

The OxSalt Care Bundle Intervention

The intervention is a care bundle designed with the aim of empowering people with CKD to reduce their dietary salt intake. Three guiding principles underlie the intervention and are focused respectively on empowering people with CKD to:

1. Understand the health benefits of reducing salt intake
2. Understand how to evaluate the salt contents of food
3. Understand how to select or prepare food that is appetising and low in salt content

Participants are provided with:

A set of brief self-explanatory slides to look over on an iPad or laptop PC; the slides present key points and provide some relevant examples.

The following written information is also provided:

- A booklet recapitulating and expanding on the information in the introductory slides—the benefits of reducing salt intake, how to evaluate the salt content of foods and how to select or prepare appetising food that is low in salt content.
- A small credit card sized reminder card about food labelling and salt content of food. This is designed to be used as a handy reminder when shopping.
- A booklet containing information and guidance about the salt content of common foods grouped together to help guide decision-making for different meals (e.g. breakfast, lunch etc.) or snacks.
- A single page shopping guide summarizing the salt contents of key common foods and grouping them into high, medium, and low salt categories to assist and simplify shopping decision-making.
- An information sheet with tips for eating-out to help decision making around the salt content of foods ordered from a menu.
- An information sheet with simple suggestions for salt-free seasoning for home-cooking.

During the course of the 4-week intervention, participants receive a series of automated emails and text messages reminding them about different aspects of the information that they had already been provided with. Topics in these communications included, for example, motivational messages about the benefits of reducing salt intake, making decisions about food purchasing and consumption that include consideration of salt content, tips for healthy food choices.

Throughout the 4-week intervention, participants have access to a website containing online versions of the information and guidance that had been provided in the written material.

The focus is on positive suggestions, not negative suggestions, so for each high salt item the aim is to help people to identify a better choice.

Components of the OxSalt Care Bundle Intervention

Filename	Description	File-type
001_overview	An overview of the OxSalt care bundle.	pdf
002_script	A written version of the script for the learning presentation.	pdf
003_presentation	The Powerpoint version of the presentation and includes a soundtrack of the script.	pdf
004_salt_Information_booklet	A booklet with information about salt and health.	pdf
005_salt_content_booklet	A booklet with information about the salt content of a range of foods.	pdf
006_shopping_guide_and_portion_table	A 2-sided document that could be folded and carried for use when shopping. On one side is a shopping guide that indicates red, amber and green choices. On the other side is a table showing how much salt would be in a portion of a particular size.	pdf
007_small_reminder_card	A 2-sided reminder about salt and sodium. Can be printed out on a credit-card sized piece of plastic or cardboard.	pdf
008_seasoning_recipes_and_eating_out_tips	A 2-sided document with seasoning recipes on one side and dining out tips on the other side	pdf
009_shopping_list	A simple document that can be used to write out shopping lists and has reminders about salt on it.	pdf
010_original_website_snapshots	Snapshots of the original OxSalt website.	pdf
011_food_diary	A simple food diary that can be used if participants want to monitor their salt intake.	pdf
012_communications_schedule	The schedule of emails and SMS text messages.	pdf
013_communications_content	The content of the emails and SMS text messages.	pdf