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Lessons from Clinical Nutrition Educational course: TNT Renal

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TNT (Total Nutrition Therapy) is the premier global clinical nutrition course for physicians and allied healthcare professionals. With more than 25,000 graduates from over 30 countries, TNT was originally developed in 1996 in a partnership between FELANPE (Latin American Federation of Nutritional Therapy, Clinical Nutrition and Metabolism) and Abbott Nutrition. There are now a range of specialty TNT courses, including the one focusing on renal nutrition (TNT Renal).

TNT Renal is the specialty TNT clinical nutrition course developed by and for nephrologists and other renal healthcare professionals that treat patients with acute and chronic kidney disease. The TNT Renal course was developed in 2013 and revised in 2019 to incorporate new evidence, including the 2020 KDOQI guidelines on renal nutrition. The TNT Renal course was written by global renal nutrition experts of the International Society of Renal Nutrition and Metabolism (ISRNM).

TNT Renal's aim is to help improve patient outcomes by incorporating renal nutrition therapy into standards of best practice patient care. The interactive, expert-endorsed learning program helps healthcare professionals understand the value of a healthy nutritional status and the practical application of clinical nutrition best practices, including nutrition screening, assessment, intervention, and monitoring.

TNT Renal is the first clinical nutrition course focused on kidney disease with an experiential learning approach, including practical patient case studies and workshops led by expert practitioners. The hallmark of the TNT experience is a set of case studies that illustrate and apply clinical nutrition principles learned in the lectures and workshops. Organized as a small group discussion, each case study offers insight into best practices in renal care for patients with acute and chronic kidney disease.