

RENAL RITE NEWSLETTER | PATIENT CARE AMERICA

Ask your Area Sales Manager for more information on NutriRite IDPN or NutriRite Home IPN therapies • 866-348-0441



BENEFITS OF IDPN/IPN THERAPIES

IDPN and IPN therapies are a go-to for effectively increasing patient albumin and prealbumin levels. But did you know they also offer a number of other well-documented benefits? Studies shows the therapies can prevent weight loss, decrease mortality and malnutrition, and increase appetite and strength.

We have included a listing of some of the therapeutic advantages of IDPN and IPN below, along with links to the related articles and information for your convenience.

Simply click to view an article in the table below. **NOTE:** You may need to pay a small fee to view some of the literature provided online.



EVIDENCE-BASED MEDICINE OUTCOMES FOR IDPN

Increase:

- nPCR
 - Albumin/prealbumin levels
- (tiny.cc/increase_npcr)



Increase:

- Albumin Levels
 - Prealbumin Levels
- (tiny.cc/albumin)



Decrease Mortality

(tiny.cc/decrease-mortality)



Prevent (PEW) | Catabolic Effect Of Dialysis

(tiny.cc/prevent-PEW)

Decrease Malnutrition | Increase Appetite

(tiny.cc/pregnant-hemodialysis)



Improve Inflammation Marker | Decrease Crp Levels

Article 1: (tiny.cc/IDPN-acute-ill)

Article 2: (tiny.cc/malnutrition-inflammation)



Prevent Weight Loss

Article 1: (tiny.cc/IDPN-efficacy)

Article 2: (tiny.cc/exercise-anabolic-effects)

Article 3: (tiny.cc/prolonged-IDPN-elderly)



Faster recovery from:

- Major surgery (Ex. limb amputations)
 - Other medical, infectious conditions, including chemotherapy
- (tiny.cc/IDPN-for-acute-ill)



Reduce treatment costs

Decrease:

- Infection
- Hospitalization Rates
- Mortality (tiny.cc/nutritional-impact)



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- Track Our involvement in the renal community
- Get the latest news on our therapies and services
- Learn more about the causes we champion

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FLUID RESTRICTION HANDOUT



Meet Patient Care America's RD's:

Kelli Ioan, Casie Maggio and Shaleen Burgess

It's summer - a time of year many associate with quenching their thirst with a tall glass of iced tea or lemonade while listening to crickets on the front porch. Or eating watermelon at the company or family picnic.

Unfortunately, these are the very items that renal patients, who may be restricted to 32 or 64 ounces of fluids a day, should avoid. With this in mind, our caring team of dietitians came up with a great list of suggestions to help renal patients participate in summer fun without compromising their fluid restrictions and health.

SOUR VS. SWEET

Casie emphasized that sour is the winner for renal patients, because it doesn't cause thirst. She encourages patients to suck on butterscotch or sour candies, such as lemon drops.

FROZEN FRUITS VS. FRUIT JUICE

Fruit juices are loaded with sugar, and, as we've established, also make patients thirsty. This includes orange, grape and cranberry juice. Shaleen recommends frozen strawberries or grapes as a healthy, but fruity, alternative.

View the complete flyer on our website for a list of refreshing, renal-friendly snacks; a handy fluid conversion chart and more.

pcacorp.com/dietitian-resources/

ANECDOTAL AND EMPIRICAL EVIDENCE SUPPORTING IDPN/IPN ADVANTAGES

The following anecdotal and empirical findings can be used along with the evidence-based medical literature on the previous page.

- Short term, some transplant patients on IDPN and IPN therapy were able to maintain stability. This is important because surgeons may be hesitant to operate on patients with low albumin levels. As an added benefit, these patients may also experience a swifter recovery following their transplant procedure.
- Some patients also showed an improved fluid balance. Extracellular fluids had great mobility as amino acid infusion changes osmotic pressure gradients and albumin maintains osmotic pressure.
- The therapies may also promote wound healing. This is because they reduce inflammation and increase the availability of **other** plasma proteins such as globulins and fibrinogen. This mainly applies to albumin, globulins and fibrinogen.

Patients also benefited from:

- Improved strength, body composition & overall well-being, which led to an overall, enhanced quality of life.
- Increased hemoglobin, reduced EPO resistance and EPO usage. **NOTE:** This was evidenced by the reduction of the inflammation marker Ferritin. Patients were also able to utilize Iron more efficiently.

RENALLY GOOD NUTRITION BARS

Looking for the skinny on protein bars? We asked our dietitians to weigh in on calorie, protein and potassium counts, and even prices, for some of the most popular snack bars. Whether you like chocolate, yogurt, peanuts or s'mores, we have a few healthy snack bar options for you.

Click to view or download our "Renally" Good Protein Bar flyer on our website.

pcacorp.com/dietitian-resources/

RENAL & UROLOGY NEWS

Global Warming Brings Rising Temperatures and Incidence of heat stress-related chronic kidney disease

A recent study revealed that hot, rural regions are seeing an uptick in chronic kidney disease. Researchers are blaming climate change, its excessive heat waves and decreased rainfall for the worldwide "epidemic." Agricultural workers and other demographic groups may have an increased risk of developing the disease. Learn more about this compelling study...

tiny.cc/climate-change-kidneys

UPCOMING RENAL CONFERENCES



Florida Renal Administrators Association (FRAA) Conference

July 21-23, 2016 |
Jupiter, FL
tiny.cc/FRAA

ANNA Garden State Chapter 125 - All Day Educational Meeting

August 18, 2016 |
Atlantic City, NJ
tiny.cc/ANNA-garden/state

SPEAKING OF H2O

The National Kidney Foundation offers a number of free, helpful smart phone apps that can help patients quickly and easily track their daily fluid intake. These useful tools are available in the iOS App (<http://tiny.cc/iPhone-fluid-overload>) and Google Play (<http://tiny.cc/Android-fluid-overload>) stores.