

## WHAT'S IN YOUR TROLLEY?

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**Problem:** With an increasing dialysis population, increasing culinary tastes, higher expectations and difficulty in recruiting Renal Dietitians we have to be increasingly innovative in the methods used to provide dietary advice. Patients are routinely provided with specific one-to-one advice and diet sheets on foods to eat and those high in specific nutrients but on review only seem to retain information on what foods to avoid.

**Purpose:** To identify new approaches to disseminate dietary advice, which is patient centred and effective.

**Design:** Small groups of HDx patients living in one geographical area were identified and sent invitations to attend a supermarket visit lasting 60 minutes. Approx. 50% of patient responded and attended the session which involved a 'walk and chat' around a supermarket where all areas of the HDx diet was discussed including information on ready-made meals, lipids and foods to eat. Review of the session was carried out by questionnaire and dietary review.

**Findings:** Patients have found the experience to be beneficial, away from a clinical setting made the patients feel in control and found the foods made useful prompts when asking questions. On review diet histories showed a greater range of foods eaten, especially fruits and vegetables and an increased use of MUFA.

**Conclusion:** The visits have been well received by patients, who feel the visits have given them more information about their diet than reviews on the Renal Unit. The sessions are patient led and are based on food to eat and healthy eating within their dietary restrictions, instead of what not to eat on a Renal Diet.