anthony Meade, Dearne Brauer

Saturday, 30 September 2023		
AKI & Peritoneal Dialysis, Obesity & Kidney Transplantation		
ACST	Room: 7D-291/292	Presenter/s
07:45	Welcome / housekeeping	Claire Trimingham / Dearne Brauer
08:00	Managing Acute Kidney Injury nutrition in ICU	Anthony Meade, Lee-anne Chapple
08:45	Peritoneal dialysis - clinical and nutrition issues	Claire Trimingham
10:15	Break	
11:00	Obesity in CKD - what tools have we got?	Anthony Meade
12:30	Break	
13:15	Medical Management of Renal Transplantation	Dr Michael Collins
14:15	Nutrition for Transplantation	Anthony Meade / Lyn Lloyd
15:15	WRAP UP	Claire Trimingham / Dearne Brauer

Sunday, 1 October 2023		
Advanced renal nutrition		
ACST	Room: 7D-291/292	Presenter/s
07:45	Welcome / housekeeping	Claire Trimingham / Dearne Brauer
08:00	Malnutrition assessment in CKD	David St-Jules & Lyn Lloyd
10:00	Break	
10:30	Nutrition support in CKD, dialysis - oral & enteral	PANEL
12:00	IDPN	Anthony Meade
12:45	Break	
13:30	Communicating to support behaviour change in CKD	Lyn Lloyd, Jess Dawson, Kelly Lambert
15:00	WRAP UP	Anthony Meade

Renal Nutrition Program – Activities and assessment tasks

Information about each assessment task and links are also found below:

1) Renal unit profile

2) Multi-choice quizzes x4

The first 3 quizzes relate to some of the pre-course webinars and should be completed prior to the 4 day in-person teaching program

The 4th multi-choice quiz relates to the 4 day in-person teaching program and is for completion after this is completed

3) RNP Case study

The case study is for completion after the 4 day in-person teaching program and is reviewed by members of the faculty to provide individual feedback.

Course participants are expected to complete the full program within 18 months of commencement.