

The PRONA Paper

Join Us!

Thank you to all our current, past and future members. This group was formed in 2019 for the purpose of networking and support of pediatric renal dietitians. We have been busy creating useful content to support this mission.

Join our mission or log in to your membership to check out our members only content for all the latest resources at: <https://www.prona.info/>.
Membership cost is \$40 USD / \$56.58 CDN per year.

Benefits of being a PRONA member:

- Network and connect with other pediatric renal dietitians across North America, and beyond.
- Collaboration with sister UK group - PRING
- Access to:
 - Our virtual pocket guide - a comprehensive "how to" source of pediatric renal care, authored by our PRONA members (soon to be in print!)
 - Clinical practice guidelines - Our Vitamin D Guideline will need reviewers soon
 - Patient resources - Over 100 pediatric renal handouts & recipes available from our members
 - Clinician resources
 - Offering CEU webinars & recordings
 - Mentorship Program
 - Clinician Tools - Growth Chart Comparison available, Pediatric Renal Cheat Sheet coming soon!
 - Award opportunities
 - Annual Stipend available to attend professional conferences
 - Pediatric Renal Dietitian of the Year award
- Additional resources coming as the group develops more!
- Regular meetings offer the chance to be a part of committees to develop resources
- A chance to help guide the profession - by contributing to the work and resources PRONA provides
- A resume booster!

We look forward to collaborating with you soon!
- Your PRONA Board 2022-2023



Inside the Issue

- 01** Annual Stipend Application - Apply Now!
- 02** The Mentorship Program is open for applications.
- 03** Pocket Guide Updates
- 04** Meet our Board & Committees
- 05** Join us for a PRONA in-person meet up!
- 06** Call for Recipes

Upcoming Events

- Jan 31, 2023** Stipend Applications Due
- Feb 15, 2023** Mentorship Program Applications Due
- Feb 27-28, 2023** Pediatric Nutrition Conference
- March 3-6, 2023** Annual Dialysis Conference
- March 23-24, 2023** Pediatric Renal Nutrition Academy - Intro
- March 2023** PRONA Member Meeting - TBD
- April 11-15, 2023** NKF Spring Clinical Meetings
- Spring 2023** Upcoming Webinar - TBD

Annual Stipend

We are so thrilled to return to in-person conferences and learning opportunities, but have certainly grown to appreciate the ease of attending education sessions via a virtual platform over the last few years.

With PRONA's goal to empower clinicians through education, we developed our annual stipend to assist our members in overcoming the financial barrier. Attending conferences allow us to network with other healthcare professionals in our field, strengthen and develop our skills for improved clinical care, and can open doors for career advancement.

Our annual stipend of up to \$500 is open and available on the PRONA website. However, the due date is quickly approaching! If you plan to attend an in-person or virtual conference anytime in 2023 (January - December) and have been a current PRONA member for 1 year, you are eligible to apply. Submit your application by January 31st, 2023 for consideration.

Mentorship Program

Applications Due:

February 15, 2023

PRONA's Mentoring Program is designed to facilitate a positive development partnership between mentors and mentees. We will partner an experienced Pediatric Renal Dietitian and a less experienced Pediatric Renal Dietitian to foster professional growth with the goal to promote long-term career and skills development. The Mentor's knowledge and insights gained over years of experience serve as a valuable tool to facilitate the effective and efficient growth of a Mentee. Apply today on our website!

Check out our tools available to help you determine readiness for the program!

Pocket Guide Updates

The Pocket Guide is available on our website in our members only content for use! Since this is a working draft, please contact Chris Nelms (cnelms@gmail.com) if any updates are warranted. If you were an author of the guide, please check to ensure your name is correctly listed in the individual sub-sections using the draft emailed on December 29, 2022. Please respond to this email if changes are needed, as our next step is sending it to the publisher!

Renal Friendly Lunch Word Search

E E Q B A G W B X X Y K C X D G Q V Z F
 D S A S R G S N R N S P D A D S B D W G
 L F Z E D E J F S O T E L C A R R O T S
 T O Y I O D R Q R U C A K Z F E X E J C
 P J Q K P E L J Q E S C U A L O Y P U I
 M F O O E L Z Z R A T C O P C D B G A J
 D X P O P I Y T N N C Y P L G E R Y Z D
 E A Y C P O M U N H K A W U I X C V Y C
 R L L D E B T P I B E R R I E S I I Z Y
 T N U A R Y Y N P P P F U L H H T Z R G
 G O C E S E I S R E F A W A L L I N A V
 W E T R I N X Y V A A R C I Y U P V Z Y
 Z X D B A T E B Y R J C T V W R V T H Z
 O W H T F A A K E S F H H B Q L M J L F
 W U F R H U I K C P R M A E X P B N F G
 P G N O X G V O G I H D O S S X R I C Q
 G Y D H C C B G J D H Q U H G B D F N O
 T N U S T I F H O C I C R P S K T X R K
 C N Z N H T P P X A L F U K C G N R C U
 Y M P S M K T R W X C R S U R Y Z X X D

Chicken Salad

Apple

Broccoli

Peaches

Rice Cakes

Berries

Carrots

Pears

Shortbread Cookies

Zucchini

Boiled Egg

Tuna Salad

Peppers

REUSABLE
lunch box



Meet our Board

Christina Nelms, MS, RDN, LMT
Chair

Christine Benedetti, MS, RDN, CCTD, LD
Chair Elect

Mary Ann McMaster, BSc, RD
Past Chair

Vicki Vitale, MS, RDN/LD
Secretary

Morgan Bily, MPH, RDN, LD
Treasurer

Vishal Bagchi, MBA, RD, LD
Member-at-Large

Committee Contacts

Clinician Resource

Christine Benedetti
cns211@gmail.com

Patient Resource

Esther Berenhaut
estherbq1@yahoo.com

Isabel Reckson
ireckson@gmail.com

Guideline Development

Mary Ann McMaster
maryann.mcmaster@ahs.ca

Lesley Perez
Lesley.Perez@ahs.ca

Research & Data Sharing

Currently inactive

Promotion & Networking

Christina Nelms
cnelms@gmail.com

Public Policy

Christine Benedetti
cns211@gmail.com

*Members interested in participating may contact our Committee Chairs

PRONA Meet Up!

Attending ADC or NKF's SCM?
Let us know! We would love to
set up an in-person member
meet up. Contact Chris Nelms
at cnelms@gmail.com

Webinar & CEU Available

This past Fall, we were pleased to present the live webinar, "Seize the Opportunity to Create Your Own Future Through Mentoring" presented by Karen Schwartz, to support our newly launched Mentorship Program. If you missed the live webinar, the recording is available on our website, free for members & \$20 for non-members. Once you complete the webinar, reach out to Christine (cns211@gmail.com) for your CEU certificate. Stay tuned! We are planning another CEU Webinar event this Spring 2023.

Recipes

Have a great kid-friendly recipe?

Please share with our Patient Resource Committee (Esther & Isabel). Once we collect enough, we would love to develop a PRONA Pediatric Renal Cookbook for our patients & families!

www.prono.info

Our website has gone through quite a transformation over the last few years thanks Lesley Perez, our website guru! She continually updates it to stay current in hopes to meet our member needs. Please check it out and let us know what you think and if you would like to see anything different. We greatly value your input!