



Everyone talking - A life journey with your kidneys  
First series 8<sup>th</sup> episode: 11 Jan 2022

# Rehabilitation from kidney disease (2) Smart Eating, Live well with support

Guest speakers: Ms. Sabrina Mok, Ms. Maki Mak

Hosts: Dr. Samuel Fung, Ms. Maggie Lee






# Renal rehab series 2

## **Eat Smart**

**Dietitian Sabrina Mok**

The background is a stylized landscape. It features a light blue sky with a few white, fluffy clouds. In the foreground, there are rolling hills in shades of orange and red. A bright sun is positioned on the left side, casting a strong glow and creating a lens flare effect. A winding, light-colored path leads from the bottom left towards the center of the image.

# Healthy “eat smart” principles for kidney disease patients

# Healthy “eat smart” principles

- Before dialysis: Low protein diet;
- On dialysis: Adequate protein diet
- Low salt/low sodium
- Low potassium (as needed)
- Low phosphorus (as needed)
- Healthy cooking tips



# Protein

## Before dialysis

body weight (kg) x **0.8**      e.g. 50 kg x 0.8 = **40 g protein /day**

## On dialysis

Body weight (kg )x ~**1.2**      e.g. 50 kg x 1.2 = **60 g protein / day**

Each patient may have different protein needs depending on the medical condition, dietary intake, blood test result etc. Always check with the doctor and dietitian

# HBV & LBV Protein

**High** biological value protein  
(**HBV**)



28 g **HBV** = 4 serves

(1 serve of HBV = 7 g protein)

**Low** biological value protein  
(**LBV**)

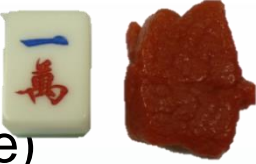


40 g protein–28 g HBV = 12 g LBV

12 g **LBV** = 6 serves

(1 serve of LBV = 2 g protein)

# 1 serve of HBV protein equals:

	Portion
Fresh or frozen meats (Pork, lamb, chicken, duck, goose) 	35-40 g (raw)
	30 g (cooked)
	equals the size of the Mahjong/pong pong ball
Chicken leg	1/3 pc
Canned tuna in spring water	2 tbsp
shrimps/scallops (medium)	4 pcs
Whole egg	1 pc
Egg white	2 pcs
Firm tofu	1/3 block
Silken tofu	1 block
Dried bean curd	1 pc (50 g)
Vegetarian Protein / Gluten/ Vegetarian ham	1 pc (3.5cm x 3.5 cm)
Dried beans: soy bean, red bean, green bean, black eye peas (cooked)	4 tbsp
Low fat/skimmed milk or soy milk	1 cup (~240 ml)



# 1 serve LBV protein equals:

	<b>Portion</b>
Rice/rice vermicelli/ thick rice noodles/ Shanghainese noodles/udon noodles	½ bowl
Gastric rice	¾ bowl
Congee	1 bowl
Bread (8 slices /lb)	1 slice
Small bread (smaller slices)	2 slices
Crackers	4 pcs

# What is low salt low sodium diet?

# How to reduce sodium/salt in dishes?





# Low sodium condiments

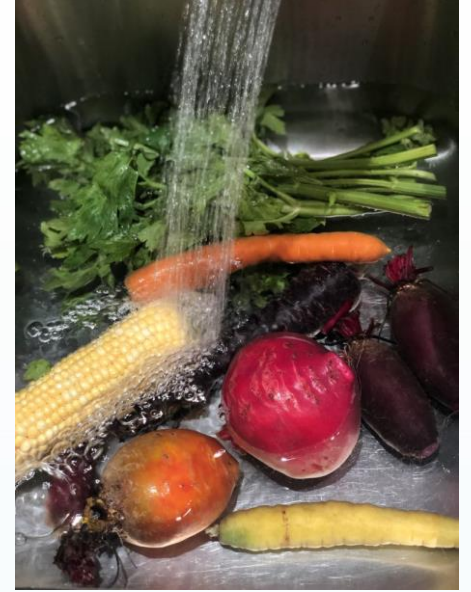


# What is low potassium diet?



# When blood potassium is high...

- Vegetables: Choose low-medium potassium vegetables, soak for at least ½ hour before cooking and consume 1-1.5 bowl daily
- Fruits: Choose low-medium potassium fruits, 1-2 pieces daily, skin off
- Soup: avoid Chinese medicine ingredients and long-boiled soup, choose soup with chicken/lean meat with gourds
- Avoid strong tea, change to water/light tea



	Low to medium potassium	High potassium
<b>Vegetables</b>	Hairy gourd, loofah, winter melon, cucumber, zucchini, white gourd, onion, choy sum, kai lan, celery cabbage, cabbage, Chinese cabbage, bok choy, indian lettuce, cauliflower, bean sprouts, snow peas, green beans, bean sprouts	Spinach, amaranth leaves, water spinach, watercress, mustard green, garland chrysanthemum, golgi, bamboo shoots, water chestnuts, tomato, sweet potatoes, potatoes, taro, lotus roots, mushrooms, straw mushrooms, enoki mushrooms, cloud ear, black fungus, snow fungus, seaweed, kelp
<b>Fruits</b>	Apple, pear, wax apple, plum, canned fruits, orange, pomelo, persimmon, watermelon, strawberries, pineapple, grapes, rambutan, peaches	Banana, plantain banana, lady fingers, prunes, dragon fruits, kiwi fruits, papaya, fig, guava, avocado, all dried fruits
<b>Whole grains</b>	Rice, rice vermicelli, thick rice noodles, egg noodles, macaroni, white bread, soda crackers, light tea biscuits	Pelted wheat, brown rice, red rice, wheat bread, oat, wheat biscuits, buckwheat noodles

	Low to medium potassium	High potassium
<b>Dried beans and nuts</b>		<p><b>Soy bean and products, e.g.:</b> Tofu, dried bean curd, dried bean sticks, dried bean sheets, soy drink</p> <p><b>Dried beans, e.g.:</b> Red bean, green bean, black eye peas, fava beans, black beans, small red beans</p> <p><b>Nuts, e.g.:</b> Peanuts, almonds, walnuts, cashews, seeds, chestnuts and lotus seeds</p>
<b>Others</b>	Fish, meat, egg, tea, soup with lean meat and hairy gourd	Vegetables soup, bean soup, soup with Chinese medicine, vegetable juice, milk

# What is low phosphorus diet?

Phosphorus content per 100g food (mg)			
Food	Low Phosphorus (100 or below)	Medium Phosphorus (101 to 200)	High Phosphorus (201 or above)
Milk products	Milk (100 ml)	-	-
Egg	Egg white	Egg	Egg yolk, pigeon's egg
Beans	Soya milk (100ml) and vegetarian protein	-	Black soy beans, bean curd sheet, sword beans, broad beans, mung bean, adzuki beans, soya beans and dried tofu
Meat	-	Pig's kidney, pig's heart, beef (lean), pork (lean), chicken	Pig's liver, pork floss, pork jerky, pork snacks, chicken's liver, sausage
Fish	White pomfret fish, shrimp, tilapia, eel, clams, sea cucumber, salted jelly fish	Milk fish, shark fin, cuttlefish, ribbonfish, Fish balls	Dried shrimp, squid, abalone, dried fish floss



Phosphorus content per 100g food (mg)			
Food	Low Phosphorus (100 or below)	Medium Phosphorus (101 to 200)	High Phosphorus (201 or above)
Grains	Sweet potato, ground lotus root, French bread, noodles, potato, mung bean noodles, steamed bun	Plain rice, rice bran	Oat bran, multigrain rice, whole wheat, oatmeal, wheat flour, brown rice
Vegetables	Carrot, broccoli, asparagus, spinach, bamboo shoots, onion, water spinach, Chinese cabbages, eggplant, pumpkin, cucumber, bitter gourd, collard	Dried lily flower, mushroom, green soybeans, lima beans, dried bamboo shoot	Seaweed
Fruits	Peach, longan, rose apple, lychee, grapes, honeydew melon, papaya, pear, persimmon, orange, pomelo, watermelon, guava	Raisins, black jujube	-
Fat and oil	Salad oil, pork fat, cream	-	Black sesame
Other	Sago, sweet glutinous rice cake, yakult, kanten, konjac jelly	Sauces, chocolate, ice cream	Yeast powder, cheese, peanuts, Chinese melon seeds, coffee, pearl barley, almond

# Happy cooking tips for kidney patients 😊

**Recipe modification:**  
**Chicken wings stew with potato and carrot →**  
**Chicken wings stew with sweet potatoes,**  
**carrots in lemongrass sauce (serves two)**



Original recipe		Modified recipe	
Ingredients:		Ingredients:	
Chicken wing	10 pcs	Chicken wing	6 pcs
Potato	2 pcs	Sweet potato	100 g
Onion	½ pc	Onion	½ pc
Carrot	½ pc	Carrot	½ pc
Shallot (minced)	1 tbsp	Shallot (minced)	1 tbsp
Ginger	2 pcs	Ginger	2 pcs
Oil	1.5 tbsp	Oil	1.5 tbsp
		Garlic (minced)	½ tsp
		Lemongrass (minced)	1 tbsp

Original Recipe:		Modified Recipe:	
Marinade for chicken wings:		Marinade for chicken wings:	
Light soy sauce	1 tbsp	Light soy sauce	$\frac{3}{4}$ tbsp
Dark soy sauce	1 tsp	Dark soy sauce	$\frac{3}{4}$ tsp
Corn starch	1 tsp	Corn starch	$\frac{3}{4}$ tsp
Rice cooking wine	1 tsp	Rice cooking wine	$\frac{3}{4}$ tsp
Sugar	1 tsp	Sugar	$\frac{3}{4}$ tsp
Grounded black pepper	Small amount	Grounded black pepper	Small amount
Sesame oil	$\frac{3}{4}$ tsp	Sesame oil	$\frac{3}{4}$ tsp
Ginger	3-4 slices	Ginger	3-4 slices
Sauce:		Sauce:	
Light soy sauce	1 tbsp	/	/
Oyster sauce	1 tbsp	Oyster sauce	2 tsp
Corn starch	1 tsp	Corn starch	1 tsp
Sugar	1 tsp	Sugar	1 tsp
Hot water	200 ml	Hot water	200 ml
		Ground black pepper	Small amount
		Mixed herbs (add before serving)	1 tsp
		White sesame (add before serving)	~ $\frac{1}{2}$ tsp



# Nutrition Analysis – per serving

<b>Original recipe</b>	Energy (kcal)	Protein (g)	Carbohydrates (g)	Fat (g)	Sugar (g)	Saturated fat (g)	Trans Fat(g)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
<u>5</u> chicken wings ½ serve vegetables	<b>763</b>	<b>49</b>	<b>44</b>	<b>43</b>	<b>7.9</b>	<b>9.7</b>	<b>0.2</b>	<b>1400</b>	<b>1371</b>	<b>444</b>
<b>Modified recipe</b>	Energy (kcal)	Protein (g)	Carbohydrates (g)	Fat (g)	Sugar (g)	Saturated fat (g)	Trans Fat(g)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
<u>3</u> chicken wings ½ serve vegetables	<b>321</b>	<b>19</b>	<b>15</b>	<b>20</b>	<b>5.1</b>	<b>4</b>	<b>0.1</b>	<b>411</b>	<b>402</b>	<b>156</b>

# Modified Recipe

## Diet exchange (per serving)

Protein	Carbohydrates	Vegetables
~3 serves	2 serves	3/4 serves

- 1 serve protein = 7 g ;
- 1 serve carbohydrates = 10 g ;
- 1 serve vegetables = 1 bowl cooked veg (240 ml)

There will be more home cooked  
healthy recipes to share in the future!

The background is a stylized, flat-design landscape. It features a light blue sky with a few white, fluffy clouds. In the foreground, there are rolling hills in shades of orange and red. A bright sun is positioned on the left side, casting a strong glow and creating a lens flare effect. A winding, light-colored path leads from the bottom left towards the center of the image.

# **Are you “nutri-smart”?**

# Test yourself

If the doctor suggested you on a low potassium diet, which of the following should you be avoiding?

- A.  $\frac{1}{2}$  bowl hairy gourd, lettuce, zucchini or Chinese cabbage per meal
- B. 1 piece of apple, pear, nashi pear or  $\frac{1}{2}$  bowl blueberry daily
- C. 1 bowl of spinach, broccoli, Chinese cabbage or watercress per meal
- D.  $\frac{3}{4}$ -1 bowl rice vermicelli, Shanghainese noodles, white rice or udon per meal



# Test Yourself

Which of the following is regarded as source of high biological value (HBV) protein?

- A. White rice
- B. Tofu
- C. Bread
- D. Chu Hou Paste

# Summary

A stylized landscape illustration. In the foreground, a winding path in shades of orange and yellow leads towards a bright sun on the horizon. The sun is low, creating a lens flare effect. The background features rolling hills in various shades of orange, red, and blue, under a light blue sky with a few white clouds.

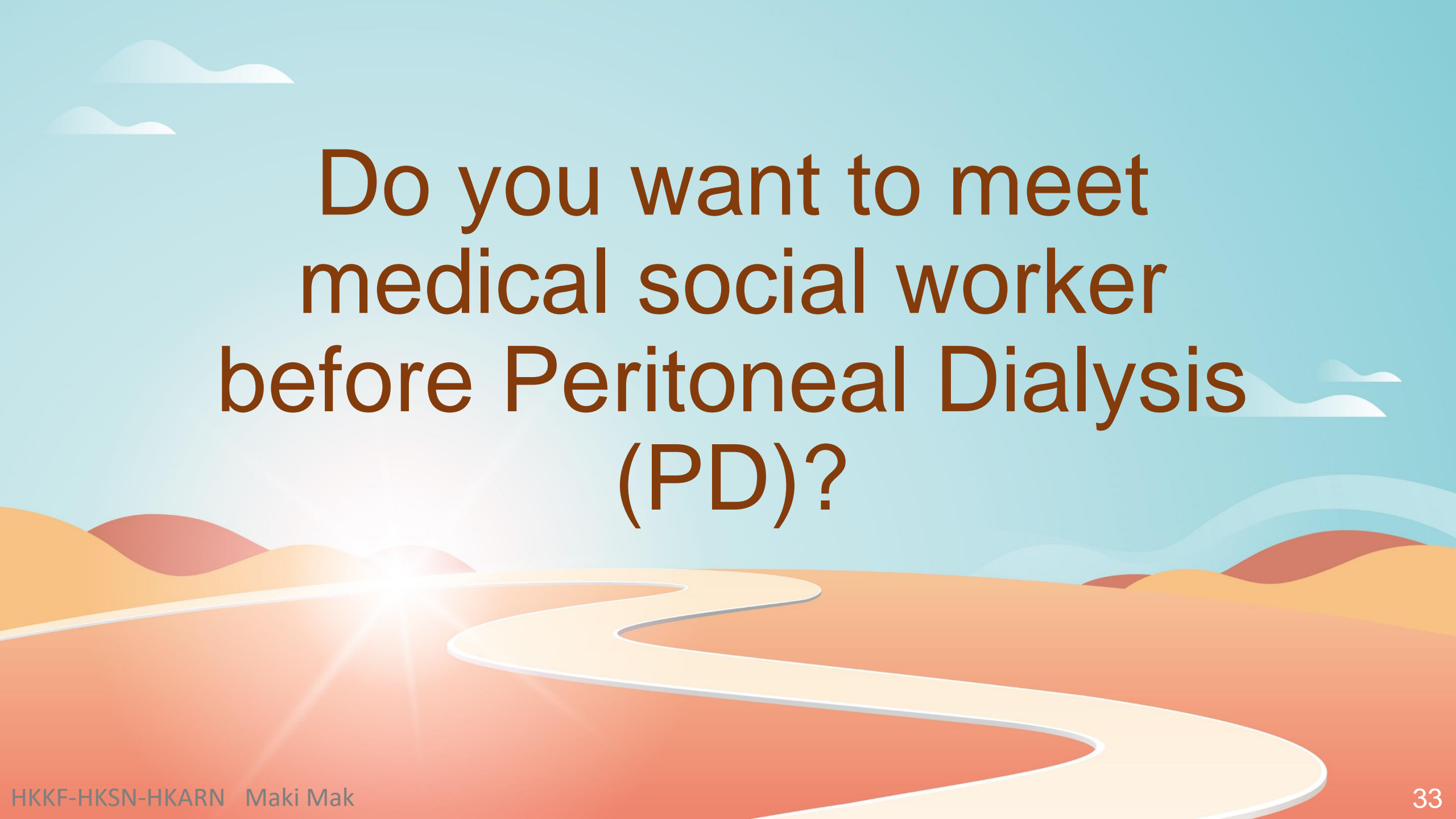
# Summary – Healthy principles of the diet for kidney patients

- Before dialysis: Low protein diet;
- On dialysis: Adequate protein diet
- Low salt/low sodium
- Low potassium (as needed)
- Low phosphorus (as needed)
- Healthy cooking tips

# 腎病復康之二 輕鬆生活

Maki Mak  
Medical Social Worker





Do you want to meet  
medical social worker  
before Peritoneal Dialysis  
(PD)?

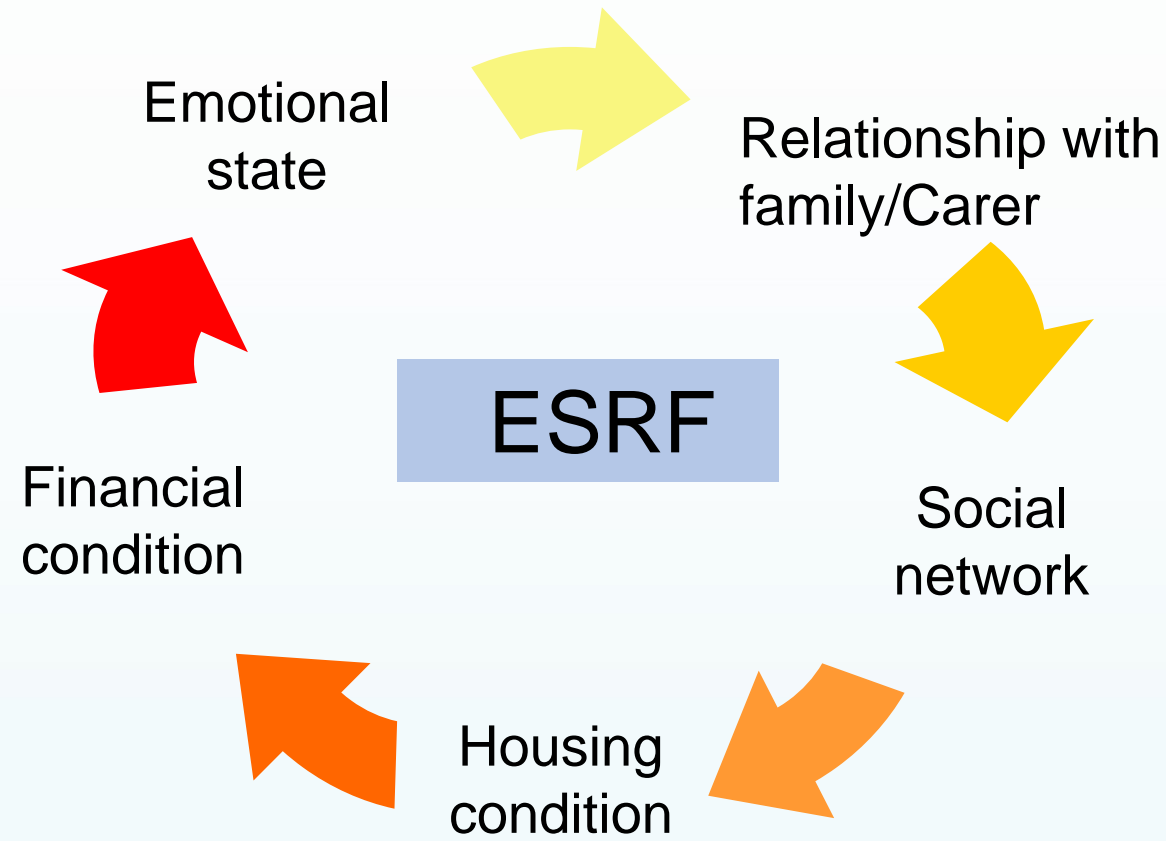
# Sources of case

- Self-approach by patient, family members or relatives
- Referred by clinical team or community, e.g Social Welfare Department, non-government organization and etc.

# First interview.....

- Patient was just informed about the End Stage Renal Failure(ESRF)...

# Conduct psychosocial assessment with patient and family



The background of the slide features a stylized landscape. A light blue sky with soft, white clouds is at the top. Below the sky, there are rolling hills in shades of orange and red. A bright sun is positioned on the left side, casting a strong light across the scene. A winding path, colored in a light cream or yellow, leads from the bottom left towards the center of the image, curving gently through the landscape.

# The objectives and interventions by social worker



# The goals of medical social service in handling Renal Patients for PD in pre-dialysis Stage I (Before Tenckhoff Insertion)

- To have rapport building with patient and family.
- To conduct psychosocial assessment with patient and family.
- To enhance patients' understanding of ESRF and understand the need for dialysis.
- To Engage patient and family in the shared decision-making process for treatment modalities and to make appropriate choice of treatment modalities.
- To help patient and family to work through emotions and distress arising from ESRF.
- Collaborate with the renal team to formulate preliminary care and management plan with patient and family.
- Bridge up patient and family with appropriate community resources.

A stylized landscape illustration. In the foreground, a winding path in shades of orange and yellow leads towards a bright sun on the horizon. The sun is low, creating a lens flare effect. The background features rolling hills in soft orange and red tones under a light blue sky with a few white clouds.

# Emotional support

# Emotional state

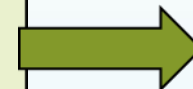
- To help patient and family to work through emotions and distress arising from ESRF.

Deny → Angry → Fear → Sad → Acceptance

Stage 1:  
Pre-contemplation  
stage



Stage 2:  
Contemplation  
stage



Stage 3:  
Preparation  
stage

The background is a stylized landscape. A winding path in shades of orange and yellow leads from the bottom left towards the center, where a bright sun is rising or setting, creating a lens flare effect. The sky is a light blue with a few white, stylized clouds. The ground is composed of rolling hills in various shades of orange and red.

# Housing issue

# Housing condition

## Housing condition:

- Suit for Peritoneal Dialysis (PD)? Hygiene? Pet?
- Living with others? Space for storage of dialysate?
- Compassionate Rehousing (Assessment and Recommendation by social worker and medical officer)

## Public housing tenement:

- One-grade up (Recommendation by medical officer)
- Cubicle transfer (Assessment and Recommendation by social worker and medical officer)

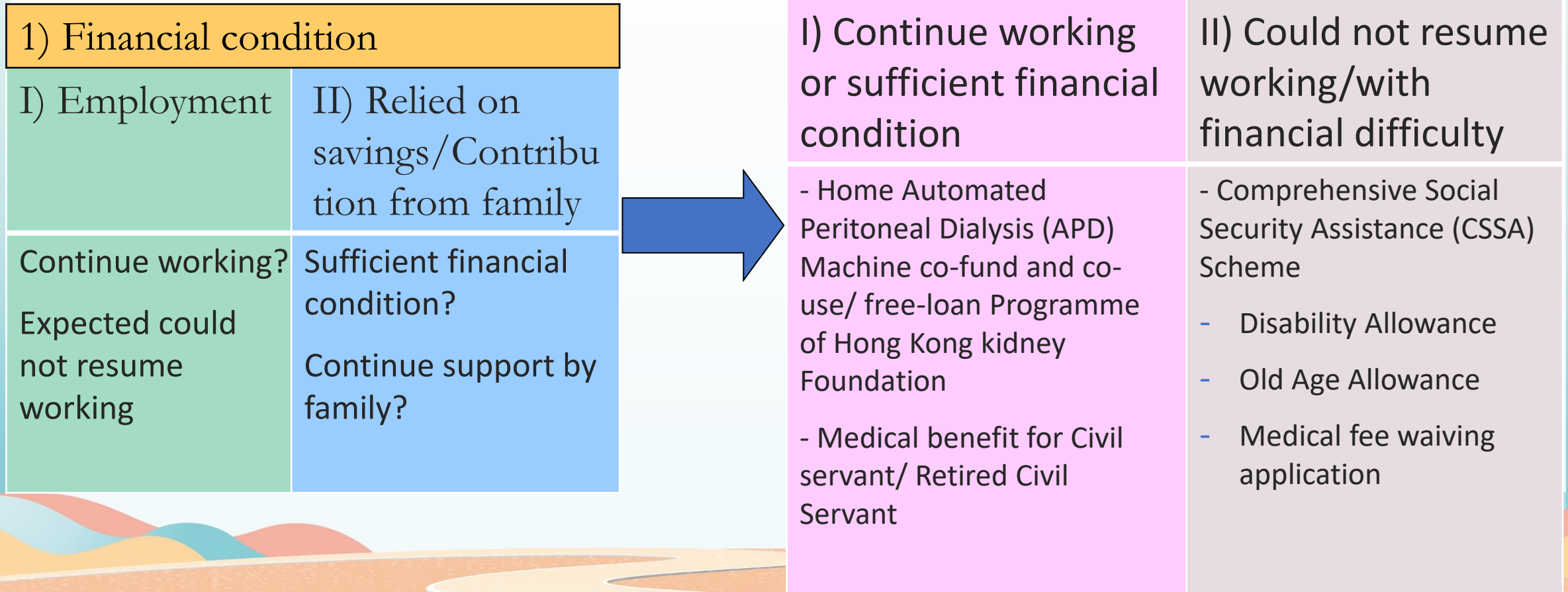


# Financial assistance



# Financial assistance

- Can the case be sustainable for the expense of CAPD?



# Financial assistance (CAPD)

Comprehensive Social Security Assistance (CSSA) Scheme	Social Security Allowance (SSA) Scheme		Medical fee waiving application
	Disability Allowance	Allowance for the Aged	
*Set up cost of CAPD HKD \$4,000-\$5,000 (One off for reimbursement)	*Normal Disability Allowance: HKD \$1,885 monthly	Old Age Allowance:\$1,475 (Aged 70 or above)	- The medical fee/hospital may be waived if meet certain financial criteria
*Monthly consumables of CAPD: HKD \$1,400-1,900(Reimbursement)	*Higher Disability Allowance: HKD \$3,770 monthly	Normal Old Age Living Allowance: \$2,845 (Aged 65 or above and meet certain financial criteria )	
*under recommendation by Medical officer		Higher Old Age Living Allowance: \$3,815 (Aged 65 or above and meet certain financial criteria )	

# Family support and social network

- Married? Singleton? With children?
- The age and capability of family members?
- The relationship with family?
- Living together?
- The opinions/feelings of family members toward illness?
- Family under pressure?
- The availability of family members?
- The existing supportive network including...

# The potential helper(s)/family resources to support patient in the PD

- Self
- Family members
- Relatives
- Others



# Community support

The background of the slide is a stylized landscape illustration. It features a winding path in shades of orange and yellow that leads towards a bright sun on the horizon. The sun is positioned on the left side, creating a lens flare effect. The landscape consists of rolling hills in various shades of orange, red, and yellow. The sky is a solid light blue color, and there are a few white, stylized clouds scattered across it.

# Community support service

- Integrated Home care Service(Escorting, meal delivery service ant etc)
- Christian Family Service Centre-Blessing Belly - Renal Care (CAPD) Service (limited by regions)
- Standardized Care need Assessment Mechanism For Elderly Services- Residential Care Services for the Elderly and Community Care and Support Services for the Elderly
- Pilot Scheme on Community Care Service Voucher for the Elderly (CCSV)
- Private Homes for the Elderly /Self-financing Homes (support PD)

# Continuous assess the need of the case

- To have close collaboration with the renal team
- To refer relevant community support service if needed.

# Mutual help groups/Renal patients groups in Hong Kong

Name of Group	Telephone number (電話)	Website (if any) (網址)
<b>Hong Kong Island</b> ● Eastern Renal Support Association (東區腎友自助會) ● Renal Companion Association (腎之友)	2595 6342 2794 3010	
<b>Kowloon</b> ● Alliance for Renal Patients Mutual Help Association (腎友聯) ● CMC Renal Patient Mutual Aid Group (明愛互康腎友會) ● Hong Ling Renal Club (康寧腎友會) ● Kid Friends' Club (瑪嘉烈腎兒之友) ● KWH Renal Patients Support Group (廣華腎科病人互助會) ● Mutual Support Society for Tung Wah Renal Patients (東華腎友互助會) ● QEH Renal Support Group (伊利沙伯醫院腎友互助會) ● Renal Mutual Help Association (腎友互助協會)	8100 0821 3408 7568 9305 7207 2990 1951 3517 2900 2794 3010 3506 5391 2338 2516	<a href="http://www.arpmha.org.hk">http://www.arpmha.org.hk</a>  <a href="http://www.hlrc.org">http://www.hlrc.org</a>  <a href="http://www.hkrmha.org">http://www.hkrmha.org</a>
<b>New Territories</b> ● Jelly Bean Society Limited (紅豆會有限公司) ● Kidney Rehabilitation Society (腎康會) ● The Kidney Patients' Association (腎誼會)	9070 6369 3505 3012 2468 5330	



Host organiser: Hong Kong Kidney Foundation

<https://hk kf.org.hk/>



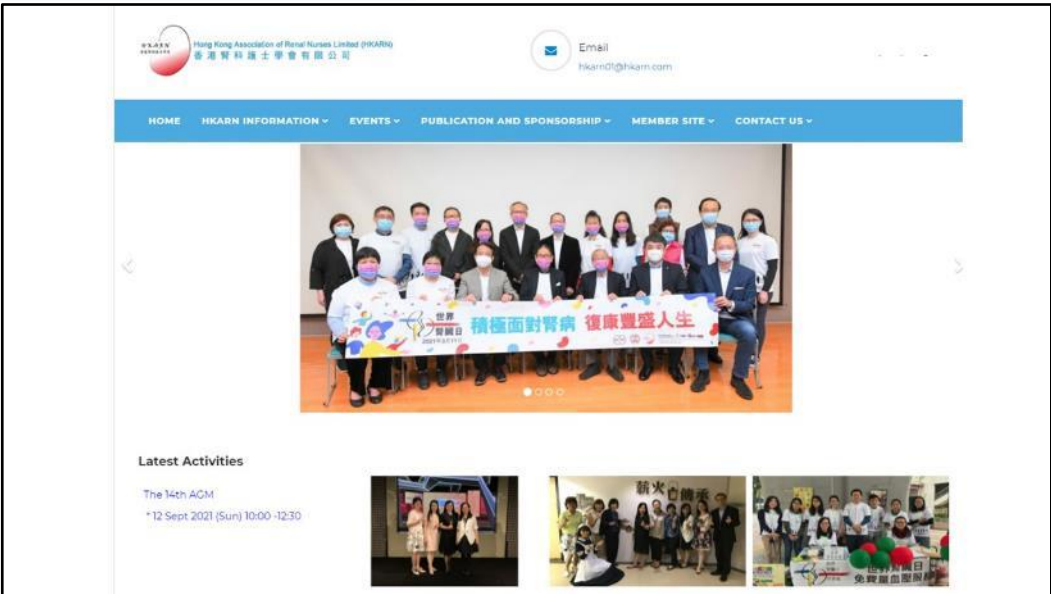
Co-organisers: Hong Kong Society of Nephrology

<https://www.hksn.org/>



Co-organisers: Hong Kong Association of Renal Nurses

<https://www.hkarn.com>



Partner: Alliance for Renal Patients Mutual Help Association

<http://www.arpmha.org.hk/>





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